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Copy this step of added educational series on how to successfully run a virtual Group Ex class. Personal Training session and progressive program. Everything from start-up to sign-off will be addressed to take your training to the next level.

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ALL Time HIITs
SCW Virtual Mania 2020
Abbie Appel
Objectives

1. Understand the benefits of higher intensity training
2. Review Energy Systems
3. Define HIIT Acronyms and protocols - EMOM, AMRAP, Tabata, Copenhagen For time, timed
4. Experience 4 - 5 different options for group, small group and one-on-one training

Benefits of HIIT

1. Afterburn
2. Aerobic and Anaerobic systems
3. Time-efficient
4. Overcomes boredom
5. Greater caloric expenditure

Energy Systems

1. Anaerobic
 - Phosphagenic
 - Glycolytic
2. Aerobic
 - Glycolytic
 - Oxidative

Workout Protocols

1. EMOM - Every minute on the minute
2. AMRAP - As Many Rounds as Possible
3. Tabata - 20/10 8 rounds
4. Copenhagen - 30,20,10
5. For Time
6. Timed