AQUATIC HIIT MAY BE SIMILARLY EFFECTIVE TO LAND-BASED HIIT IN IMPROVING EXERCISE CAPACITY IN PEOPLE WITH CHRONIC CONDITIONS

Aquatic High Intensity Interval Training improves exercise capacity for people with a range of chronic conditions

868 participants from 18 studies in people with chronic musculoskeletal, respiratory, cardiovascular, metabolic or neurological conditions

AHITT may have similar benefits to land-based HIIT in improving exercise capacity

AHITT had a moderate beneficial effect compared to no exercise

Exercise performed most commonly
3x/week
60 minutes
12 weeks

Exercise intervals ranged from 20 seconds to 4 minutes
Rest periods ranged from 30 sec to 2 min (passive recovery or lower intensity exercise)

Adherence to AHITT is high

Aquatic exercises varied:
Upper and lower body exercises, Stationary running, Cycling, Jumping, Deep Water Running, Freestyle swimming and/or resistance boots and fins