

# HIIT CIRCUIT FORMATS

The HIIT (High Intensity Interval Training) formats that you will use for your project are formats that are efficient, easy to plan and most importantly, formats that you can use when you work out on your own. They are very practical. When you choose an athlete, you will have a required format from one of the 4 below:

- 1) **40/20-** This format means that you work for 40 seconds and rest for 20 seconds. You would set up a timer for 40/20 x how many rounds you want your workout to be. For example, if you want the circuit to be 15 minutes, you would set it up for 15 rounds. This is a great format to use when moving around a circuit that has several different stations. You can use the 20 seconds to rest and move from station to station.
- 2) **Tabata (20/10)-** The Tabata format was invented by a Japanese exercise researcher who used a 20/10 format. You work for 20 seconds and rest for 10 seconds and do several rounds. Because you are working for only 20 seconds the idea is that you push a very fast, intense pace and try not to rest. Also, you get a very short rest break (only 10 seconds). Since a Tabata = 30 total seconds you can do a lot of rounds in a circuit or pair up exercises. There are many ways to use a Tabata. For example, if you set up an 8 station circuit using Tabata and go through the circuit 3 times, it would be 12 minutes long.
- 3) **AMRAP Stations-** AMRAP stands for "As Many Rounds As Possible". For an AMRAP workout, you will write a list of exercises and reps on a whiteboard, and see how many rounds or times you can go through that workout in a given amount of time. For example, you can write the down the following exercises on a whiteboard and see how many rounds you can do in 10 mins.
  - a) 10 Push Ups
  - b) 10 Burpees
  - c) 10 Squats

The idea behind an AMRAP is that you push a very high intense pace, competing against someone else or yourself trying to see how many rounds you do. AMRAPs allow you to rest as often as you need, but they are supposed to be intense.

- 4) **Pacer Format-** In a pacer format, you would set up a mini station (2-5 exercises) and you choose one of the stations in the circuit as the "pacer" by giving that exercise a certain number of reps. When the person at that station hits those reps, they would say switch and everyone moves in the circuit. The person at that station paces the workout. The sooner they can finish their reps, the sooner everybody can rotate. The other stations can offer a lot of variety and they do not require any reps. For example:
  - a) 10 Push Ups
  - b) Curl Ups
  - c) Jumping Jacks
  - d) Burpees

The workout above is an example of a 4 station pacer circuit. The person at push ups is pacing the workout. Once they finish their 10 reps, then everyone rotates around the circuit and a new person would be the pacer. The idea is to see how many times you can rotate in a given amount of time.