

# HIIT vs. Weight Training: The Ultimate Showdown



## High Intensity Interval Training: What Is It?: Hiit Vs Weight Training by Seth Step

★★★★☆ 4.9 out of 5

Language : English  
File size : 34127 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Print length : 104 pages  
Lending : Enabled



When it comes to getting in shape, there are two main types of exercise that you can do: HIIT (high-intensity interval training) and weight training.

Both HIIT and weight training have their own unique benefits, and the best choice for you will depend on your individual fitness goals. In this article, we'll take a closer look at each type of exercise and help you decide which one is right for you.

## ## HIIT: The Basics

HIIT is a type of exercise that involves alternating between short bursts of high-intensity exercise and brief periods of rest. HIIT workouts are typically short, lasting only 10-15 minutes, but they can be very effective for burning calories and improving cardiovascular fitness.

Some examples of HIIT exercises include:

- Sprints
- Burpees
- Jumping jacks
- Mountain climbers
- Kettlebell swings

## ## Weight Training: The Basics

Weight training is a type of exercise that involves using weights to build muscle strength and mass. Weight training workouts can be either short or long, depending on your fitness level and goals. Weight training is a great way to improve strength, power, and endurance.

Some examples of weight training exercises include:

- Squats
- Deadlifts
- Bench press
- Pull-ups
- Rows

## ## HIIT vs. Weight Training: Which is Right for You?

The best type of exercise for you will depend on your individual fitness goals. If you're looking to improve your cardiovascular fitness and burn

calories, HIIT is a great option. If you're looking to build muscle strength and mass, weight training is the better choice.

Of course, you can also do both HIIT and weight training as part of a well-rounded fitness program. By combining the benefits of both types of exercise, you can achieve your fitness goals faster and more effectively.

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HIIT and weight training are both excellent forms of exercise that can help you get in shape and reach your fitness goals. The best choice for you will depend on your individual needs and preferences. So try out both types of exercise and see what works best for you.



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