

@thisfitmum



INTRODUCTION TO HIIT TRAINING

Disclaimer - Thisfitmum strongly recommends that you consult with your doctor before beginning any exercise program. In order to complete this programme you should be physically fit & within a healthy BMI range. @thisfitmum is not a licensed medical care provider and represents that it has no expertise in diagnosing, examining, or treating medical conditions of any kind, or in determining the effect of any specific exercise or diet on a medical condition. You should understand that when participating in any exercise or diet program, there is the possibility of physical injury or illness. If you engage in this exercise and/or diet program, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury and illness to yourself, and agree to release and discharge @thisfitmum from any and all claims or causes of action, known or unknown, arising out of @thisfitmum negligence

Introduction to HIIT (High-Intensity Interval Training)

Why Choose HIIT?

High-Intensity Interval Training (HIIT) is a time-efficient way to get the most out of your workouts. By alternating short bursts of intense effort with recovery periods, HIIT helps you:

- **Burn More Calories:** Your metabolism stays elevated after the workout, helping you burn calories throughout the day.
- **Improve Heart Health:** HIIT strengthens your cardiovascular system and boosts your endurance.
- **Preserve Muscle Mass:** It's designed to burn fat while maintaining muscle—perfect for achieving a lean, toned physique.
- **Support Thyroid Function:** Research suggests HIIT can improve metabolic activity, making it a great option for those with an underactive thyroid.

Studies supporting HIIT research for those with underactive thyroid:

(Click the button to see research)



As someone who suffers with underactive thyroid I have personally witnessed the benefits of HIIT training, however we should always recognise that each individual is completely unique.

The Importance of Combining HIIT with Resistance Training

While HIIT is excellent for burning fat and improving cardiovascular fitness, it's even more effective when combined with a structured resistance training programme. Building muscle not only enhances your strength but also boosts your metabolism and helps improve body composition. Incorporating both types of training into your routine ensures long-term fat loss, muscle growth, and overall health improvements.

Don't Overlook Nutrition

Exercise is only part of the equation. A well-structured nutrition plan is essential for fuelling your body, optimising recovery, and achieving your goals. Eating the right balance of macronutrients—proteins, carbohydrates, and fats—can make a huge difference to your energy levels, thyroid function, and workout performance.

Monitoring Your Heart Rate in HIIT

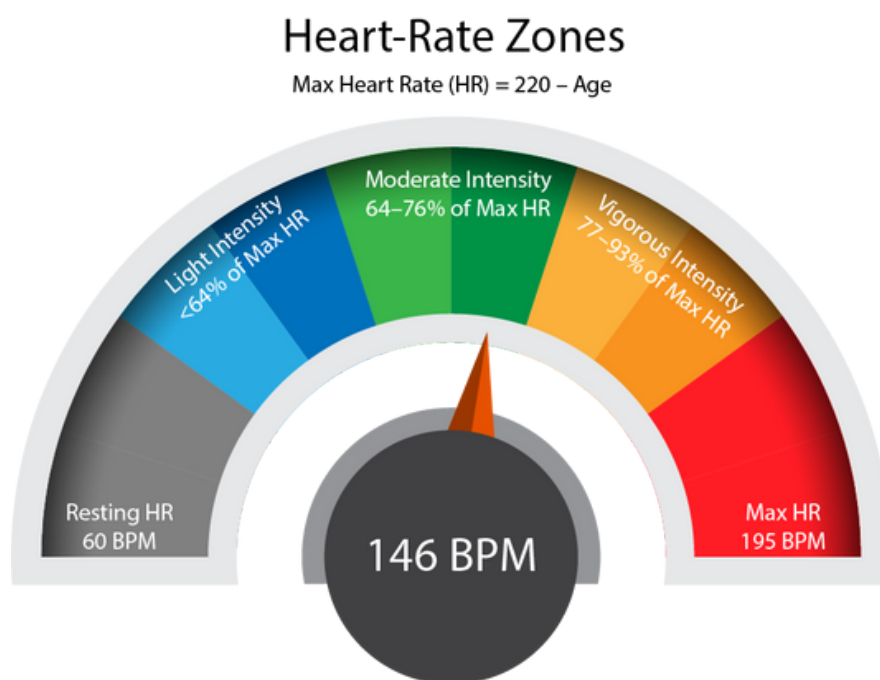
One of the best ways to ensure you're getting the most out of HIIT is to monitor your heart rate (HR) during active and rest periods. Using a heart rate monitor or smartwatch, you can track your performance and stay within the optimal zones.

