

Better results in less time? Interval Training may be the answer for the common workout! ↴

If you want a workout that can help you burn more calories, improve your power, increase your speed, and help your ability to workout for longer periods of time, then Interval Training may be for you.

What is Interval Training?

Interval Training is short, high-intensity exercise periods followed by longer, lower intensity periods. These higher and lower intensity periods are repeated several times to form a complete workout. A basic example would be to walk for 6 minutes at 5.6 KPH and then jog for 2 minutes at 9.6 KPH, and then repeat this sequence several times.

Why should I incorporating Interval Training into my workout plan?

Interval Training can be helpful when you are trying a new form of exercise, for example, when you begin a running/jogging program on a new treadmill. If you attempt to jog continuously without building up to it, you may fatigue quickly and even give up. However, if you begin with intervals of walking interspersed with jogging periods, the workout can be much more enjoyable and effective. Also, you will be more likely to stick with the program and achieve the end result - continuous jogging.

What are the benefits of Interval Training?

Some of the potential benefits of Interval Training are as follows:

- Help you improve cardiovascular fitness
- Improve overall aerobic power
- Burn more calories than similar time period on continuous training exercise
- Break-through an exercise program plateau
- Increase workout duration and reach new exercise levels
- Expand your workout options
- Increase your workout threshold
- Increase speed

Which programs on Life Fitness cardio machines incorporate Interval Training?

- Heart Rate Hill
- Heart Rate Interval
- Extreme Heart Rate
- Hill
- Interval
- Speed Training

Now that you know the benefits of Interval Training and the basic techniques for it, why not give it a try for yourself. Not only is it a great way to try out some new workout programs, it's also a great way to avoid workout boredom. Plus, with Interval Training workouts often are more enjoyable, go by quicker, and improvement results come faster. So why not try spicing up a stale, run-of-the-mill workout with Interval options? You may never use the Manual workout button on your cardio piece again!