



LEVEL 4



Standing HIIT

Standing HIIT involves more dynamic and full-body movements. It is suitable for those with a moderate fitness level looking to increase their workout intensity.

Examples:

- **Jumping Jacks:** Perform for 30 seconds, rest for 30 seconds, repeat 5 times.
- **High Knees:** Run in place, lifting your knees as high as possible. Perform for 30 seconds, rest for 30 seconds, repeat 5 times.
- **Butt Kicks:** Run in place, kicking your heels towards your buttocks. Perform for 30 seconds, rest for 30 seconds, repeat 5 times.

FREQUENCY
4 to 5 times
a week

Contact your healthcare professional to schedule an appointment for an individualised treatment plan designed to support your health and wellbeing.

Engaging in regular HIIT sessions can significantly support the regrowth and reinforcement of the endothelial glycocalyx, leading to better vascular health, improved heart function, and a more robust immune system. Incorporating daily exercises at the appropriate level, can be an effective way to manage your treatment and enhance your overall health.

LEVEL 5



Full HIIT Intensity

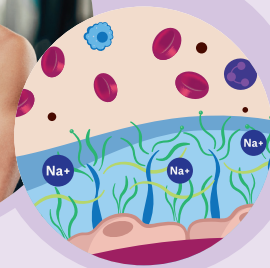
Full HIIT intensity is designed for individuals with a high fitness level. These workouts involve maximum effort and short recovery periods, providing a highly effective cardiovascular and strength workout.

Examples:

- **Burpees:** Perform for 30 seconds, rest for 30 seconds, repeat 5 times.
- **Sprinting:** Sprint for 30 seconds, rest for 30 seconds, repeat 5 times.
- **Mountain Climbers:** Perform for 30 seconds, rest for 30 seconds, repeat 5 times.

FREQUENCY
4 to 6 times
a week

This handout offers general information only and is not meant to diagnose health issues or replace medical advice from your healthcare practitioner.



HIIT BENEFITS FOR VASCULAR HEALTH

High-Intensity Interval Training (HIIT) is not just a powerful tool for improving fitness levels, it also offers significant benefits for vascular health, heart health and the immune system. In functional medicine, HIIT is particularly valued for its role in supporting the endothelial glycocalyx – a crucial component of our vascular system. The endothelial glycocalyx is a furry, gel-like layer lining the blood vessels, playing a key role in maintaining vascular health, regulating blood flow and protecting against inflammation. By engaging in HIIT, we can promote the regrowth and reinforcement of the endothelial glycocalyx, contributing to overall cardiovascular and immune health.

FxMed sources premium global brands. With practitioner's authorisation, patients can conveniently order online via FxDirect.



UNDERSTANDING HIIT

HIIT involves alternating between short bursts of intense activity and periods of low-intensity recovery or rest. This training method can be adapted to suit various fitness levels and physical abilities, making it accessible to a wide range of individuals.

Let's explore different levels of HIIT, from bed-based exercises to full-intensity workouts, and how they can be integrated into your weekly routine.



LEVEL 1



Bed-based HIIT

Bed-based HIIT is designed for individuals with limited mobility or those recovering from an injury. These exercises can be performed lying down and focus on gentle movements to increase heart rate and improve circulation.

Examples:

- **Leg Raises:** Lie on your back and alternately lift each leg. Perform for 30 seconds, rest for 30 seconds, repeat 5 times.
- **Arm Circles:** Lie on your back, extend your arms, and make small circles. Perform for 30 seconds, rest for 30 seconds, repeat 5 times.
- **Glute Bridges:** Lie on your back with knees bent and feet flat on the bed. Lift your hips towards the ceiling and lower them back down. Perform for 30 seconds, rest for 30 seconds, repeat 5 times.

FREQUENCY

7 times a week

Be careful to keep well below fatigue levels

LEVEL 2



Seated HIIT

Seated HIIT is suitable for individuals who cannot stand for extended periods or prefer a low-impact workout. These exercises can be performed while sitting in a chair, making them accessible for most people.

Examples:

- **Seated Marching:** Lift your knees alternately as if marching in place. Perform for 30 seconds, rest for 30 seconds, repeat 5 times.
- **Arm Punches:** Sit with your back straight and punch forward alternately with each arm. Perform for 30 seconds, rest for 30 seconds, repeat 5 times.
- **Seated Knee Lifts:** Lift your knees towards your chest alternately. Perform for 30 seconds, rest for 30 seconds, repeat 5 times.

FREQUENCY

3 to 4 times a week

LEVEL 3



Seated with Standing HIIT

This level combines seated and standing exercises, providing a moderate-intensity workout suitable for those transitioning from low-impact to more dynamic movements.

Examples:

- **Sit-to-Stand:** Sit on a chair and stand up, then sit back down. Perform for 30 seconds, rest for 30 seconds, repeat 5 times.
- **Seated Leg Extensions:** Sit and extend each leg alternately. Perform for 30 seconds, rest for 30 seconds, repeat 5 times.
- **Standing Marching:** March in place while holding onto the back of a chair for support. Perform for 30 seconds, rest for 30 seconds, repeat 5 times.

FREQUENCY

3 to 4 times a week