

planet fitness hiit workouts

planet fitness hiit workouts offer a powerful and time-efficient approach to fitness, catering to a wide range of individuals looking to boost their cardiovascular health, burn calories, and build lean muscle. High-Intensity Interval Training, or HIIT, involves short bursts of intense exercise followed by brief recovery periods, making it an excellent option for those with busy schedules. This article will delve into the specifics of Planet Fitness's HIIT offerings, exploring how members can effectively incorporate these workouts into their fitness routines, the benefits they provide, and practical tips for maximizing results. We will cover various HIIT exercises suitable for the Planet Fitness environment, strategies for proper form, and advice on progression to ensure continuous improvement.

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Understanding HIIT Workouts at Planet Fitness

Planet Fitness provides a accessible platform for individuals to engage in High-Intensity Interval Training, often referred to as HIIT. While Planet Fitness is known for its "Judgment Free Zone" and a focus on general fitness, the principles of HIIT can be readily applied using the equipment and space available. HIIT workouts are characterized by alternating between periods of maximal or near-maximal effort exercise and short recovery intervals. This style of training is highly effective for calorie expenditure and cardiovascular conditioning in a condensed timeframe. Members can leverage various machines, free weights, and bodyweight exercises to construct their own effective HIIT routines.

The core concept of HIIT involves pushing your body to its limits during the high-intensity phases. This means working at an intensity that makes it difficult to hold a conversation. The recovery periods, while shorter, are crucial for allowing your body to partially recuperate before the next intense burst. This cycle is repeated for a set duration or number of rounds. Planet Fitness's diverse equipment selection, including treadmills, ellipticals, stationary bikes, rowers, dumbbells, kettlebells, and open floor space, allows for a wide array of exercises that can be adapted for HIIT protocols.

Benefits of Planet Fitness HIIT

Incorporating HIIT into your fitness regimen at Planet Fitness yields a multitude of advantages that extend beyond a simple workout. One of the most significant benefits is the incredible time efficiency. Because of the high intensity, HIIT workouts can deliver substantial fitness gains in

shorter durations compared to traditional steady-state cardio. This makes it an ideal choice for individuals who struggle to find extended periods for exercise.

Another major benefit is the elevated calorie burn, not just during the workout but also in the hours following. This phenomenon, known as the EPOC (Excess Post-exercise Oxygen Consumption) effect, means your body continues to burn calories at a higher rate even after you've finished exercising to recover from the intense effort. This "afterburn" effect is a powerful tool for weight management and body composition changes.

Enhanced Cardiovascular Health

Regularly engaging in HIIT workouts at Planet Fitness can significantly improve your cardiovascular system's efficiency. By pushing your heart rate into higher zones, you strengthen your heart muscle, improve blood circulation, and increase your VO2 max, which is the maximum amount of oxygen your body can utilize during intense exercise. This leads to better endurance and a reduced risk of heart disease.

Increased Metabolism and Fat Burning

The high-intensity nature of HIIT triggers a greater metabolic response. Your body becomes more efficient at using energy, and the increased muscle mass gained from strength-based HIIT exercises further boosts your resting metabolic rate. This sustained elevation in metabolism contributes to long-term fat loss and improved body composition.

Improved Insulin Sensitivity

Studies have shown that HIIT can enhance insulin sensitivity, which is crucial for managing blood sugar levels. Improved insulin sensitivity means your body can more effectively use glucose for energy, reducing the risk of developing type 2 diabetes. This is a vital health benefit, especially for individuals looking to maintain a healthy metabolic profile.

Muscle Building and Preservation

While primarily known for cardio benefits, HIIT can also contribute to muscle building and preservation, especially when incorporating strength-based movements. By challenging your muscles intensely, you stimulate muscle protein synthesis, which is essential for muscle repair and growth. This can help you achieve a more toned and athletic physique.

Getting Started with Planet Fitness HIIT

Embarking on a Planet Fitness HIIT journey requires a strategic approach to ensure safety and effectiveness. Before beginning any new exercise program, it's always advisable to consult with a healthcare professional, especially if you have any pre-existing medical conditions. Understanding the fundamental principles of HIIT and how to apply them within the Planet Fitness environment is key.

The first step is to assess your current fitness level. HIIT is demanding, so starting with shorter durations and less intense intervals is recommended for beginners. Gradually increasing the intensity and duration as you build your fitness will prevent overexertion and potential injuries. Familiarizing yourself with the basic movements and proper form for each exercise is also paramount.

