

# THE SOFTER SIDE OF HIIT

This version of the high-intensity trend has just as many benefits. Try our 30-minute, at-home workout, and find out for yourself.

BY ASHLEY MATEO

High-intensity interval training, or HIIT, is popular because it works—this type of exercise is built around pylo-metric moves (think jump squats and burpees) and intense bursts of effort. It gets, and keeps, your heart rate up and burns more fat in less time, but it can also seriously stress the spine and joints. Enter HILIT: high-intensity, low-impact training. It's intense in terms of heart rate, calorie burn, and muscle fatigue, but low-impact on the joints. (Swimming is a great example of a HILIT workout.)

“To reap the benefits of those physiological changes that you're making when you push yourself, you have to back off a little bit and give your muscles and connective tissues time to heal,” explains Sarah Revenig (shown here), CSCS, a trainer at Soho Strength Lab in New York City. Otherwise you're setting yourself up for exhaustion and potential injury.

A great way to think about HILIT workouts is that your heart rate is going up but your feet are always on the ground. Ready to go for it? Revenig created a workout just for *Health*—get details on page 45.



Styling by Gabrielle Porcarro; hair by Nathan Rosenkranz for Honey Artists using Goody and Ouidad; makeup by Colleen Runne using Becca Cosmetics for Art Department; top: Korai; sports bra: Onzie; leggings: Marika; sneakers: Brooks Running

## MASTER THE MOVES

These two HILIT moves are great for stability and building overall muscle strength.

1

### Single-Leg Hip Bridge



Lie on back with knees bent, feet flat on the floor, and palms facing down. Lift left leg up to make a right angle with the floor.

Raise hips and butt off of the floor. Flex left foot, and press through right heel; hold for 60 seconds. Lower hips and butt almost to the floor; then raise back up. Lower and lift 20 times; then switch sides.

2

### Side Plank Rollover



Start in a forearm-plank position: elbows bent and directly under shoulders, palms flat on the floor, and feet hip-width apart. Hold plank for 30 seconds.

Push left hand off the ground and roll to the right—stacking hips, knees, and feet—and hold for 30 seconds. Return to center; repeat on the opposite side. Do 10 more rollovers on each side, without holding the plank.

5

## QUESTIONS FOR SARAH

1

### WHAT'S IN YOUR GYM BAG?

My training journal or notebook, to track my programs and weights. You gotta know what you're doing.

2

### WHAT DO YOU EAT FOR BREAKFAST?

Scrambled eggs and toast, every day.

3

### WHAT INSPIRES/MOTIVATES YOU?

Finding something I'm really passionate about, and then getting better at it. Honing a skill is really motivating to me.

4

### HOW DO YOU SUPPORT/ENCOURAGE CLIENTS WHO ARE STRUGGLING?

I remind them to just show up. Try your best for that day—something is better than nothing. And find something you enjoy. Once you find the reason that makes you actually go to the gym, you can build from there.

5

### WHAT'S YOUR MANTRA?

"Get the job done." It's not always going to be fun. It's work. It's really, really hard work. Do the thing, be done with it, and move on.



**WATCH THE WORKOUT**  
Hover your phone's camera over the smart code for our 30-minute HILIT workout.