



“HIIT It” program is beneficial for you because it provides a time-efficient and effective way to improve your cardiovascular health and overall fitness through **Micro HIIT Sessions.** [See Micro HIIT Video](#)

What is Micro HIIT? See below!

Ramp it Up with Micro HIIT Daily! Get you heart rate going!

Even a single 20 to 90-second high-intensity interval can provide benefits like improved fitness, calorie burn, and mood enhancement, but long-term benefits are more pronounced with consistent training, but it's important to do it safely and within your physical capabilities.

Micro HIIT is a workout technique that consists of short, higher intensity motions that get your heart rate up for a minimum of 10-20 seconds. These somewhat intense bursts are then followed by gentler, low-intensity movements to allow for recovery. You can incorporate these micro HIIT intervals into your routine either as standalone sessions or by stacking them throughout the day. Each intense interval lasts between 10/20 to 90 seconds, and the recovery period is of the same duration. **It's important to ensure you're properly warmed up before engaging in a Micro High-Intensity Interval workout. If you have any pre-existing health conditions consult with a healthcare provider or fitness professional before starting a new exercise routine.**

Perform Once or Up to Several Times a Day for 20 to 90 Seconds intervals. [See Micro HIIT Video](#)



Marching in Place

Progress this by lifting your legs higher.



Running in Place

Progress this by lifting your legs higher.



Skipping Rope without Rope

Start this without feet leaving ground. Progress this by having legs leave ground.



Stair Stepping

Go up and down off step by alternating lead leg. Progress this by going faster or using higher step



WANT DETAILS READ ON: I highly believe it's beneficial for most healthy individuals to incorporate High-Intensity Interval Training (HIIT) into their fitness routines. HIIT differs from moderate exercises such as walking, as it involves elevating your heart rate and making your breathing slightly labored. As a general guideline for healthy individuals, I recommend engaging in formal HIIT workouts twice a week. During these sessions, you alternate between intense exercise bouts and recovery periods, typically lasting for 10 to 20 minutes, where the intense interval is between 20 to 90 seconds as is the recovery, lighter period. Additionally, I highly suggest incorporating micro HIIT sessions throughout the day for those who may not have the time or desire to commit to longer, more intense workouts as highlighted above.