

HIIT WORKOUTS: EXPLAINED!

HIIT PLANS ARE CONSIDERED ONE OF THE MOST EFFECTIVE WORKOUTS FOR BURNING MAXIMUM IN CALORIES IN MINIMAL TIME. YOU CAN GET ALL THE BENEFITS OF THIS TYPE OF EXERCISE FROM HOME BY LEARNING THE BASICS OF HOW HIIT WORKS AND DESIGNING YOUR OWN ROUTINE. BECAUSE IT'S SO HIGH INTENSITY IT'S VITAL TO TAKE REST DAYS TO AVOID INJURY!

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WHAT IS HIIT?

HIGH INTENSITY INTERVAL TRAINING. IT USES INTERVALS OF HIGH AND MEDIUM INTENSITY EXERCISES SO YOUR MUSCLES DEMAND MORE OXYGEN, WHICH MAXIMIZES CALORIE BURN. BY OPTIMIZING YOUR OXYGEN INTAKE YOU PRESERVE MUSCLE, BUILD LEAN MUSCLE MASS AND BURN MORE CALORIES DURING & AFTER WORKING OUT!

BENEFITS OF HIIT TRAINING!

1. QUICK BUT HIGHLY EFFECTIVE. RESEARCH SHOWS 27 MINUTES OF HIIT 3x/WEEK IS EQUAL TO 60 MINUTES OF JOGGING 5x/WEEK!!
2. BURNS MORE CALORIES AND FAT THAN TRADITIONAL CARDIO FOR A FULL 24 HOURS BY PUTTING YOUR BODY INTO "AFTERBURN" WHERE IT REQUIRES MORE OXYGEN (AND THUS MORE CALORIES) FOR RECOVERY!
3. CAN BE DONE AT HOME OR ANYWHERE WITHOUT ANY EQUIPMENT BY USING PLYOMETRIC EXERCISES
4. NO SKINNY-FAT SYNDROME! HIIT WORKOUTS **PRESERVE MUSCLE** WHILE BURNING FAT TO GIVE YOU THE BEST RESULTS POSSIBLE!
5. YOU CAN **INCORPORATE STRENGTH TRAINING** INTO REST PERIODS TO GET EVEN BETTER RESULTS AND MAKE THE MOST OF YOUR TIME!

MAKING A HIIT PLAN:

ALTERNATE BETWEEN THESE OPTIONS

DO A LIGHT WARM UP FOR 3-5 MINUTES THEN BEGIN!

HIGH INTENSITY:

30 SECONDS

SPRINTING

LUNGES/ SQUATS

JUMPING JACKS

HIGH KNEES

MOUNTAIN CLIMBERS

MEDIUM INTENSITY:

60-90 SECONDS

JOGGING

WALKING

*WEIGHT LIFTING/

DUMBBELLS WILL GIVE

EXTRA STRENGTH RESULTS!

ELEMENTS OF A HIIT WORKOUT!

15-20 MINUTES OF SERIOUS EXERCISE

MAXIMUM EFFORT ALL THE WAY THROUGH

SIMPLE MOVEMENTS AT HIGH INTENSITY

FOCUS ON CARDIO PERFORMANCE

MAXIMUM EFFORT FOR 30 SECONDS-REST FOR 90 SECONDS

DONE 3-4 TIMES PER WEEK (YOU MUST HAVE REST DAYS)

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kinerja karyawan definisi jenis faktor indikator kinerja pegawai - Nov 06 2022

web aug 6 2023 seperti apa definisinya pengertian kinerja pegawai karyawan kinerja karyawan merupakan gambaran tentang kemampuan keterampilan dan hasil kerja yang diperlihatkan oleh seorang karyawan dalam menjalankan tugas dan tanggung jawabnya di

kinerja karyawan pengertian indikator dan faktor yang - Aug 03 2022

web apr 30 2023 apa saja indikator dan faktor yang mempengaruhi kinerja seorang karyawan mari kita simak bersama ulasan lengkapnya di bawah ini pengertian kinerja karyawan kinerja karyawan adalah ukuran sejauh mana seorang karyawan berhasil mencapai tujuan tujuan dan standar yang telah ditetapkan oleh perusahaan atau

7 contoh indikator penilaian kinerja karyawan hrd perlu tahu - Jan 28 2022

web jul 5 2023 contoh indikator penilaian kinerja karyawan ini memiliki banyak manfaat selain sebagai timbal balik kepada karyawan penilaian karyawan juga bisa membantu perusahaan dalam mengambil keputusan manajemen

indikator penilaian kinerja karyawan pengertian contoh dan - Oct 05 2022

web jun 12 2023 absensi kehadiran setelah rasa inisiatif hal penting selanjutnya yang perlu dijadikan indikator penilaian kinerja karyawan yaitu mengenai absensi karyawan dengan melakukan penilaian terhadap absensi kehadiran anda dapat mengetahui siapa saja karyawan yang sering cuti atau izin tidak masuk kerja

mengenal apa itu indikator kinerja karyawan dan manfaatnya - Feb 26 2022

web jul 18 2023 pengertian indikator kinerja karyawan adalah sebuah tools yang digunakan untuk menilai mengukur tingkat pencapaian karyawan dalam melaksanakan tugas dan tanggung jawabnya di tempat kerja indikator kinerja karyawan bertujuan untuk mengukur produktivitas efisiensi efektivitas dan kontribusi karyawan terhadap tujuan organisasi

4 jenis dan 17 indikator penilaian kinerja karyawan - Jul 02 2022

web oct 18 2022 indikator penilaian kinerja karyawan adalah kunci untuk melacak seberapa baik karyawan melaksanakan pekerjaan mereka tim hr harus memiliki metode untuk mengukur produktivitas dan efisiensi karyawan melacak kinerja karyawan bermanfaat bagi organisasi dan karyawan secara keseluruhan

10 indikator penilaian kinerja pegawai glints for employers - Dec 07 2022

web dec 10 2020 10 indikator penilaian kinerja pegawai anggita dwinda december 10 2020 unsplash pada dasarnya evaluasi kinerja karyawan yang dilakukan perusahaan bukan hanya upaya untuk memelihara tingkat produktivitas karyawan tapi juga berguna untuk pemberian bonus atau reward atas capaian karyawan