Warm-up Properly

A thorough warm-up is non-negotiable before any HIIT session. This prepares your muscles and cardiovascular system for the intense demands ahead, reducing the risk of strains and sprains. A good warm-up should include light cardio to increase blood flow and dynamic stretching to improve range of motion.

- Light cardio for 5-10 minutes (e.g., jogging in place, jumping jacks, brisk walking on a treadmill).
- Dynamic stretches targeting major muscle groups (e.g., arm circles, leg swings, torso twists, high knees, butt kicks).

Choosing Your Exercises

Planet Fitness offers a wide array of equipment and space that can be utilized for HIIT. The key is to select exercises that can be performed at a high intensity and allow for short recovery periods. Variety is also beneficial to work different muscle groups and prevent boredom.

- **Cardio Machines:** Treadmills (sprinting, incline walking), ellipticals (high resistance bursts), stationary bikes (sprinting, high resistance).
- **Free Weights:** Kettlebell swings, dumbbell thrusters, burpees with dumbbells.
- **Bodyweight Exercises:** Squat jumps, burpees, mountain climbers, jumping lunges, high knees, fast feet.

- **Rowing Machine:** Short, explosive rowing intervals.

Structuring Your Intervals

The structure of your HIIT intervals will determine the intensity and effectiveness of your workout. Common HIIT ratios include 1:1 (work:rest), 2:1, or even short bursts of all-out effort followed by longer rest. For beginners, a ratio like 30 seconds of work followed by 30 seconds of rest is a good starting point.

- **Beginner:** 30 seconds work / 30 seconds rest
- **Intermediate:** 40 seconds work / 20 seconds rest
- **Advanced:** 45 seconds work / 15 seconds rest or 20 seconds work / 10 seconds rest (Tabata style)

Cool-down and Recovery

Just as important as the warm-up is the cool-down. This helps your heart rate gradually return to normal and can aid in muscle recovery. Static stretching after your workout can improve flexibility and reduce muscle soreness.

- 5-10 minutes of light cardio (e.g., walking).
- Static stretches holding each for 20-30 seconds (e.g., hamstring stretch, quad stretch, triceps stretch, chest stretch).

Sample Planet Fitness HIIT Workouts

To make your Planet Fitness HIIT experience practical and effective, here are a few sample workouts that can be adapted to your fitness level and available equipment. These examples demonstrate how to combine different exercises into a challenging and time-efficient session.

Full Body HIIT Circuit

This circuit combines strength and cardio elements for a comprehensive workout. Perform each exercise for 40 seconds, followed by 20 seconds of rest. Complete 3-4 rounds with 1-2 minutes of rest between rounds.

- Kettlebell Swings (using a weight that allows for explosive movement but maintains form)
- Burpees (no push-up for beginners, with push-up for intermediate/advanced)
- Dumbbell Thrusters (squatting down and explosively pressing dumbbells overhead)
- Mountain Climbers (perform at a fast pace)
- Jump Squats (focus on explosive vertical jump)

Cardio Machine HIIT Blast

This workout focuses on maximizing calorie burn and cardiovascular conditioning using treadmills or ellipticals. Perform for 20 minutes total.

- **Treadmill Option:**

- Warm-up: 5 minutes at a brisk walk.
- Intervals: 1 minute sprint (at an intensity where you can barely speak) followed by 1 minute brisk walk or slow jog. Repeat 8 times.
- Cool-down: 3 minutes slow walk.

- **Elliptical Option:**

- Warm-up: 5 minutes at moderate resistance and pace.
- Intervals: 45 seconds high resistance and fast pace followed by 45 seconds lower resistance and moderate pace. Repeat 8 times.
- Cool-down: 3 minutes low resistance and slow pace.

Lower Body and Core Focus HIIT

This workout targets the legs and core with high-impact movements. Perform each exercise for 45 seconds, followed by 15 seconds of rest. Complete 3-4 rounds with 1-2 minutes of rest between rounds.

- Jumping Lunges (alternate legs with each jump)
- Glute Bridges (focus on squeezing glutes at the top)
- Plank Jacks (perform with controlled movements)
- High Knees (drive knees up as high as possible)
- Box Jumps (if a stable box or bench is available, otherwise perform squat jumps)

Maximizing Your Planet Fitness HIIT Experience

To truly harness the power of Planet Fitness HIIT workouts, consistency, proper technique, and progressive overload are key. It's not just about performing the exercises; it's about doing them smartly to achieve optimal results and avoid plateaus.

