

HIIT FIT

Click a square to navigate to a topic.

© 2015 NETA

Welcome

Welcome to NETA's HIIT Fit e-learning course.

Upon successful completion of the quiz at the end of this e-learning module, you will earn 3 NETA continuing education credits (CECs). Please follow the instructions provided at the end of the quiz to obtain documentation of your CECs.

© 2015 NETA

Objectives

At the end of this e-learning course you will be able to

- describe the physiological systems of the body and understand how each relates to interval training.
- explain the difference between High Intensity Interval Training and Tabata.
- You will also learn how to design a training programs for each.

© 2015 NETA

Aerobics HIIT vs. Body Weight HIIT

Aerobic HIIT

Body Weight & Resistant HIIT

© 2015 NETA

Aerobics HIIT Sample Class

START

FINISH

Aerobics HIIT- Body Weight Focused
Cycle: 5 - 10 Cycles

15 SECONDS REST BETWEEN EXERCISES
60 SECONDS REST BETWEEN CYCLES

© 2015 NETA

Tabata Protocol Defined

TABATA

Class Duration: varies

Work Bout: 20 seconds

Rest Bout: 10 seconds

© 2015 NETA