## - Is a BurstFit routine similar to High Intensity Interval Training? Last Modified on 12/11/2016 9:45 pm EST

Yes. There are many forms of HIIT (High Intensity Interval Training), which can be executed in varying amounts of time intervals. The difference with Burstfit is the combination of strength training with the high intensity intervals, to give you the fullest workout possible in just 20 minutes.