

## WHY SHOULD YOU DO INTERVAL TRAINING



It's not as complicated as you might think. Interval training is simply alternating short bursts (example 30 seconds) of intense activity with longer intervals (example 1 to 2 minutes) of less intense activity.

Whether you're a novice exerciser or you've been exercising for years, interval training can help you make your workout routine more exciting. Consider the benefits

### WHAT ARE THE BENEFITS?

- You'll burn more calories
- You'll be more time efficient
- You'll improve your aerobic capacity
- You'll keep boredom at bay
- You don't need necessarily need any special equipment
- Great for motivation and keeping the mind active while training.