

Course Information Sheet

Course Title: The HIIT Advantage: High Intensity Workouts for Women

Course Description:

Achieve maximal results in minimal time! The HIIT Advantage: High-Intensity Workouts for Women is the resource for the most research-based, organized, and systematic information available on high-intensity interval training. The HIIT Advantage keys in on specific exercises, combinations, and progressions that will incinerate fat, shape and strengthen the upper and lower body, and assist with core strength for excellent posture and enhanced exercises performance all written with a woman's ultimate physique in mind. HIIT protocols pair quick bouts of super-high-intensity anaerobic intervals with shorter, low-effort rest intervals. The HIIT Advantage is the authoritative guide on high-intensity training. Comprehensive yet accessible, it describes how and why HIIT is one of the most effective ways to burn fat and improve performance. You'll find step-by-step instructions, photo sequences, variations, and recommendations for 74 exercises to define muscles, reduce injury, and increase weight loss. You will learn the proper setup of a HIIT workout, the rationale, and the ratios for rest and recovery. Best of all, you'll choose from 19 complete workouts consisting of a combination of 20-, 30-, and 45-minute sessions. Finally, you'll receive exclusive access to the HIIT Advantage video library, including demonstrations of 24 key exercises, as well as an original 30-minute workout

Learning Objectives:

1. Understand the concepts of high-intensity interval training and how it differs from other types of exercise programs
2. Know the benefits of incorporating HIIT programs into various training and workout sessions
4. Correctly implement the concepts of popular protocols
5. Address the issues of recovery and how/when to incorporate it properly into a workout.
6. Design and safely modify appropriate exercises using appropriate equipment
7. Select proper exercises for the warm up and cool down
8. Understand the appropriateness and know when to implement advanced exercises for clients
9. List components of proper exercises for upper and lower body as well as core
10. Select appropriate exercises for mixing max interval, mixed interval, hard, harder, and hardest exercises

11. Select and provide appropriate exercises for timing your workouts to avoid fatigue

Target Audience: Beginner/Intermediate/Advanced

Schedule and Format: Self-paced home study

Fees: Please see our website for the most current details on pricing & CE awards: www.exerciseetc.com

Cancellation/Refund Policy: After you get your home study course you have three days to change your mind for a full refund. Just notify us within that three day window and then return the book to us in saleable condition. That's it. No questions asked.

Instructor/Author Credentials:

Irene Lewis-McCormick, MS, is a personal trainer, international presenter, author, and 30-year fitness veteran. She holds a master of science degree in exercise and sport science with an emphasis in physiology from Iowa State University. She is a certified strength and conditioning specialist with the National Strength and Conditioning Association and holds professional certifications from the Aerobics and Fitness Association of America, American College of Sports Medicine, American Council on Exercise, Aquatic Exercise Association, TRX, YogaFit, and many other organizations. Lewis-McCormick is the author of *A Women's Guide to Muscle & Strength* (Human Kinetics, 2012) and a presenter at SCW Fitness, ACSM Health & Fitness Summit, IDEA Health & Fitness, the Mayo Clinic, and many other regional venues. She is a TRX suspension training master course trainer, a Tabata Bootcamp master trainer, an instructor for Barre Above and Xercise Lab, and a master instructor for JumpSport Fitness. She has been a featured presenter in several DVDs, including programs for pre- and postnatal exercise, water fitness, strength training, small-group training, circuit training, Pilates, and foam roller exercise. Lewis-McCormick is a contributor to consumer and fitness publications, including *Shape*, *More*, *IDEA Health & Fitness Journal*, *Prevention*, *Fitness Management*, *Diabetic Living*, *Diet*, and *Heart Healthy Living*. She is on the editorial advisory board of *Diabetic Living* magazine and is a subject matter expert and exam writer for the American Council on Exercise.

She presents with the IDEA Health & Fitness Association, SCW Fitness Education, TRX, Tabata Bootcamp, Xercise Lab, DCAC Fitness Conventions, and many other national venues.

Contact Hours/CEs: Please see our website for the most current details on pricing & CE awards: www.exerciseetc.com

Sponsors: N/A