Gyms turn up the HiIT

High-intensity interval training continues to heat up the fitness scene here, with more chains and boutique studios offering such workouts.

Joyce Teo

Readers who thrive on challenging gym formats can now try their hands on Singapore’s newest fitness craze: the high-intensity interval training (HiIT).

HiIT offers a mix of cardiovascular and strength training workouts that are usually structured as short bursts of intense activity followed by periods of lower intensity or rest. This format has been shown to be effective in improving cardiovascular fitness, burning calories and building muscle mass.

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“HiIT requires a high intensity of exercise that you can easily control,” said NIE physical education professor Michael Chia, who thinks HIIT is not for beginners. “People who are sedentary and low fitness base, excessively rapid movements, repetitions or movements with too much near work or an overindulgence in screen and sedentary activities can be at a high risk of injury and move towards hitting the injury chart,” he added.

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