Listen to your body. While HIIT is intense, it shouldn't feel like you're constantly on the verge of injury. Proper form should always take precedence over speed or the number of repetitions. If you're unsure about an exercise, take a moment to watch tutorial videos or ask a staff member for guidance. Modifying exercises to suit your current capabilities is a sign of intelligence, not weakness.

Progressive Overload

As your fitness improves, your body will adapt, and what was once challenging will become easier. To continue seeing results, you need to apply the principle of progressive overload. This means gradually increasing the demands on your body over time.

- **Increase Work Interval Duration:** Gradually extend the time you spend performing each high-intensity exercise.
- **Decrease Rest Interval Duration:** Shorten the recovery time between exercises.
- **Increase Intensity:** Use heavier weights, increase resistance on machines, or run faster.

- **Add More Rounds:** Increase the number of circuits or sets you complete.
- **Incorporate More Challenging Exercises:** As you get stronger, introduce more complex or demanding movements.

Nutrition and Hydration

Your diet plays a crucial role in your ability to perform HIIT workouts and recover effectively. Ensuring you have adequate energy stores before a workout and the necessary nutrients for muscle repair afterward is vital.

- **Pre-Workout:** Consume a light, easily digestible carbohydrate-rich snack 1-2 hours before your session for energy.
- **Post-Workout:** Replenish your body with a combination of protein and carbohydrates within 30-60 minutes after your workout to aid muscle recovery and glycogen replenishment.
- **Hydration:** Drink plenty of water throughout the day, especially before, during, and after your HIIT sessions. Dehydration can significantly impair performance and increase the risk of cramping and fatigue.

Listen to Your Body and Rest

Overtraining is a real concern with intense exercise like HIIT. Your muscles need time to repair and rebuild. Incorporating rest days into your weekly schedule is just as important as the workouts themselves.

- Schedule at least 1-2 full rest days per week.
- On active recovery days, engage in light activities like walking, stretching, or yoga.
- Pay attention to signs of fatigue, persistent muscle soreness, decreased performance, or sleep disturbances, which can indicate overtraining.

Safety and Considerations for HIIT

While Planet Fitness HIIT workouts are highly effective, safety must remain a top priority. The

intensity of these sessions means that proper form, gradual progression, and awareness of your body's signals are paramount to prevent injuries.

Before diving into advanced HIIT routines, it is highly recommended for beginners to familiarize themselves with fundamental exercise techniques. Understanding how to perform basic movements like squats, lunges, push-ups, and planks correctly will build a solid foundation and significantly reduce the risk of injury. Planet Fitness offers various equipment that can assist in learning proper form, such as using lighter weights or machines for stability.

Proper Form Over Speed

The allure of HIIT is often its fast-paced nature, but rushing through exercises without maintaining proper form can lead to ineffective workouts and, more importantly, injuries. Focus on controlled, deliberate movements, especially during the initial stages of learning new exercises.

- **Engage Your Core:** A strong core provides stability for almost all movements and helps protect your spine.
- **Controlled Movements:** Avoid jerky or uncontrolled motions. Focus on the full range of motion for each exercise.
- **Listen to Your Body:** If an exercise causes sharp pain, stop immediately. Discomfort is different from pain; learn to distinguish between the two.

Modifications and Alternatives

Not every exercise is suitable for everyone, especially those new to HIIT or with specific physical limitations. Planet Fitness provides an environment where modifications can be easily made. Don't hesitate to adapt exercises to your current ability level.

- **Jumping Exercises:** If jumping exercises like jump squats or burpees are too high-impact, opt for lower-impact versions such as regular squats, step-ups, or slow-motion burpees.
- **Strength Exercises:** If lifting heavy weights for explosive movements like kettlebell swings or dumbbell thrusters is challenging, start with lighter weights or bodyweight variations.
- **Cardio Machines:** If running on a treadmill is not ideal, utilize the elliptical, stationary bike, or rower, which offer lower impact options.

