

**Our lifestyle blog is brought to you by local Personal Trainer and Fitness Queen founder, Hayley Lundy. We aim to educate, motivate and inspire our readers to lead a healthy active life.**



This issue I'm talking about my favourite type of workout – it's known as HIIT which stands for 'high intensity interval training'.

The idea is you that go from one exercise to another with no rest and put in maximum effort. The exercises are ideally a combination of both strength and cardio. People often think HIIT training is for people who are super fit, but it's easily adapted to each individual fitness level from total beginner to an athlete. It's just about making the exercises relevant to the individual. After all, to one person a brisk walk around the block is a challenge while to another it would be completing a marathon.

Personally I love this type of training because it gets fast results in just a little time. I'm super busy and like training styles that are time-efficient, simple and results driven. The beauty of HIIT training is you can do it anywhere and adapt as you improve.

**Here's a HIIT workout example:**

Warm up

Cardio for 5–10 minutes – sprints, mountain climbers, squat jumps, burpys

**Example**

- 1 minute sprints
- 1 minute press ups – as many as you can (on knees or toes)
- 1 minute squat jumps
- 1 minute mountain climber
- 1 minute plank (using variations)
- 1 minute burpys or knee lifts
- 1 minute squats
- 1 minute sprints or jog
- 1 minute lunges

Basically you combine a mixture of above cardio and strength work, back to back, giving maximum effort!

Then you would repeat two or three times in total, depending on your level of fitness. The key is to do as many as you can using the correct form, then each week try to do more or last longer.

It's a really simple way to get in shape and you can do it at home or anywhere really. If you want to see some examples of HIIT training or workout ideas, follow me on my Instagram page [hayley\\_lundy\\_fitness](https://www.instagram.com/hayley_lundy_fitness)

**My Personal Training**

My personal training packages are always designed to get you from where you are now to where you want to be. As a minimum I offer a service of two to three sessions that includes workout and nutrition plan to follow with some guidance and progress monitoring or a full six-week programme where I help and guide you towards your desired results. You can see me little or often and what we feel is needed (depending on availability) and I give you an 'in-between plan' to follow when we're not working together.

If you would like information on my packages and would like me to register your interest, I'd love to hear from you! Just use the contact details below.

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