

Details of the Functional_{HIT} training sessions during the 8-week Functional_{HIT} training intervention. Four group training sessions per week were scheduled and offered. Participants had to attend two out of four training sessions per week. Duration of each session was ≈30 minutes. Each exercise was performed with the “Tabata interval protocol 20 seconds loading – 10 seconds resting”.

| Week | Session | Functional _{HIT} |
|------|---------|--|
| | 1 | 3 min warm-up - 8 sets of - 20-s TRX squats + 10-s recovery - 8 sets of - 20-s burpees + 10-s recovery - 8 sets of - 20-s jumping jack + 10-s recovery - 8 sets of - 20-s crunches + 10-s recovery - 8 sets of - 20-s dips + 10-s recovery - 8 sets of - 20-s TRX squats + 10-s recovery 3 min cool-down |
| 1 | 2 | 3 min warm-up - 8 sets of - 20-s jumping jack + 10-s recovery - 8 sets of - 20-s TRX chest press + 10-s recovery - 8 sets of - 20-s mountain climbers + 10-s recovery - 8 sets of - 20-s crunches + 10-s recovery - 8 sets of - 20-s stand up, lay down + 10-s recovery - 8 sets of - 20-s dips + 10-s recovery 3 min cool-down |
| | 3 | 3 min warm-up - 8 sets of - 20-s jumping jack + 10-s recovery - 8 sets of - 20-s TRX chest press + 10-s recovery - 8 sets of - 20-s skippings + 10-s recovery - 8 sets of - 20-s high knees + 10-s recovery - 8 sets of - 20-s mountain climbers + 10-s recovery - 8 sets of - 20-s TRX chest press + 10-s recovery 3 min cool-down |
| | 4 | 3 min warm-up - 8 sets of - 20-s jumping jack + 10-s recovery - 8 sets of |

- 20-s TRX chest press + 10-s recovery
- 8 sets of
 - 20-s crunches + 10-s recovery
- 8 sets of
 - 20-s push-ups + 10-s recovery
- 8 sets of
 - 20-s jumping jack + 10-s recovery
- 8 sets of
 - 20-s lunges + 15-s recovery

3 min cool-down

1

- 3 min warm-up
- 8 sets of
 - 20-s jumping jack + 10-s recovery
- 8 sets of
 - 20-s burpees + 10-s recovery
- 8 sets of
 - 20-s mountain climbers + 10-s recovery
- 8 sets of
 - 20-s lunges + 10-s recovery
- 8 sets of
 - 20-s high knees + 10-s recovery
- 8 sets of
 - 20-s crunches + 10-s recovery

3 min cool-down

2

- 3 min warm-up
- 8 sets of
 - 20-s jumping jack + 10-s recovery
- 8 sets of
 - 20-s TRX chest press + 10-s recovery
- 8 sets of
 - 20-s stand up, lay down + 10-s recovery
- 8 sets of
 - TRX squats and row + 10-s recovery
- 8 sets of
 - 20-s high knees + 10-s recovery
- 8 sets of
 - 20-s push-ups + 10-s recovery

3 min cool-down

3

- 3 min warm-up
- 8 sets of
 - 20-s TRX chest press + 10-s recovery
- 8 sets of
 - 20-s TRX squats + 10-s recovery
- 8 sets of
 - 20-s mountain climbers + 10-s recovery
- 8 sets of
 - 20-s skippings + 10-s recovery
- 8 sets of
 - 20-s crunches + 10-s recovery
- 8 sets of
 - 20-s stand up, lay down + 10-s recovery

3 min cool-down

4

- 3 min warm-up
- 8 sets of
 - 20-s mountain climbers + 10-s recovery

- 8 sets of
 - 20-s TRX chest press + 10-s recovery
- 8 sets of
 - 20-s skippings + 10-s recovery
- 8 sets of
 - 20-s burpees + 10-s recovery
- 8 sets of
 - 20-s crunches + 10-s recovery
- 8 sets of
 - 20-s TRX squats + 10-s recovery