Importance of Warm-up and Cool-down

Reiterating the importance of a proper warm-up and cool-down is crucial for any discussion on safety. These phases are often overlooked but are vital for preparing the body for intense activity and aiding in recovery. A thorough warm-up increases blood flow to the muscles, enhances flexibility, and primes the nervous system for action, while a cool-down helps reduce muscle stiffness and promotes relaxation.

Consulting Professionals

For individuals with pre-existing health conditions, injuries, or those who are completely new to exercise, consulting with a healthcare provider or a certified personal trainer is highly recommended. They can offer personalized advice, help identify any potential risks, and guide you in creating a safe and effective Planet Fitness HIIT program tailored to your specific needs.

Frequently Asked Questions About Planet Fitness HIIT Workouts

Q: What are the best cardio machines at Planet Fitness for HIIT?

A: The treadmill, elliptical, stationary bike, and rowing machine are all excellent choices for HIIT at Planet Fitness. You can achieve high intensity on treadmills through sprinting, on ellipticals and bikes by increasing resistance and speed, and on rowers with powerful, short bursts of effort.

Q: Can I do HIIT workouts at Planet Fitness without using any equipment?

A: Absolutely. Planet Fitness has ample open floor space perfect for bodyweight HIIT exercises. You can perform movements like burpees, high knees, squat jumps, mountain climbers, and jumping jacks to create a challenging and effective workout.

Q: How often should I do HIIT workouts at Planet Fitness?

A: For most individuals, 2-3 HIIT sessions per week are sufficient, with adequate rest days in between. Overtraining can lead to injury and burnout, so it's essential to listen to your body and allow for recovery.

Q: What is the recommended work-to-rest ratio for beginners doing HIIT at Planet Fitness?

A: A good starting point for beginners is a 1:1 work-to-rest ratio. This means performing an exercise at high intensity for 30 seconds, followed by 30 seconds of rest. As your fitness improves, you can gradually increase the work interval or decrease the rest interval.

Q: How can I make my Planet Fitness HIIT workouts more challenging as I get fitter?

A: To progress, you can increase the duration of your work intervals, decrease your rest periods, use heavier weights or higher resistance, incorporate more complex exercises, or add more rounds to your circuits. Applying progressive overload is key to continued improvement.

Q: Are Planet Fitness HIIT workouts suitable for weight loss?

A: Yes, Planet Fitness HIIT workouts are highly effective for weight loss. The high intensity leads to a significant calorie burn during the workout and an elevated metabolism afterward (EPOC effect), which contributes to fat loss.

Q: What should I eat before and after a HIIT workout at Planet Fitness?

A: Before a HIIT workout, consume a light, easily digestible carbohydrate-rich snack about 1-2 hours prior for energy. After your workout, focus on a combination of protein and carbohydrates within 30-60 minutes to aid muscle recovery and replenish energy stores.

Q: Is it safe to do HIIT workouts at Planet Fitness if I have knee pain?

A: If you have knee pain, it's crucial to be cautious. Opt for low-impact HIIT alternatives like cycling, rowing, or elliptical workouts, and modify high-impact exercises like jump squats to non-jumping versions. Always consult with a healthcare professional or physical therapist for personalized advice.

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The Digital Transformation of the Fitness Sector highlights the challenges and opportunities of the digitalization of the fitness sector in the wake of recent global challenges in countries around the world.

planet fitness hiit workouts: Smartphone Apps for Health and Wellness John Higgins, Mathew Morico, 2023-01-06
Smartphone Apps for Health and Wellness helps readers navigate the world of smartphone apps to direct them to those which have had the best medical evidence in obtaining the users' goal. The book covers the history of apps, how they work, and specific apps to improve health and wellness in order to improve patients outcomes. It discusses several types of apps, including apps for medical care, sleeping, relaxation, nutrition, exercise and weight loss. In addition, sections present the features of a good app to empower readers to make their own decision when evaluating which one to use. This is a valuable resource for clinicians, physicians, researchers and members of biomedical field who are interested in taking advantage of smartphone apps to improve overall health and wellness of patients. - Summarizes smartphone apps with the best evidence to improve health and wellness - Discusses the most important features of an app to help readers evaluate which app is appropriate for their specific needs - Presents the typical results expected when regularly using an app in order to assist healthcare providers in predicting patient outcomes

