
Getting Fit: Interval Training

High Intensity Interval Training, known as HIIT in the fitness world, is as close to an 'easy fitness solution' that I have found.

The minimum exercise I do each day is one consecutive series of pushups and one consecutive series of pullups, both to the point of failure. In case of pullups, the 'point of failure' is easy to define: I simply cannot do even one more repetition.

In the case of pushups it's different. I do as much as I can. I run out of breath faster than I run out of strength. I lie on the floor, or support my weight on straight arms and catch few gulps of air; then I do a few more pushups; I repeat these cycles to the point when I can't do even one more repetition.

I trained that way for years, that's how I built up my strength to the current level. Sometimes I change my routine and do balance pushups (like on a basket ball).

I start my day by completing one of these exercise series. Since our family moved to a new house in September 2014, my pullup routine has been completed on the steel door to the furnace room. I decided to exercise this way, because I'm chronically out of time and it takes me only about a minute to do these pullups.

I keep a register of my maximum repetition of each exercise, not as a badge of accomplishment, but as a reminder and motivator. Each day when doing my 'failure series' I'm trying to beat my own record. Sometimes it takes me days, sometimes it takes me months. However, several years into this practice I can still beat my records occasionally.

On weekdays I usually do an additional 2-3 series of pushups at the office in the toilet. I rarely do these to the point of failure, because I'm too strong and it would take me too much time. I do them to 'the first failure' most of the times. On weekends, I rarely do more than those two obligatory series. I don't have appropriate habit cues.

If you came here looking for a silver bullet, pay attention: this exact routine gave me the ability to do 40+ pullups and 150+ pushups. Nothing fancy here, just persistence, and the guts to take some pain.

There is no magic in this success; it is my infallible consistency. Take a look on my Coach.me profile. You'll see over 600 days of activity: <https://www.coach.me/users/360e9cc8df81879e1935/activity>

What is so special about my routine is that it **allows** this kind of consistency. The workouts are quick, like lightning.

You need just your body, so you can do them anytime and anyplace. There is no room for excuses.

The workouts are also brutal and that causes your muscles to rip, heal and grow; you reap the benefits every day. **Try it!**

BULLETPROOF HEALTH AND FITNESS

YOUR SECRET KEY TO HIGH ACHIEVEMENT

What Works For Me:

- **exercising first thing** in the morning.
- doing at least a single series of consecutive **pushups till the point of failure**.
- doing at least a single series of **consecutive pullups till the point of failure**.
- **keeping a record** of my exercises and striving to beat my totals every day.
- completing **2-5 intensive series of exercises, spread throughout the day**.
- **exercising on an empty stomach**.
- **working out every day**.

My Suggestions for You:

Give HIIT a go.

You do need guts for such exercises and I mean it both metaphorically and literally. It's painful. No exaggeration here. But you know what they say: no pain; no gain.

I strongly advise against trying any 'to the point of failure' exercise within 2 hours after any meal, even if it was only an apple.

'Do it Now! If you don't, there will be no results tomorrow.'

MICHAL STAWICKI