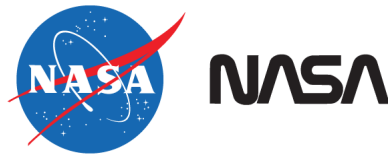


 HERBALIFE. <small>Onafhankelijk Distributeur</small>	<h1>Food2Move Papendrecht</h1>		
Thema	<i>HIIT - High Intensity Interval Training : astronauten workout-plan</i>		

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HIIT - High Intensity Interval Training / Astronauten-workout!

Train als een astronaut met dit workout-plan voor behoud en ontwikkeling van magere spiermassa.



Source: NASA – USA / Fitbit – USA

When it comes to staying fit, astronauts are up against some tough physical challenges. Spending a significant amount of time in a zero-gravity environment can lead to muscle weakening, bone loss, and decreased cardio conditioning. (Your body actually needs the resistance of gravity to stay healthy!) That's why [researchers recently studied exercises that would keep astronauts in shape](#). The winning routine: high intensity interval training (a.k.a. [HIIT](#)) combined with weightlifting.

You can benefit from bursts of cardio and weight-bearing exercises here on Earth, too. Here's how to train like a rocket man!

The 20-Minute Astronaut Workout:

Speed and more reps are key to staying fit in space! After completing mission specific tasks, astronauts spend the majority of their time exercising. They'll rip off [100 push-ups \(bench press\)](#), [100 pull-ups \(bent over row\)](#), [100 sit-ups](#), [100 air squats](#), and more—several times per day. On Earth, with gravity weighing you down, you can get away with less. But you still need to keep up the pace.

Warm up for 3 minutes with some easy running or by jogging in place. Then complete 3 rounds of this HIIT circuit, which includes bodyweight moves. Finish by doing a 2-minute cool down routine—dynamic stretches or [easy yoga moves](#) are great.

- Push-ups: 45 seconds
- Rest: 15 seconds
- Squats: 45 seconds
- Rest: 15 seconds
- Jumping Jacks: 45 seconds
- Rest: 15 seconds
- Pull-ups: 45 seconds (No pull-up bar? Grab a dumbbell and do bent over rows instead.)
- Rest: 15 seconds
- Lunges: 45 seconds
- Rest: 15 seconds

Try this basic HIIT workout and share your thoughts in the comments!



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Thema

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Bronnen: NASA - USA / Fitbit – USA

- zie website:

https://blog.fitbit.com/train-like-an-astronaut-with-this-workout-plan/?utm_source=Fitbit&utm_medium=Email&utm_campaign=Q3_2015Digital

Gezonde groet,

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