planet fitness hiit workouts: El Dorado Owen Seymour, 2024-12-10
Can Jason survive the Amazon jungle and the pursuit of an ex-CIA agent with bad intentions? Born in Canada to immigrant parents from Guyana, Jason Marshall is driven by a lifelong interest in rock formations to pursue a degree in Geology and later a career with a small resource extraction company in Toronto. While he is learning to navigate his life as an adult in the city, however, Jason is awoken one night by assailants who believe that he has something valuable that they are looking for—and he is sent on a global adventure that will change his life forever. After fighting them off, Jason quickly realizes that whatever the assailants were looking for is connected to a package that he recently received from his grandfather, who still lives in Guyana. His grandfather is a “Pork Knocker” who mines for gold and precious metals, and he has given Jason an old map with clues leading to a mysterious destination that seems to boast a significant treasure. Though Jason is intrigued by the possibility of visiting Guyana for the first time, he is initially skeptical and believes that the timing is wrong. After all, he is busy pursuing a blossoming relationship with Wendy, an incredible woman with whom he shares similar experiences of growing up as part of the Guyanese diaspora. However, there are powerful forces at work—including a host of nefarious strangers who want Jason to go to Guyana for their own reasons. As they continue to stalk and attack him, Jason begins a journey that increasingly blurs the lines between the past, the present, and the future. El Dorado is the first novel in a trilogy featuring Jason Marshall.

planet fitness hiit workouts: The Weight Is Over Angela D. Enos, 2016-11-18
Sixty-eight percent of adult Americans are overweight or obese. The majority of these people yearn to lose weight and obtain a healthy, active lifestyle yet lack the motivation and knowledge they need to change. Diets don't work. Diets are restrictive, burdensome, and unpleasant. Written in a friendly, narrative form, The Weight is Over is filled with heartfelt and whimsical personal stories intertwined with concise information. Expect to be emotionally moved, experience times of reflection, laugh, and have numerous ah ha moments in this original, thought-provoking, highly motivational, and honest journey with the author. The Weight is Over contains all the information and inspiration you will need to begin making wise decisions that lead to eating healthy, happiness, and weight loss, not just for a small period of time, but for a lifetime! What a joy I have experienced using this book as a guideline to help me begin my journey to making lifestyle changes to improve my health (Norma Smith, beta reader). In today's world of fast food, high fructose, and low information nutrition, it is refreshing to find a concise, common sense approach to healthy eating, and a healthy lifestyle! I highly recommend this book as a how-to guide to living a long and healthy life. Thomas Becker II, D.C.

planet fitness hiit workouts: The HIIT Bible Steve Barrett, 2017-05-18 The HIIT Bible is the ultimate guide to High-Intensity Interval Training – the fastest and most effective means of getting fit and improving body composition. A complete reference guide, The HIIT Bible explains everything you need to know about the exercise method that delivers big results – fast. Read about its many benefits and gain expert advice on how to use HIIT to get fit, look toned and feel fantastic. Accessible, practical and written by a globally recognised fitness authority, it features masses of tried and tested high intensity exercises and moves, each accompanied by easy-to-follow photos and instructions. The HIIT Bible is the only book on High-Intensity Interval Training you'll ever need.

planet fitness hiit workouts: *Ultimate Jump Rope Workouts* Brett Stewart, Jason Warner, 2012-07-03 **HARD-CORE JUMP ROPING FOR EXTREME FITNESS** You certainly jumped rope as a kid, but you probably didn't realize this fun activity is also a kickass workout for shredding all the major muscles—arms, legs, butt, abs, shoulders and chest. With this book, you turn a simple jump rope into a power tool to:

- Build muscle
- Boost endurance
- Amplify explosive power
- Improve agility
- Enhance overall fitness

From beginning tips on proper form and picking the right rope to advanced tricks like double unders and knee tucks, *Ultimate Jump Rope Workouts* will teach you to jump like a pro and get in the best shape of your life.

planet fitness hiit workouts: The eXercise Factor Jim Kirwan, 2015-01-01 Don't fall victim to the inactivity epidemic! The eXercise Factor will show you how to ease into the best shape of your life, regardless of your age, weight, or current fitness level. You can increase your life expectancy and significantly improve the quality of your life by the actions you take now. What's the secret? The secret is there is no secret! This is not about a quick fix; it is about easing your way into a long-term, sustained lifestyle. Four key drivers work together synergistically to turbo-charge your success:

