

Interval Training: Why it Works
By Mari Garner

Most of the workouts performed at [The American Boot Camp Company](#) boot camp workouts contain some type of interval training. Whether we are running outdoors, kickboxing or strength training, your instructors vary the level of intensity from one activity to the next causing your body to work harder than normal.

But why does interval training work so effectively to burn fat, condition the body quickly and provide an entertaining workout?

1. Interval training forces you to use your fast twitch muscle fibers. Usually you use those muscles when your slow twitch muscle fibers are tired which is toward the end of the workout. Interval training allows you to get more total conditioning.
2. Interval training stimulates your heart more. You increase your cardiac output and your ability to use oxygen with intervals. So not only do you work your glutes, quads and triceps, but you work the most important muscle of all during interval work - your heart!
3. You burn calories at a faster pace with interval training. When you increase the effort and intensity of the workout, it takes your body more energy to return to the normal state, causing you to burn more calories.
4. Interval training is FUN! Adding variety to your workout routine helps you to stick with it for life! And that is our goal for you!

For more information on interval training or The American Boot Camp Company, go to www.TheBootCampCompany.com.