3 min cool-down

3 min warm-up

- 8 sets of
 - 20-s high knees + 10-s recovery
- 8 sets of
 - 20-s TRX chest press + 10-s recovery
- 8 sets of
 - 20-s TRX squats + 10-s recovery
- 8 sets of
 - 20-s crunches + 10-s recovery
- 8 sets of
 - 20-s stand up, lay down + 10-s recovery
- 8 sets of
 - 20-s push-ups + 10-s recovery

3 min cool-down

3 min warm-up

- 8 sets of
 - 20-s jumping jack + 10-s recovery
- 8 sets of
 - 20-s TRX chest press + 10-s recovery
- 8 sets of
 - 20-s stand up, lay down + 10-s recovery
- 8 sets of
 - TRX squats and row + 10-s recovery
- 8 sets of
 - 20-s high knees + 10-s recovery
- 8 sets of
 - 20-s push-ups + 10-s recovery

3 min cool-down

3 min warm-up

- 8 sets of
 - 20-s TRX squats + 10-s recovery
- 8 sets of
 - 20-s burpees + 10-s recovery
- 8 sets of
 - 20-s jumping jack + 10-s recovery
- 8 sets of
 - 20-s crunches + 10-s recovery
- 8 sets of
 - 20-s high knees + 10-s recovery
- 8 sets of
 - 20-s TRX squats + 10-s recovery

3 min cool-down

3 min warm-up

- 8 sets of

-
- 20-s jumping jack + 10-s recovery
 - 8 sets of
 - 20-s burpees + 10-s recovery
 - 8 sets of
 - 20-s mountain climbers + 10-s recovery
 - 8 sets of
 - 20-s lunges + 10-s recovery
 - 8 sets of
 - 20-s high knees + 10-s recovery
 - 8 sets of
 - 20-s crunches + 10-s recovery
 - 3 min cool-down
-

- 3 min warm-up
 - 8 sets of
 - 20-s TRX squats + 10-s recovery
 - 8 sets of
 - 20-s burpees + 10-s recovery
 - 8 sets of
 - 20-s stand up, lay down + 10-s recovery
 - 1 - 8 sets of
 - 20-s lunges + 10-s recovery
 - 8 sets of
 - 20-s high knees + 10-s recovery
 - 8 sets of
 - 20-s TRX squats and row + 10-s recovery
 - 3 min cool-down
-

- 3 min warm-up
 - 8 sets of
 - 20-s jumping jack + 10-s recovery
 - 8 sets of
 - 20-s TRX chest press + 10-s recovery
 - 8 sets of
 - 20-s stand up, lay down + 10-s recovery
 - 4 2 - 8 sets of
 - TRX squats and row + 10-s recovery
 - 8 sets of
 - 20-s high knees + 10-s recovery
 - 8 sets of
 - 20-s push-ups + 10-s recovery
 - 3 min cool-down
-

- 3 min warm-up
 - 8 sets of
 - 20-s jumping jack + 10-s recovery
 - 8 sets of
 - 20-s burpees + 10-s recovery
 - 8 sets of
 - 20-s stand up, lay down + 10-s recovery
 - 3 - 8 sets of
 - crunches + 10-s recovery
 - 8 sets of
 - 20-s push-ups + 10-s recovery
 - 8 sets of
 - 20-s lunges + 10-s recovery
 - 3 min cool-down
-

- 4 3 min warm-up
-

-
- 8 sets of
 - 20-s mountain climbers + 10-s recovery
 - 8 sets of
 - 20-s TRX chest press + 10-s recovery
 - 8 sets of
 - 20-s skippings + 10-s recovery
 - 8 sets of
 - 20-s push-ups + 10-s recovery
 - 8 sets of
 - 20-s high knees + 10-s recovery
 - 8 sets of
 - 20-s TRX squats + 10-s recovery
 - 3 min cool-down
-