- * Knowledge—You can't solve a problem if you don't know you have one.
- * Nutrition—Restrictive diets don't work and are difficult to sustain. Instead, focus on more fresh whole foods and far less junk and processed foods.
- * Exercise—It's critical to a long, high-quality life. Get a move on and stave off major health problems.
- * The X Factor—It's arguably the most important of all, and the easy-to-remember acronym RECIPE provides its six key ingredients. You don't have to be fit and healthy to start. But you do have to start to be fit and healthy!

planet fitness hiit workouts: **Cranky Fitness: Exercise Your Ass Off** Jan Graham, 2012-11-19 Are you looking for an upbeat, enthusiastic fitness book offering inspirational advice about exercise and explaining just how easy, fun, and rewarding it is to get fit? That's unfortunate! Because you won't find any of that stuff here. Based on the blog Cranky Fitness, this ebook offers realistic, practical advice on how to get fit, lean, and fierce. It also includes obscenities, whining, opinionated tirades, and advice that could either be extremely useful or could result in an untimely death. Bonus: there are bullet points and photos that break up solid blocks of text quite nicely so that you can make your way through it quickly! You might accidentally learn a few things whether you meant to or not. *Cranky Fitness: Exercise Your Ass Off* is not for everyone. There are words that have several syllables, research studies that have numbers in them, and exercise tips that require more than ten minutes and don't even guarantee instant flat abs or buns of titanium. The book was written for people who know that getting fit is crucial for health, both physical and mental, yet who are also aware that sometimes virtuous pursuits require effort, creativity, patience, and cursing. This ebook includes advice on getting fit, some specifics about various activities you might want to pursue, a bit of motivation and inspiration, and a few advanced tweaks and tips. It is the first in a series of ebooks that promises to be every bit as weird as this first installment. Only for the few, the proud, the brave, and the cranky.

planet fitness hiit workouts: **No New Things** Ashlee Piper, 2025-04-15 From award-winning sustainability expert Ashlee Piper, a witty, no-nonsense guide to regaining control over your time, consumerist impulses, and financial and mental wellness For nearly two years, Ashlee Piper challenged herself to buy nothing new. And in the process, she got out of debt, cut clutter, crushed her goals, and became healthier and happier than ever—all the things she'd always wanted to do but "never had time to" (because she was mindlessly scrolling, shopping, spending, and stressing). After

a decade of fine-tuning, *No New Things* guides readers through the same revolutionarily simple challenge that has helped thousands of global participants find freedom and fulfillment in just thirty days. The book follows the rise of what Piper calls “conditioned consumerism” and how it sneakily hijacks our time, money, and mental bandwidth, as well as harms the planet. From there, readers follow customizable daily action items that bring about the ease and richness of a life less bogged down by spending and stuff, without compromising on style, convenience, or fun. Whether you’re a bona fide shopaholic or someone who just wants to buy less and live more, *No New Things* is the antidote to modern overwhelm.

planet fitness hiit workouts: Peak Performance Brad Stulberg, Steve Magness, 2017-06-06
A transfixing book on how to sustain peak performance and avoid burnout — Adam Grant, New York Times bestselling author of *Option B*, *Originals*, and *Give and Take* An essential playbook for success, happiness, and getting the most out of ourselves. — Arianna Huffington, author of *Thrive* and *The Sleep Revolution* I doubt anyone can read *Peak Performance* without itching to apply something to their own lives. — David Epstein, New York Times bestselling author of *The Sports Gene* A few common principles drive performance, regardless of the field or the task at hand. Whether someone is trying to qualify for the Olympics, break ground in mathematical theory or craft an artistic masterpiece, many of the practices that lead to great success are the same. In *Peak Performance*, Brad Stulberg, a former McKinsey and Company consultant and writer who covers health and the science of human performance, and Steve Magness, a performance scientist and coach of Olympic athletes, team up to demystify these practices and demonstrate how you can achieve your best. The first book of its kind, *Peak Performance* combines the inspiring stories of top performers across a range of capabilities — from athletic, to intellectual, to artistic — with the latest scientific insights into the cognitive and neurochemical factors that drive performance in all domains. In doing so, *Peak Performance* uncovers new linkages that hold promise as performance enhancers but have been overlooked in our traditionally-siloed ways of thinking. The result is a life-changing book in which you can learn how to enhance your performance via myriad ways including: optimally alternating between periods of intense work and rest; priming the body and mind for enhanced productivity; and developing and harnessing the power of a self-transcending purpose. In revealing the science of great performance and the stories of great performers across a wide range of capabilities, *Peak Performance* uncovers the secrets of success, and coaches you on how to use them. If you want to take your game to the next level, whatever your game may be, *Peak Performance* will teach you how.

