Effects of a Short Term High Intensity Interval Training on Pre and Post Body Fat Percentage and Lean Mass

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Introduction

High intensity interval training (HITT) is a form of training that encourages the individual to fully devote all their energy during the workout. The point of HITT is to exceed a seventy to eighty percent of one’s VO2max. According to Eric Salvador, NASM, NSCA head instructor at The Flit training Room in New York stated that, “The afterburn effect is referred to as excess post-exercise oxygen consumption or EPOC.” High intensity interval training paired with meal plans, can be very beneficial in weight loss. Therefore the purpose of this study was to examine the effect of an eight week HITT program on....

Methods

Eleven subjects participated in a eight week high intensity interval training program that include daily workouts and meals. Three days out of the week consisted of cardio based workouts and two of the days were strictly strength based workouts. The last two days of the week were hybrid workouts.

Results

Over the eight week high intensity interval training (HITT) program, 55% of the subjects showed a dramatic weight loss. Many correlations were administered to compare pre and post the short term HITT program.

Discussion

A short term high intensity interval training program over an eight week period showed very interesting findings. The considerable effects of the body percentage fat pre and post the eight week high intensity interval training program revealed a drastic decrease in all subjects. All in all, 55% of the subjects displayed a dramatic weight loss after the eight week training program due to the continuous working out of 7 days a week and following the meals that were provided to all subjects. This study proves with evidence that participating in a short term high intensity interval training program will result in weight loss and a dramatic decrease in body fat percentage.

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Figure 1. Total pounds lost over the 8 week program.

Figure 2. Pre and Post body fat percentage for all subjects.