

FEEL THE “CALORIE BURN” WITH INTERVAL TRAINING (IT)

Overview of Interval Training:

- Interval Training can help you get the most out of your workout.
- It's simply alternating bursts of intense activity with intervals of lighter activity or rest. (i.e. jump squats into regular squats)
- Research suggests that by alternating bursts of high-intensity work with complete rest (or low-intensity movement), interval training can supercharge fat-burning, boost metabolism, and improve cardiovascular fitness.

Why you should incorporate interval training into your workout routine:

- **You'll burn more calories in less time.** The more vigorously you exercise, the more calories you'll burn.
- **Improvement in aerobic capacity.** Meaning, as your cardiovascular fitness improves, you'll be able to exercise longer and/or with more intensity.
- **You don't need special or expensive equipment.** You can simply create your own workout and modify it to your need.
- **Interval training is incredibly versatile.** It can incorporate bodyweight movements, weights, running, and more. It's easy to continuously mix things up so you won't get bored.

Tips for Interval Training:

- **Aim for reps.** If you're looking to improve, keep track of your reps during a given interval and try to beat it next time.
- **Don't train on back-to-back days.** At most, try IT one to two times per week on nonconsecutive days. On non-interval days, do some steady-state cardio, or try another type training like yoga or Pilates.

