

CONCENTRATED CARDIO

How REHIT Supercharges Body Transformation

When it comes to body transformation—losing fat, building muscle, and improving health—**strength training is the foundation**. But if you want to accelerate your results and optimize your metabolism, **adding brief, science-backed cardio** may be the missing piece. *The best part? It takes just minutes.*

What Is REHIT?

REHIT (Reduced-Exertion High-Intensity Training) is a time-efficient form of exercise that typically includes 2 short sprints (10–20 seconds) within a 5-10 minute session. That's it.

Unlike traditional cardio, REHIT is designed to produce **maximum results with minimal time**, while being accessible for people of all fitness levels.

Why Add REHIT to Strength Training?

While strength training improves lean mass, metabolism, and body composition, **REHIT improves metabolic function**—especially insulin sensitivity, your body's ability to clear glucose from the blood and use it for energy.

This makes REHIT an ideal complement to strength training.

In fact, REHIT has been shown to improve insulin sensitivity by up to 28% with just two sessions per week for 6 weeks—and this was in sedentary adults with no dietary changes (Little et al., 2011).

Together, strength and REHIT provide a synergistic transformation effect:

- » Strength increases muscle, which boosts your resting metabolism.
- » REHIT enhances how that muscle uses energy and responds to insulin.

The Insulin Sensitivity Edge

Insulin sensitivity is one of the most powerful predictors of long-term health and fat loss. When your body is sensitive to insulin, you:

- » Burn more fat
- » Store less glucose as body fat
- » Reduce inflammation
- » Improve hormonal balance
- » Experience more stable energy

REHIT stimulates large muscle groups intensely and rapidly, triggering glucose uptake into muscle cells independent of insulin, while also improving insulin receptor sensitivity in the hours that follow (Babraj et al., 2009).

These improvements can last up to 48 hours post-exercise—meaning **2–3 REHIT sessions per week create a lasting, compounding metabolic effect.**



If you want to accelerate your results and optimize your metabolism, adding brief, science-backed cardio may be the missing piece.

Added Benefits That Accelerate Your Progress

In addition to its effect on insulin and glucose, REHIT delivers multiple additional benefits, without interfering with recovery from strength training:

- » **Improved VO₂ max and cardiovascular fitness** (Shepherd et al., 2015)
- » **Enhanced fat oxidation** at rest and during activity (Metcalfe et al., 2012)
- » **Increased mitochondrial function**, energy production, and endurance (Gillen & Gibala, 2014)
- » **Sustainable adherence**—participants report greater enjoyment and lower time burden (Jung et al., 2015)

REHIT is also highly scalable: research shows both young and older adults, including those with pre-diabetes and type 2 diabetes, benefit significantly.

Bottom Line: Add REHIT. Multiply Your Results.

Strength training builds the foundation. REHIT builds on that foundation—improving how your body handles fuel, burns fat, and boosts performance.

If you want better blood sugar control, faster fat loss, and more energy—without long workouts—just add REHIT.

A few focused minutes. A lifetime of metabolic impact.



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References

Insulin sensitivity is one of the most powerful predictors of long-term health and fat loss. When your body is sensitive to insulin, you:

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