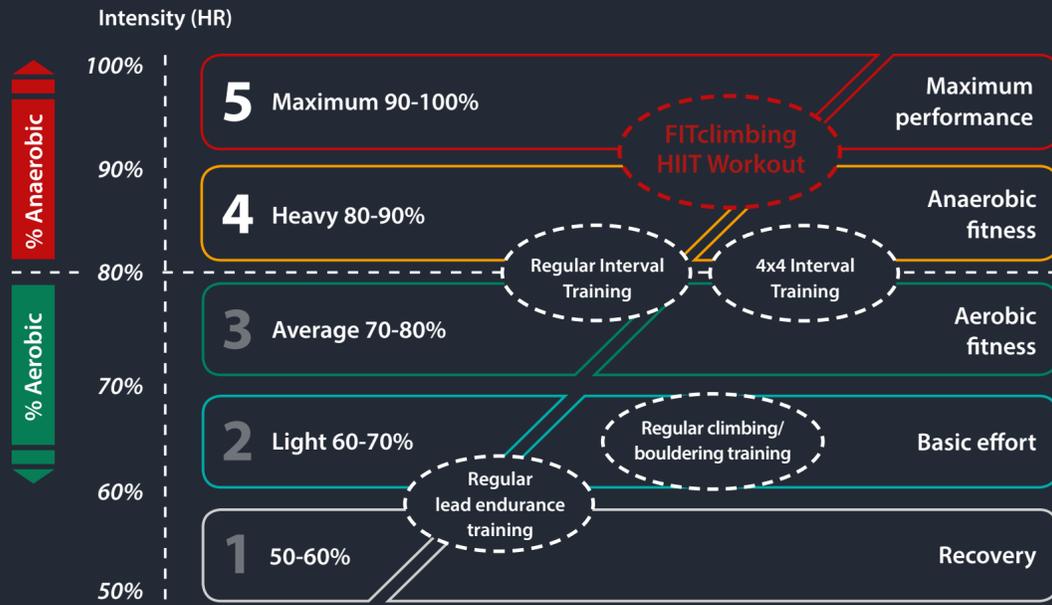




HIGH INTENSITY INTERVAL TRAINING (HIIT)

IMPROVE LOCAL ANAEROBIC FITNESS, MAXIMUM PERFORMANCE AND ENLARGE RECOVERY CAPACITY.

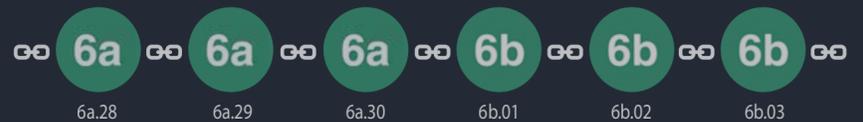


Develop local anaerobic fitness and maximum performance by being 40% or more of your training time in zone 4 - 5.

Meet the right intensity to trigger muscle and vessel growth. Targeted muscle groups; the forearms!

Enlarge your recovery capacity and train mental and neurological capacity.

Train efficiently with non-linear HIIT workouts with an optimal training load and recovery time. Plan and chain easily from one workout to the next one on your own level and get fit with HIIT training!



Choose Workouts

- HIIT Lead**
For endurance
- HIIT Boulder**
For endurance & power endurance
- HIIT Boulder Power**
For power & power endurance
- Strength Training**
For power endurance & strength

Start at the level you climb at most of the time in your first or second go. Each level has 30 workouts. Start with no. 1 in your level.

5a L [∞]	5b L [∞]	5c L [∞]	6a L [∞]	6b L [∞]	6c L [∞]	7a L [∞]	7b L [∞]	7c L [∞]
5 B [∞]	5+ B [∞]	6a B [∞]	6b B [∞]	6c B [∞]	7a B [∞]	7b B [∞]	7c B [∞]	
Build a solid base with Boulder Workouts first before start training with Boulder Power.			6a B [⇄]	6b B [⇄]	6c B [⇄]	7a B [⇄]	7b B [⇄]	7c B [⇄]
Complete Basics first before you start with progressions.			BASICS 1	BASICS 2	BASICS 3	PROGRESSIONS		

HIIT Running Workouts

Complete your training with HIIT running. Support the body with a perfect oxygen supply and maximum oxygen transportation.

"Start training systematic at the right intensity. Let's make climbing training mainstream"

Train more advanced by using a heart rate monitor.

Our HIITclimbing workouts are developed using the 25 years of expertise in training, physiology and internet technology of Polar.

Why training with a heart rate monitor? Because you can measure training intensity (load) and your recovery with heart rate monitoring. Training less than 40% in heart rate zone 4 - 5 indicates your workout is too easy. Tracking more than 40% in zone 4 - 5 means you've reached the right intensity to trigger muscle and vessel growth and develop local anaerobic fitness.

- 10%
- 38%
- 24%
- 13%
- 15%

"Start training"

YOUR ONLINE CLIMBING COACH

- 1. Download FITclimbing app
- 2. Become a member (fitclimbing.com/shop)
- 3. Plan your training

Training Planner, Nutrition Planner, Exercise Library, Community, Check Performance, HIIT Lead, HIIT Boulder, Strength Basics, Strength Progressions, Running

Climbing, Bouldering and Strength Training in 1 app.