

THE HIIT LIST

FitLife's recent cover star Nomvula Khuzwayo got the team sweating with her HIIT workout, guaranteed to leave you gasping for more

WE PUT THE LEGENDARY NOMVULA Khuzwayo on our December cover for a reason: She's a beast in the gym. She may be small, but as they say, dynamite comes in small packages – and Nomvula is ready to explode into your workout routine. She's a big fan of HIIT training because of how effective it is in a shorter period of time. 'People seem to think that the longer you train, the more weight you'll lose. But you can lose weight by doing high-intensity interval training – sprints, burpees, ball slams. Make exercise fun for yourself!' Nomvula told *FitLife*. HIIT training is a sure-fire way to boost your cardio fitness because of how you just don't stop. Lace up your training shoes and join her in a very special, very sweaty workout.

Do each move for 40 seconds, then rest for 20 seconds. Do 5-6 rounds.

WHAT YOU'LL NEED

- 2 x dumb-bells
- 1 x slam ball
- 1 x skipping rope
- 1 x box

1 SKIPPING

- > Grab your skipping rope and get skipping!
- > You can do normal skips, double-unders or alternate-foot skipping.



2

DUMB-BELL PUSH-UP WITH A TWIST

- > Place your hands on the upright dumb-bells.
- > Do a push-up on the dumb-bells, focusing on maintaining your balance and getting your upper body as low as possible.
- > Come up from the push-up.
- > Slowly and steadily, twist your body and bring your left knee to your right elbow. Return back to the push-up starting position.
- > Do another push-up, then repeat on the other side.



4. Tuck Jump

- > Start with your feet apart and your chest up.
- > Drop your bum back and down. Drive your arms up and push off the floor.
- > Lift your knees toward your chest.
- > Bend your knees as you land to absorb the impact.

5

ROTATIONAL BALL SLAM

- > Start with your feet wider than shoulder-width. With the ball overhead, rotate your body to the right, moving your weight on to your right leg.
- > Start to rotate your body on to your left leg, as you move the ball down and slam it on to the ground next to your left foot. Do this as strongly as you can.
- > The harder you slam the ball down, the more you'll work your obliques.
- > That's one rep. Swap sides.



3

BALL SLAM

- > Start with your feet shoulder-width apart and knees bent.
- > Lift the ball overhead with your arms extended. Inhale, and engage your core.
- > Slam the ball down on to the ground. Let your arms follow through.
- > Let the ball bounce off the floor and catch it on the return. If it doesn't bounce, squat down to pick it up and do another rep.





6

LUNGE + JUMP OVER

- Find an object that is a good height to jump over. Start on the one side of the object.
- Jump over it, landing in a slight squat to absorb the impact.
- Go straight into two jump lunges, swapping legs.
- Jump over the object again, and go straight into two jump lunges.

WIN

Stand the chance to win an account credit to the value of R2 000.

To enter, SMS 'FLRunMARCH' and your ID number to 44001. Ts&Cs on page 70.

8

BOX JUMP + DIP

- Stand in front of the box with your feet shoulder-width apart.
- Bend into a slight squat and swing your arms back, then swing them forward and explode up off the ground. Land on the box as softly as possible. You want to mimic the take-off position on the landing.
- Jump back down, landing as softly as possible. Or step down slowly one leg at a time (that's easier on the joints!).
- Turn around, place your hands on the box, and drop your bum down until it's just above the ground.
- Lift your body up, stand up and go straight into another box jump.

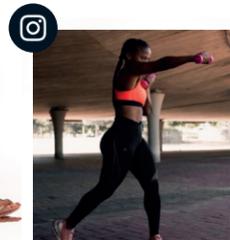
7. Slam Ball Plank Hold

- Place the ball in front of you, then get into the plank position with your elbows on the ball.
- Keep your back straight, making sure you don't dip your bum or lift it into the air.



SAY WHAT?

High-intensity interval training (HIIT) is any workout that alternates between intense bursts of activity and fixed periods of less-intense activity or even complete rest.



CHECK HER OUT

Follow [nomvula_khuzwayo](#) on Instagram for more HIIT inspo!

8 REASONS TO HIIT IT



1. IT'S EFFICIENT

HIIT is the ideal workout for the busy person. And research proves it. The American College of Sports Medicine says that two weeks of HIIT improves your aerobic capacity as much as six to eight weeks of endurance training would.



2. YOU'LL BURN MORE FAT

The effect of all that intense exertion kicks your body's repair cycle into hyperdrive, which means that you burn more fat and calories in the 24 hours after a HIIT workout.



3. YOU'LL STRENGTHEN YOUR HEART

HIIT generally pushes you into an anaerobic zone (that special place where you can't breathe and you feel like your heart is trying to jump out of your chest). Spending more time in this zone will help to strengthen your heart and cardio fitness - fast!



4. NO EQUIPMENT NECESSARY

If you have equipment, great! But you don't need it to get the job done. High knees, jumps, fast feet, jump lunges - these will get your heart rate up.



5. YOU WON'T LOSE MUSCLE

Steady-state cardio encourages muscle loss, but studies show that both weight training and HIIT allow people to keep their hard-earned muscles while reaping the benefits of fat loss.



6. YOU'LL SET YOUR METABOLISM ON FIRE

HIIT stimulates the production of the human growth hormone (HGH) by up to 450% during the 24 hours after your workout. HGH is responsible for increased caloric burn and helps to slow down the ageing process.



7. YOU DON'T NEED A GYM

Since it's so varied, you can modify your HIIT workout based on your time and space constraints. So whether you're exercising at home, stuck in a hotel room or on holiday with the family, you can squeeze in a session.



8. IT'S HARD

And we love hard work! It's short, hard and fast. So you may feel like you're dying or struggle to catch your breath, but just remember that it'll all be over soon.

'If you guys know me, you'd know that I love HIIT workouts. Did you know that skipping is one of the best ways to burn calories and firm up that body?'



PHOTOGRAPHY GARETH VAN NELSON/HIMMABES.CO.ZA ILLUSTRATION FLATICON