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Fit Life / High-Intensity Interval Training...

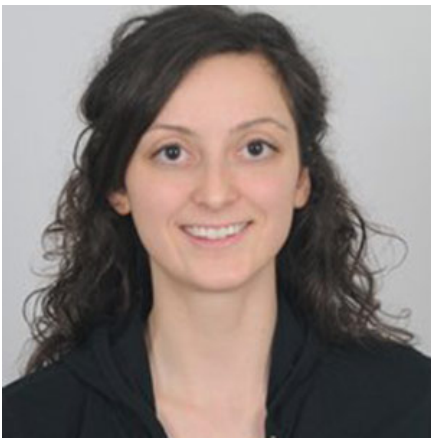
High-Intensity Interval Training Exercises for the Pool

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Integrating high-intensity interval training (HIIT) in the pool is an effective alternative to land training and a great way to add variety to existing water routines. Check out this versatile pool-based HIIT program, which integrates vertical and horizontal methods, and includes optional equipment to progress or assist, depending on the swimming abilities of your clients.

Below is the link to the video that ACE made to the program.

<https://youtu.be/Xuwena9YsVY>



Elizabeth Kovar Contributor

Elizabeth Kovar M.A, personal trainer and yoga/fitness instructor, earned Yoga Alliance 318 hours in Ashtanga yoga & Chakra Meditation from the Ayurveda & Yoga Retreat and Hospital in Coonor, India. She studied yoga in five different countries, and learned through some of the best names in the yoga industry. Her Master's Thesis "Creating Yoga Programs for People with Movement Disabilities" was implemented on a 12 week research study for people with Stage 1-2 Parkinson's Disease with the University of Toledo Physical Therapy and Neurology Department. She resides in Seattle, WA and is the fitness coordinator at the City of Lynnwood Recreation Center. Elizabeth is also a freelance fitness / travel writer, workshop presenter and instructs an online Yoga 1 & 2 course for Walla Walla Community College. Questions or comments can be directed to erkovar@yahoo.com