



High Intensity Interval Training

Course Overview

High-intensity interval training (HIIT) alternates intense bursts of activity with fixed periods of less-intense work. HIIT is beneficial in many ways:

- It is time-efficient
- It is a great fat-burner
- It is great for aerobic and anaerobic endurance
- It is excellent for muscular fitness
- No equipment is necessary
- It can be done anywhere
- It is extremely flexible

During this course you will learn how to plan HIIT programmes and deliver safe and effective HIIT sessions for groups or individuals.

Course Content

- ✓ Benefits of HIIT
- ✓ Contraindications
- ✓ HIIT programming
- ✓ HIIT exercises
- ✓ Progressions and regressions
- ✓ Designing equipment-based and non-equipment based HIIT sessions
- ✓ Teaching individual clients and groups

Profusion Range Format

1 day attendance with reading

Entry Requirements

Over 16 and Level 2 Fitness Instructor Qualification

Assessment

On course assessment

Certification

Amac Certificate in High Intensity Interval Training



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