



## ALPINE STRENGTH

Our Alpine Strength Programs have many types of interval training, including High Interval Intensity Training.

The High Intensity Interval training has been heralded as a “fountain of youth” in a recent study, and is beneficial for all ages.

**High Intensity Interval training (H.I.I.T) is used to boost your fitness and energy levels in short bursts of sprints. Get ready to feel really good after!! It kind of reminds us of racing down a slalom course!**

10 minute warmup							
Exercise	Sets	Intervals	Interval Duration	Interval Intensity	Rest Duration	Rest Intensity (% MAX)	Total Duration
Week 1							
Running, elliptical, or spinning	1	5	1'	70%	3'	30%	20'
10 minute cool down							

**“HIGH-INTENSITY INTERVAL TRAINING, IN PARTICULAR, IS “HIGHLY EFFICIENT” WHEN IT COMES TO REVERSING MANY AGE-RELATED CHANGES.”**

[DR. SREEKUMARAN NAIR, 2017 - CNN.COM](http://www.cnn.com)

