



HIGH INTENSITY INTERVAL TRAINING (HIIT) WHILE PREVENTING INJURY

Hiit is great for getting physically fit in a time crunch! Bursted compounded movements that help stoke your metabolic fire and burn fat.

1. **Warm up**

At least 5-10 minutes of activity prior to getting started. Warm those muscles up and get them ready for action. Some active stretching is good here as well.

2. **Hydration**

Think of a twig. When it's wet, it's pliable. When it's dry, it can snap.

Same thing goes for your body; ligaments and tendons are no different.

2 quarts/day just to survive. An active person can easily utilize a gallon. Drink up!

3. **Squats**

No knees in front of toes. Too much pressure on the knees. Don't forget to sit back into that squat just like you're going to sit back in a chair. If it hurts when you're butt goes down past your knees. Don't go so low. Work up to that. Head up, chest up, go as low as you can.

4. **Lunges**

Forward lunges can put a lot of strain on your knees. Try rear lunges instead.

If you're unsteady, that can place lots of pressure on your back as well. If fast paced alternating lunges are hurting you or making you unsteady. Try doing ½ time on one side and then switching. Work up to the switch lunges.

5. **Jumping**

Burpees, box jumps, x-hops, etc.! If you go from fairly sedentary and a little overweight right into advanced jumping movements you are likely to feel it somewhere. Concentrate on form. Do what you can. Think soft landing and butt back. Don't let your butt dip lower than your knees at first.

6. **Active Recovery**

Working out hard and then going to sit all day or to sleep and you'll likely end up stiff and sore. Workout early if you can and keep moving as much as possible throughout the day. If you have to go to bed make sure you stretch and consider using a foam roller or massage ball to keep you limber.

7. **If you notice pain, talk to your immediate coach for form pointers. Otherwise see a Physical Therapist. Doctors of Physical Therapy are medical professionals that can diagnosis the cause of your issue and give you a plan to get back to Hiiting.**

Need a plan, connect on Directly, Facebook or Instagram!

Heather Flexer, DPT of Better Wellness PT can be found at 251 River Street in Troy, NY.