- Active Periods: Aim to hit 80-90% of your maximum heart rate (MHR). This is where your body works at its hardest, burning the most calories and improving cardiovascular fitness.
 - Formula to calculate MHR: $220 - \text{your age}$. For example, if you're 30 years old, your MHR is 190 beats per minute (bpm). During active periods, your HR target would be 152-171 bpm.
- Rest Periods: Allow your HR to drop to around 50-60% of your MHR. This gives your body a chance to recover without losing momentum. For the same 30-year-old, this would be 95-114 bpm.

Why Monitor HR?

- Ensures you're training at the right intensity for maximum fat burn and fitness improvement.
- Prevents overtraining and reduces the risk of injury.
- Helps you track progress as your fitness improves (you'll recover faster over time).

If you don't have a heart rate monitor, you can use perceived exertion: during active periods, you should feel like you're working at 8-9 out of 10 on the effort scale, and during rest periods, reduce to 4-5 out of 10.



Example for 25-year-old:
 $\text{Max HR} = 220 - 25 = 195 \text{ beats per minute (BPM)}$

HIIT Routines

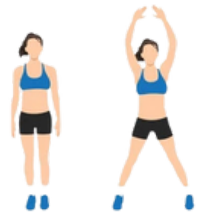
Getting Started

- Warm-Up: Spend 5 minutes doing light cardio (e.g., jogging, skipping, or marching) and dynamic stretches.

Routine 1: Bodyweight Basics

20-Minute Structure: 45 seconds work, 15 seconds rest, repeat 4 rounds

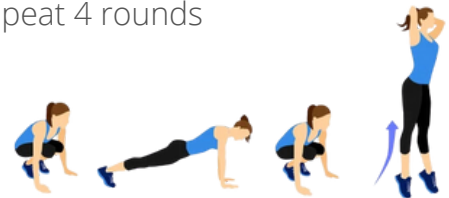
1. Jumping jacks
2. Push-ups (modify to knees if needed)
3. Air squats
4. Mountain climbers



Routine 2: Full-Body Burner (Equipment-Free)

20-Minute Structure: 40 seconds work, 20 seconds rest, repeat 4 rounds

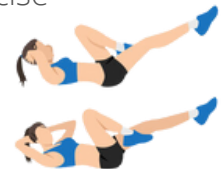
1. Burpees
2. High knees
3. Plank shoulder taps
4. Jump lunges (or step-back lunges for low impact)



Routine 3: Tabata Torch

20-Minute Structure: 20 seconds work, 10 seconds rest, 8 rounds per exercise

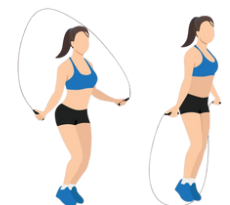
1. Sprint on the spot
2. Bicycle crunches
3. Squat jumps



Routine 4: Home-Friendly Cardio Strength

20-Minute Structure: 45 seconds work, 15 seconds rest, repeat 4 rounds

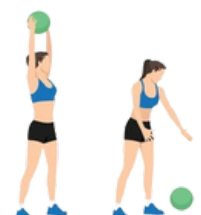
1. Dumbbell thrusters (squat + overhead press)
2. Step-ups on a sturdy chair or box
3. Plank with dumbbell rows
4. Jump rope or simulate rope movement



Routine 5: Gym Circuit Challenge

20-Minute Structure: 1-minute work, 30 seconds rest, repeat 3 rounds

1. Treadmill sprints
2. Kettlebell swings
3. Rowing machine (fast pace)
4. Medicine ball slams



Routine 6: Dumbbell Power HIIT

20-Minute Structure: 50 seconds work, 10 seconds rest, repeat 3 rounds

1. Dumbbell squat press
2. Renegade rows (plank position with dumbbell rows)
3. Dumbbell lunges (alternate legs)
4. Dumbbell Russian twists



Routine 7: Plyometric Power (Equipment-Free)

20-Minute Structure: 45 seconds work, 15 seconds rest, repeat 4 rounds

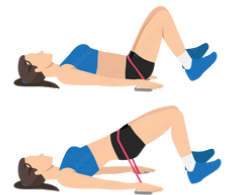
1. Jump squats
2. Plyometric push-ups (or clap push-ups)
3. Skater hops
4. Tuck jumps



Routine 8: Resistance Band HIIT

20-Minute Structure: 45 seconds work, 15 seconds rest, repeat 4 rounds

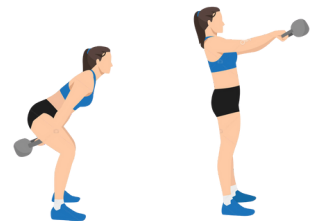
1. Banded glute bridges
2. Banded lateral steps
3. Banded high knees
4. Resistance band overhead press



