

High Intensity Interval Training. Where Is The Evidence?

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High intensity interval training (HIIT) becomes quite popular in the recent years, especially within the fitness industry. HIIT mainly promoted as an effective weight loss and toning program. HIIT based programs seems to replace the popularity of low intensity long duration continuous based exercise programs among fitness trainers, aiming at sedentary population going towards weight loss and healthy lifestyle. However, questions arise on the scientific basis of this popularity or beliefs. A brief review on current scientific literature was performed to address this issue. Possible future studies and practical application suggestions will be made at the end of the presentation.

Keywords: HIIT, weight loss, toning, general fitness, energy expenditure, Metabolic equivalent of tasks (MET), fat percentage, injury risk