planet fitness hiit workouts: The Flog Journal Angela M. Landeros, 2018-12-26 “Painting the world a new picture on healthy” - Angela M. Landeros Angela M. Landeros started her journey toward a healthier immune system after her skin began breaking out in hives and she was diagnosed with multiple sclerosis. For the next two years, she sifted through her diet to eliminate inflammatory foods, and then she kept working to find a diet that reacted well with her body. She now believes you can change body chemistry by tracking what you eat—and you can also improve your immune system, heal your digestive system, strengthen your brain, and reduce inflammation throughout your body. The best part is you don’t have to count calories: All you need to do is track what goes into your body and how those ingredients make you feel. By creating a list of substances that have a negative effect on your body, substances you should never eat or come into contact with, and those that you may consume occasionally, you’ll be equipped to transform your health and life. Start paying attention to what your body is telling you, and change your lifestyle for good with the insights, lessons, and action plan in *The FLog Journal*.

planet fitness hiit workouts: Serious Games Carlos Vaz De Carvalho, Carina Soledad González González, Elvira Popescu, Jože Rugelj, 2021-06-28

planet fitness hiit workouts: Micro Exercise Lift Xena Mindhurst, AI, 2025-01-26 *Micro Exercise Lift* reimagines fitness for our fast-paced world by proving that health isn’t built in marathon gym sessions—it’s woven into life’s brief, everyday moments. This science-backed guide challenges the myth that only lengthy workouts matter, showing how micro-exercises as simple as

stair-climbing or desk stretches can boost energy, sharpen focus, and strengthen metabolic health. Blending exercise science with behavioral psychology, the book reveals that even 60-second movement bursts—when repeated consistently—trigger benefits like increased dopamine and improved heart health, offering a lifeline for those juggling busy schedules or sedentary jobs. Structured in three clear sections, the book first dismantles outdated fitness norms using wearable-tech data and studies on activity snacks. It then links micro-movements to mental clarity and stress reduction, explaining how calf raises during calls or wall sits while waiting for coffee can enhance cognitive function through BDNF protein release. Finally, it provides habit-forming strategies like the Micro Stack method, helping readers layer movement into routines without overwhelm. Unique for its focus on sub-five-minute exercises, the book includes practical tools like movement menus and progress trackers focused on energy gains rather than weight loss. By merging peer-reviewed research with relatable analogies—comparing cumulative exercise benefits to compound interest—it empowers readers to reclaim vitality in minutes, proving fitness isn't an all-or-nothing game.

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- Over 60 step-by-step exercises and beautiful photography to help you train smarter and faster
- 90 structured workout routines to target every area of your body and ensure that you never grow bored with your workouts
- 10 comprehensive training programs that can be done anywhere and anytime to help you transform your health and train your entire body
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Get ready to break a serious sweat as you train your way to a leaner, stronger, calorie-burning body!

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- Specially commissioned CGI artworks depicting all the main HIIT resistance exercises - from burpees to plank jacks and variations that add or reduce the challenge.
- CGI artwork features color-coding to highlight how the muscles, ligaments and joints engage, stretch and relax to perform each exercise.
- Training programs, tailored to different abilities and goals, provide suggested workouts with a progressive increase in challenges over weeks and months.
- Easy-to-follow infographics help explain the hard science behind why HIIT training is so efficient, and what beneficial physical adaptations it can bring.

High-intensity interval training is a fantastic way to lose weight and get strong by performing very short bursts of targeted exercise. Recent scientific research shows that HIIT is the most efficient form of exercise for raising fitness levels and increasing cardio-respiratory health. *Science of HIIT* reveals the facts to help you optimize the benefits of HIIT to your body and mind. The clear CGI artwork details the mechanics of each exercise, correct body posture, the muscles involved and how they engage to perform movements. You'll also learn the knowledge and tools needed to be able to create your own bespoke workouts. This HIIT guide will completely transform your performance and help you smash your goals! DK Publishing's *Science of* series helps readers discover the research and scientific theories behind exercise and sport. It's perfect for training at home or the gym. Other sport science books in this series include *Science of Yoga* and *Science of Strength Training*.

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