

More on high-intensity training

Health is something most people strive to achieve, but unfortunately, lack of time can be a barrier to getting started with exercise. Highintensity exercise is not only a short-term form of exercise, but according to many studies it is also more effective than long-term exercise.

Spending just three minutes a day on high-intensity exercise can reduce the risk of heart disease and cancer by up to 40 percent, according to a study in Nature (24).

High-intensity exercise is a form of anaerobic exercise. Anaerobic exercise involves high-intensity exercise that lasts for short periods of time.

Examples of anaerobic exercise are sprints, heavy weight training and high jumping¹. For exercise to be classified as high-intensity, it needs to be performed at more than 80% of the performer's maximum heart rate. Here I would like to remind you that maximum heart rate is calculated according to the formula: 180 minus your age.

High-intensity exercise is usually divided into intervals, meaning that an activity is performed for a short time and then followed by rest or a slower movement, also for a short time.

The "Unlock the body's hidden powers" method is highintensity training because the heart rate increases to close to 80% of 56 the maximum heart rate when doing exercises while holding your breath. But compared to other high-intensity forms of exercise such as running, cycling, etc. hypoxia training is softer and easier to perform for most people.

Research shows that short bursts of high-intensity exercise have very positive effects on improving fitness, oxygen uptake and strength.

The subject is complex, but the explosiveness of exercise triggers important signals in the body. These signals in turn cause the body's muscles to adapt to hard physical activity, which has a positive effect on both fitness and strength.

In addition to the physical aspects, much research suggests that highintensity exercise is good for your general well-being. For example, temporary hard training has been proven to trigger substances in the body that increase well-being. How about having more energy and being happier?

It is fascinating to see the power of such short workouts. By performing high intensity exercises, we can achieve significant health benefits in a short period of time. This makes high-intensity exercise an ideal option for those who have limited time to devote to exercise. Here are excerpts from some studies on high-intensity exercise:

High-intensity interval training (HIIT) improves fitness and reduces the risk of chronic diseases better than time-consuming endurance training.

HIIT has been shown to have effects previously thought to be limited to endurance training. These include improved endurance and maximal oxygen uptake (VO₂max), but also general health benefits such as lower blood pressure, improved insulin sensitivity and improved body composition (5).

In previous studies on people with type 2 diabetes, researchers at Karolinska Institutet have shown that repeated high-intensity interval training (HIIT) in the afternoon improves blood sugar balance.

It must be remembered that high-intensity exercise requires not only a warm-up 1-2 minutes before the exercise, but also a good cooldown and recovery.

One way to optimize training is to combine high-intensity exercise with hands-on training. Hand placement is a method that helps to calm the body and restore the balance between muscles and the nervous system. By placing your hands on different parts of the body, such as the head, chest or stomach, you can release tension and stress.

This allows the body to recover faster and be ready for the next highintensity exercise. The laying on of hands can also increase blood circulation, oxygenation and boost the immune system. Therefore, it is good to include hand applications in the program after each highintensity exercise.

