



H.I.I.T. THE BARRE

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OVERVIEW

Fusing barre and high intensity interval training (H.I.I.T.) together creates a powerful workout for more purposeful training. We'll address two vital elements of physical training by combining one of the only formats that addresses muscular endurance (barre) with one that which addresses cardiorespiratory health (H.I.I.T.) and so much more in terms of health and fitness related outcomes.

OBJECTIVES

- Examine the variety of popular interval formats including H.I.I.T., H.V.I.T., V.I.I.T., and L.I.I.T.
- How Does H.I.I.T. fit into a barre program?
- Movement Selection Basics
- Observe, offer feedback and coach to Movement Standards.

SUMMARY

Experience exercise sequencing for Barre including options for burst style intervals.

**Please remember to submit a session evaluation.
Your feedback is important to us! WSSC 2019**