Routine 9: Hybrid Strength & Cardio

20-Minute Structure: 1-minute work, 30 seconds rest, repeat 3 rounds

1. Barbell deadlifts or kettlebell swings
2. Sprint or bike sprints
3. Push-ups or bench presses
4. Weighted step-ups or lunges



Routine 10: Low-Impact HIIT (Joint-Friendly)

20-Minute Structure: 45 seconds work, 15 seconds rest, repeat 4 rounds

1. Marching high knees
2. Step-back lunges (alternate legs)
3. Plank hold (or plank shoulder taps)
4. Seated dumbbell presses



- Cool-Down: End with 5 minutes of static stretching, focusing on the muscles used during your workout.
- Frequency: Aim for 3-4 HIIT sessions per week for optimal results.

Remember, consistency is key! Stick with these routines and adjust as you progress to keep challenging your body.

Conclusion: Tailoring HIIT to Your Fitness Goals and Thyroid Health

HIIT is incredibly versatile, making it a powerful tool for improving fitness and supporting thyroid health. Whether you're aiming to boost your metabolism, enhance cardiovascular health, or manage symptoms of an underactive thyroid, HIIT can be adapted to fit your specific needs and preferences. Start with shorter, low-intensity sessions to allow your body to adjust, and gradually progress by adding more challenging exercises or increasing intensity. This approach ensures steady progress while minimising the risk of injury or fatigue.

Personalisation is Key

Your fitness journey should always be tailored to your health status and goals. If you have any underlying conditions such as abnormal cholesterol levels, diabetes, or a family history of heart disease, consult your healthcare provider before starting HIIT. Similarly, those with thyroid conditions should pay close attention to their energy levels and recovery, as overtraining can sometimes do more harm than good. Remember, you don't need to do HIIT daily to experience its benefits—starting with one session per week and gradually increasing is a safe and effective approach.

The Benefits of HIIT

HIIT offers a range of advantages, from improved cardiovascular health and metabolic function to leaner body composition. For those managing hypothyroidism, its ability to support weight management and increase calorie burn in less time makes it particularly appealing. The flexibility of HIIT also allows you to incorporate it into other types of exercise, whether you prefer bodyweight movements, strength training, or cardio.

Next Steps

Ultimately, the best workout is the one that suits your lifestyle, keeps you consistent, and delivers sustainable results. While HIIT is a powerful tool, it's most effective when paired with the right resistance training programme to build strength, enhance muscle tone, and support long-term metabolic health. Nutrition is equally vital—providing your body with the right balance of nutrients fuels your workouts, aids recovery, and helps optimise your thyroid function. Together, HIIT, resistance training, and a tailored nutrition plan create a well-rounded approach to achieving your fitness and health goals.

@thisfitmum

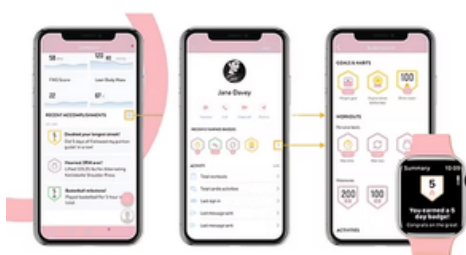
INTRODUCTION TO HIIT TRAINING

If you're looking for guidance on creating a personalised fitness and nutrition plan that aligns with your thyroid health and overall goals, I'd love to help. Visit www.thisfitmum.com/coaching to learn how we can work together to achieve your best results!

Fitmum
Coaching

**Pocket PT Access Included
alongside Direct Coaching Support**

Your handy Pocket PT with everything in one place
Fitness, nutrition, and habit implementation
features, plus in-app messaging, progress tracking



CLICK HERE

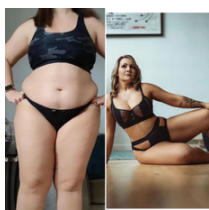
FIND OUT MORE

CLICK HERE

BOOK CONSULTATION

CLICK HERE

TRANSFORMATIONS & TESTIMONIALS



“

"I will never look back, Lisa has changed my life, I was always on a Fad diet slimming world mainly on and off-putting on weight and losing it, I never had the knowledge of what to eat when I came off it. The coaching has given me the knowledge I need to know. I love the support she gives you and I now love working out and have carried this on. - Thank you Lisa"



”

“

"So grateful for Thisfitmum diet coaching. It is Literally the best thing I have ever done! The Knowledge guidance and support Lisa has provided since I joined thisfitmum and thisfitcrew has been life changing. The diet coaching programme provides the information, knowledge and guidance on how to sustain a life long healthy positive change."



”