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7 天前 - It may also assist in improving adherence to **exercise** training. Larger randomized Acute Physiological **Effects of High-Intensity Interval Training (HIIT)**. ... consider its application in the field of **cardiovascular diseases**. ... safe and **effective** alternative for the rehabilitation of patients with CAD and. HF.

[\[PDF\] Effectiveness of High-Intensity Interval Training for the ... - SME blog](#)

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作者: DER Warburton - 2005 - 被引用次数: 298 - [相关文章](#)

Cardiac (exercise) rehabilitation is a valuable non- ... spiratory fitness and overall **health** status in patients with coronary artery **disease** (CAD). ... **benefits** of **interval training** and/or circuit weight train- **effects** as the result of participating in either training **program**. ... The **key** finding of this Am J Respir Crit **Care Med**.

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[High-intensity interval training in patients with coronary heart disease ...](#)

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作者: PAB Ribeiro - 2016 - 被引用次数: 22 - [相关文章](#)

billion/year in the European Union (s106 billion in **healthcare**, ... and long-term **effects** of HIIT versus CAET on aerobic fitness, **cardiovascular** ... Medium and/or long **interval HIIT protocols** may be beneficial for CHD patients with higher ... (short-term) and III (long-term/maintenance) **exercise training** Delta of **main effects**.

[High-intensity interval training in patients with coronary heart disease ...](#)

<https://www.sciencedirect.com/science/article/pii/S1877065716300367> - [翻译此页](#)

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Medium and/or long **interval HIIT protocols** may be beneficial for CHD patients ... (€106 billion in **healthcare**, €44 billion [22%] in informal **care**, €27 billion [14%] in ... The additional clinical **benefits** of **exercise training** in CHD patients are well are the most **efficient** to optimize **cardiovascular** adaptations to **exercise training** ...

Name of Journal: *World Journal of Cardiology*

Manuscript NO: 46377

Manuscript type: REVIEW

**High-intensity interval training for health benefits and care of cardiac diseases
 - The key to an efficient exercise protocol**

Ito S. Interval training for health and cardiac diseases

Shigenori Ito

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Interval training for a stronger heart - Harvard Health

<https://www.health.harvard.edu/exercise-and-fitness/interval-training-for-a-stronger-heart> ▾

Interval training allows you to accomplish the same amount of exercise "work" in less time. That could make workouts easier to fit into a busy day or open a time slot to add some strength training. If you can reduce your moderate 30-minute workout to 15 or 20 minutes of interval training,...

High Intensity Interval Training and Heart Health

<https://www.verywellfit.com/will-high-intensity-exercise-trigger-a-heart-attack-2223338> ▾

Apr 29, 2018 · High Intensity Interval Training and Heart Health. Enter high-intensity interval training, or HIIT for short. A growing body of research is showing that bursts of high-intensity activity can get your heart and lungs just as fit in less time, compared with the traditional prescription of 30 minutes a day of moderate-intensity exercise, five days a week.

4 HEALTH BENEFITS OF HIGH INTENSITY INTERVAL ...

<https://wellseek.co/2017/04/04/4-health-benefits-high-intensity-interval-training> ▾

May 17, 2019 · In essence, HIIT is high intensity training followed by rest, with a cycle of work and rest repeated for a relatively short amount of time. It is typically 15-20 minutes, with some people building their tolerance to reach 25-30 minutes of HIIT. The work and rest periods can vary anywhere from six seconds to four minutes.

High-Intensity Interval Training for Heart Health - AARP

<https://www.aarp.org/health/healthy-living/info-2014/high-intensity-interval-training...> ▾

Oct 27, 2014 · 5 Surprising Health Benefits From 5 Minutes of High-Intensity Exercise. Research shows short bursts of intense effort have physical and mental advantages. by Beth Howard, AARP, October 27, 2014 | Comments: 0.

Author: Beth Howard

(PDF) Evidence based exercise: Clinical benefits of high ...

https://www.researchgate.net/publication/233841256_Evidence_based_exercise_Clinical...

clinical Evidence based exercise – clinical benefits of high intensity interval training max) separated by 4 minutes of recovery, repeated 4–6 times per session, with three sessions

Benefits and Risks of High-Intensity Interval Training in ...

<https://www.sciencedirect.com/science/article/pii/S0002914919301006>

Apr 15, 2019 · Exercise-based cardiac rehabilitation is integral to secondary prevention in patients with coronary artery disease. Recently, the effectiveness and "superiority" of high-intensity interval training (HIIT) is a purported time-saving alternative to "traditional" moderate-intensity continuous training (MICT) in cardiac rehabilitation.

Author: John C. Quindry, Barry A. Franklin, B...

Publish Year: 2019

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High-Intensity Interval Training: A Key to Weight Loss

<https://spiritfoods.net/health-benefits-of-high-intensity-interval-training>

May 29, 2017 · When we engage in **high-intensity interval training**, however, we tell our **heart** and lungs that they need to expand to accommodate the greater exertion. Secondly, the shorter workout time means that far less cortisol is produced, resulting in a retention of most muscle and tissue.

Comparison of High-Intensity Interval Training and ...

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4930190>

Jul 01, 2016 · High-intensity interval exercise training protocol. The HIIT cycling protocol was similar to that used in a previous study by Trapp et al . Briefly, after a 3-min **warm-up** at 50 W, each participant followed a prerecorded tape to conduct 8 s of sprinting and 12 s of passive rest for a maximum of 60 repetitions on an ergometer (Monark 874E, Sweden).

Cited by: 53 Author: Zhaowei Kong, Xitao Fan, Shengyan Sun...

Publish Year: 2016

[PDF] High-Intensity Interval Training - cardiopt.org

cardiopt.org/csm2015/HIIT-CSM-Handout.pdf

High Intensity Interval Training . • Abbreviated **HIIT** • AKA **sprint interval training (SIT)**, **high intensity interval exercise (HIIE)** • Definition: **Physical exercise** that is characterized by brief **intermittent** bursts of vigorous activity, interspersed by periods of rest of **low intensity exercise**.

The Surprising Perks of High-Intensity Interval Training ...

<https://health.usnews.com/.../the-surprising-perks-of-high-intensity-interval-training>

May 10, 2017 · The Surprising Perks of High-Intensity Interval Training. Besides being a **shorter regimen** than most **continuous workouts** are, aerobic high-intensity interval training, or HIIT, allows you to burn more calories and push your **heart rate** more than you could with **steady-state exercise**, thus boosting your **overall aerobic capacity** faster.

Author: Stacey Colino

(PDF) Evidence based exercise: Clinical benefits of high ...

https://www.researchgate.net/publication/233841256_Evidence_based_exercise_Clinical...

clinical Evidence based exercise – clinical benefits of high intensity interval training max) separated by 4 minutes of recovery, repeated 4–6 times per session, with three sessions

[PDF] High Intensity Interval Training: A Time Efficient ...

<https://sph.unc.edu/files/2015/03/norc-smith-ryan-high-intensity-interval-training.pdf>

Most prevalent predictive factor for **developing cardiovascular disease**: **Low cardiorespiratory fitness (CRF)** Lack of time is the most commonly cited reason for not exercising. **High intensity interval training (HIIT)** is a time-efficient and effective method for rapid improvements in CRF ...