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HIIT (High Intensity Interval Training)

This is a short training segment (10-15 min.). In this short time you try to push your body to maximum power. With this training many body fat is burnt, above all after the training because then the body requires much energy to come back to normal.

After a warm-up the heart rate is pushed up for 30 or 60 sec. by sprints, running in place, jumping jacks, jump rope etc. Then an active resting phase take place for 20 to 30 sec. that means walking in place, easy running etc. This is repeated until 10 or 15 minutes are over.

Very, very demanding but very effective.