

What is HIT?

What is High Intensity Training?

By Richard Berle

High Intensity Training is resistance training emphasizing a high level of effort and relatively brief and infrequent workouts, as opposed to performing a higher volume and frequency of workouts with a comparatively low to moderate effort. Arthur Jones, who invented the Nautilus equipment and helped define and popularize high intensity training in the 1970's, often summarized the general philosophy of high intensity training as "...train harder, but train briefer" or "...train harder, but train less often".

Train Harder...

The most fundamental principle of exercise is overload. To stimulate increases in muscular strength and size you must impose a demand on the muscles that is greater than they accustomed to. The harder, or more intense an exercise is, the greater the degree of overload and the more effective the exercise.

During high intensity training, exercises are typically performed with all-out effort until it is impossible to move the weight.

While training to muscular failure is necessary to stimulate increases in muscular strength and size, it ensures one has done all they can for that purpose

High intensity training methods vary with regards to the specific style, speed, and number of repetitions performed, however most recommend the use of a level of resistance which allows an exercise to be performed for between 60 and 90 seconds before momentary muscular failure occurs.

...But Train Briefer

There is an *inverse* relationship between the intensity and the volume of exercise a person can perform. The greater the effort put into a workout, the shorter the workout must be to avoid overstressing the body. High intensity training workouts typically last less than 30 minutes, and some "consolidation routines" may take fewer than 10 minutes to complete.

High intensity training methods involve only performing one, all-out work set per exercise.

Train Less Often

Intense exercise places a significant amount of stress on the body. Exercising too frequently, without allowing the body adequate time between workouts to recover, will eventually lead to overtraining and a lack of progress.

The majority of people on a high intensity training program should train no more than two non-consecutive days per week.