

HIIT (High-intensity Interval Training) is a training idea in which low to moderate intensity intervals are alternated with high intensity intervals and for several loops.

In research, HIIT has been shown to burn adipose tissue more effectively than low-intensity exercise - up to 50% more efficiently. 20 minutes HIIT workout could have the similiar or even more effect than 60 minutes traditional aerobic exercise.

HIIT Workout is designed for all HIIT trainers:



Realtime Weather

*Temperature Range *PM2.5

Profile

*Level System *Accumulative Total Workout

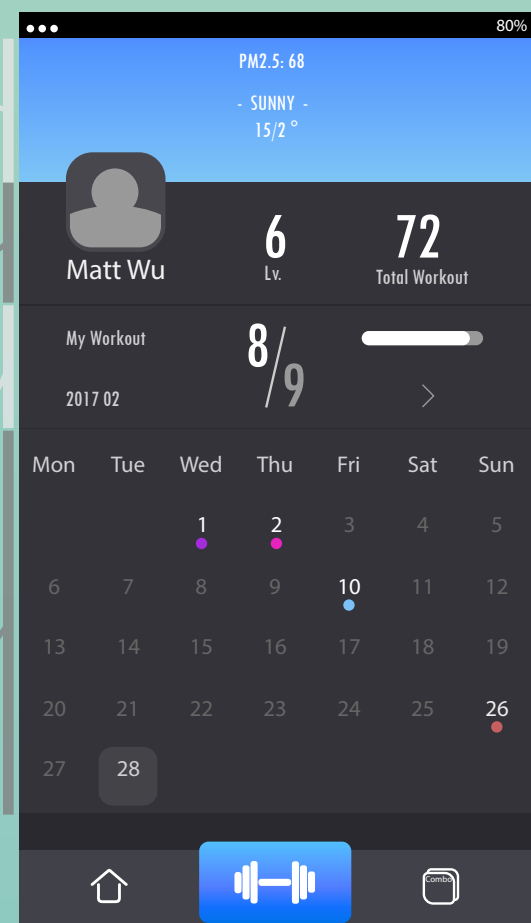
Monthly Summary

*Finished and Total Workout *Process Bar

Workout Calender

*Colored Workout Day *Bright Notes Mark

Home Shortcut



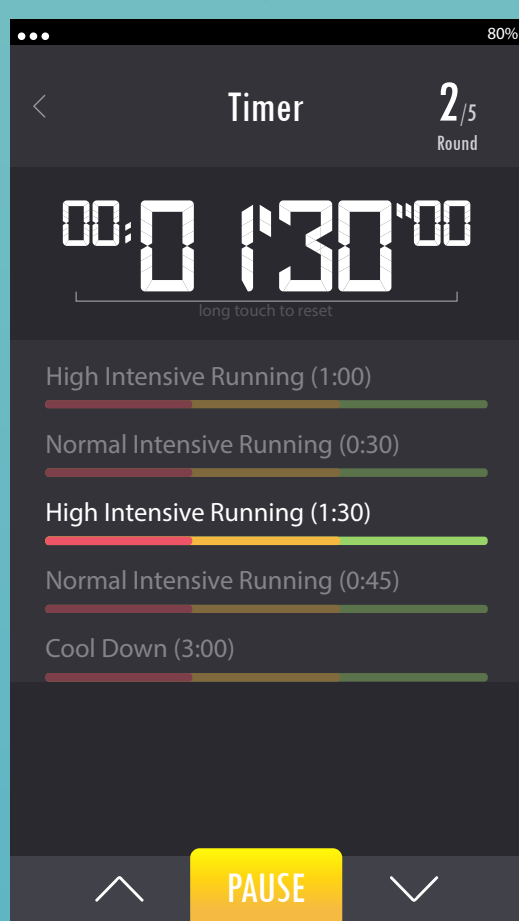
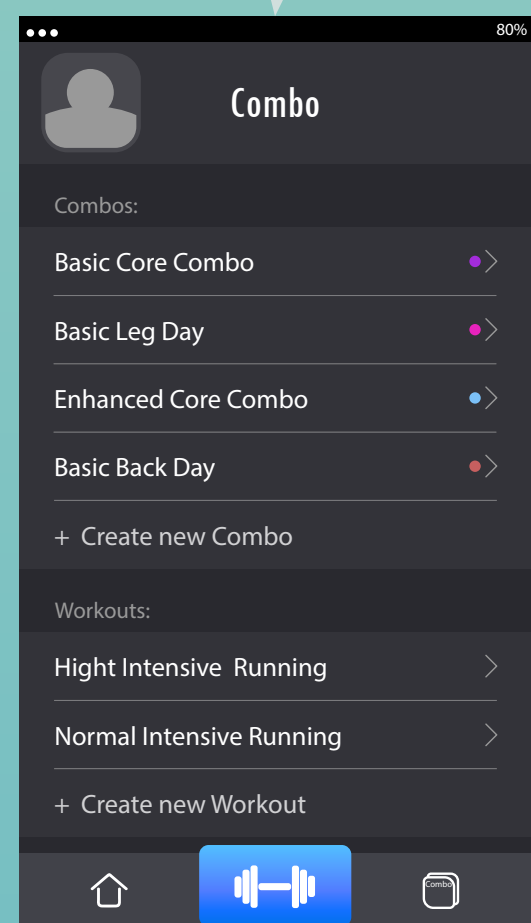
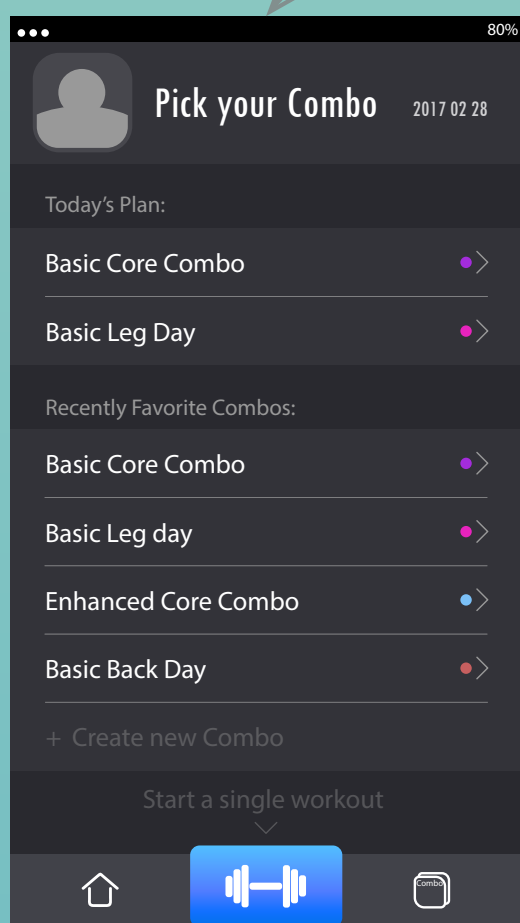
Today's Plan on Top Reminder It is A Workout Day

Favorite Combos

List Combos Used Most Frequently

Single Workout Shortcut

Full Use of Fragmented Time

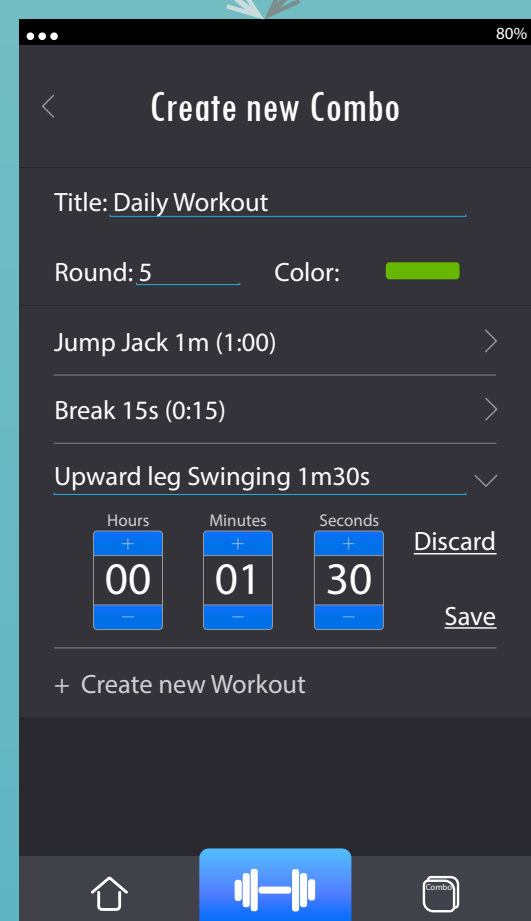


High Intensive

Normal Intensive

<.....>

Cool Down



New Font
Design

8 + 8

New
Process
Bar

