

High intensity training to combat sedentism

LOCATION: Granada

DURATION: 1'44"

SUMMARY: A study conducted by researchers from the University of Granada reveals that high intensity training is very beneficial for the health of sedentary people. An intense workout that only takes some minutes burns more energy than a standard aerobic workout.

VTR:

An intense workout developed in a short time period. A study conducted by researchers from the University of Granada reveals that high intensity training is very beneficial for the health of sedentary people.

ÁNGEL GUTIÉRREZ
University of Granada professor

"High intensity can be more beneficial for health than aerobic exercises, which has always been considered as the most necessary training. The training sessions are very hard. We work with sedentary people who are affected by some diseases. The result is amazing."

They have designed high intensity workouts for sedentary people between 35 and 65 years old. In addition to this training, they also wear electro stimulation suits. These researchers assure that the results are positive in terms of hormone and cognitive levels, and physical condition.

FRANCISCO J. AMARO
University of Granada
researcher

"Working at high intensity, in a short period of time, burns more energy."

ALEJANDRO DE LA O PUERTA
University of Granada
researcher

"By 30% more than with another type of training, so, from the perspective of the energy use, it could be pretty interesting."

They have proved that with this workout, the person still consumes energy even 48 hours after the training. The people who participated in this study worked with circuits consisting of several high intensity and short duration exercises.

"The sensation is different. Doing high-intensity training fast is not the same than a more relaxed training. It's different and I think that it's interesting."

PARTICIPANTS

"The good thing about it is that I work very hard in a very short time period."

And many times lack of time is the excuse of sedentary people to not workout. These researchers have focused on high-intensity due to the alarming figures on obesity.