Eight weeks of a combination of high intensity interval training and conventional training reduce visceral adiposity and improve physical fitness: a group-based intervention.


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AIM

The aim of the current study was to examine the effect of a combination of group-based HIIT training (LES MILLS GRIT Cardio) and conventional gym training on physical fitness and body composition parameters in healthy adults.
METHOD

Twenty three participants performed regular gym training 4 days a week.

The remaining 16 participants engaged twice a week in LES MILLS GRIT Cardio and twice in the regular gym training as the other group.

Total body fat and visceral adiposity levels were calculated using bioelectrical impedance analysis.

Physical fitness parameters such as cardiorespiratory fitness, speed, lower limb explosiveness, flexibility and isometric arm strength were assessed.
RESULTS

Both the GRIT group and conventional training regimes were effective in reducing both total body fat and visceral fat levels.

Only the GRIT group significantly reduced abdominal girth.

A between group changes analysis revealed that LES MILLS GRIT Cardio resulted in significantly greater reduction of both abdominal girth and visceral adiposity compared with conventional training.

Isometric arm strength, cardiorespiratory fitness and sprint speed also saw greater improvements in the GRIT group.
CONCLUSIONS

Eight weeks of a combination of LES MILLS GRIT Cardio and conventional training is effective in improving physical fitness and body composition in healthy adults.

It was also found that this type of exercise training appears to be superior to the conventional gym-based exercise in reducing visceral adiposity levels.

Find the full report here: http://www.ncbi.nlm.nih.gov/pubmed/25567049