- 3 min warm-up
 - 8 sets of
 - 20-s jumping jack + 10-s recovery
 - 8 sets of
 - 20-s burpees + 10-s recovery
 - 8 sets of
 - 20-s mountain climbers + 10-s recovery
 - 1 - 8 sets of
 - 20-s lunges + 10-s recovery
 - 8 sets of
 - 20-s high knees + 10-s recovery
 - 8 sets of
 - 20-s crunches + 10-s recovery
 - 3 min cool-down
-

- 3 min warm-up
 - 8 sets of
 - 20-s jumping jack + 10-s recovery
 - 8 sets of
 - 20-s TRX chest press + 10-s recovery
 - 5 2 - 8 sets of
 - 20-s stand up, lay down + 10-s recovery
 - 8 sets of
 - TRX squats and row + 10-s recovery
 - 8 sets of
 - 20-s high knees + 10-s recovery
 - 8 sets of
 - 20-s push-ups + 10-s recovery
 - 3 min cool-down
-

- 3 min warm-up
 - 8 sets of
 - 20-s TRX chest press + 10-s recovery
 - 8 sets of
 - 20-s TRX squats + 10-s recovery
 - 8 sets of
 - 20-s mountain climbers + 10-s recovery
 - 3 - 8 sets of
 - 20-s skippings + 10-s recovery
 - 8 sets of
 - 20-s crunches + 10-s recovery
 - 8 sets of
 - 20-s stand up, lay down + 10-s recovery
 - 3 min cool-down
-

-
- 4
- 3 min warm-up
 - 8 sets of
 - 20-s mountain climbers + 10-s recovery
 - 8 sets of
 - 20-s TRX chest press + 10-s recovery
 - 8 sets of
 - 20-s skippings + 10-s recovery
 - 8 sets of
 - 20-s burpees + 10-s recovery
 - 8 sets of
 - 20-s crunches + 10-s recovery
 - 8 sets of
 - 20-s TRX squats + 10-s recovery
 - 3 min cool-down
-

- 1
- 3 min warm-up
 - 8 sets of
 - 20-s TRX squats + 10-s recovery
 - 8 sets of
 - 20-s burpees + 10-s recovery
 - 8 sets of
 - 20-s stand up, lay down + 10-s recovery
 - 8 sets of
 - 20-s lunges + 10-s recovery
 - 8 sets of
 - 20-s high knees + 10-s recovery
 - 8 sets of
 - 20-s TRX squats and row + 10-s recovery
 - 3 min cool-down
-

- 6
- 2
- 3 min warm-up
 - 8 sets of
 - 20-s jumping jack + 10-s recovery
 - 8 sets of
 - 20-s TRX chest press + 10-s recovery
 - 8 sets of
 - 20-s stand up, lay down + 10-s recovery
 - 8 sets of
 - TRX squats and row + 10-s recovery
 - 8 sets of
 - 20-s high knees + 10-s recovery
 - 8 sets of
 - 20-s push-ups + 10-s recovery
 - 3 min cool-down
-

- 3
- 3 min warm-up
 - 8 sets of
 - 20-s jumping jack + 10-s recovery
 - 8 sets of
 - 20-s burpees + 10-s recovery
 - 8 sets of
 - 20-s stand up, lay down + 10-s recovery
 - 8 sets of
 - crunches + 10-s recovery
 - 8 sets of
 - 20-s push-ups + 10-s recovery
 - 8 sets of
 - 20-s lunges + 10-s recovery
-

| | | |
|---|--|---|
| | | 3 min cool-down |
| | | 3 min warm-up |
| | | - 8 sets of |
| | | - 20-s mountain climbers + 10-s recovery |
| | | - 8 sets of |
| | | - 20-s TRX chest press + 10-s recovery |
| | | - 8 sets of |
| | | - 20-s skippings + 10-s recovery |
| 4 | | - 8 sets of |
| | | - 20-s push-ups + 10-s recovery |
| | | - 8 sets of |
| | | - 20-s high knees + 10-s recovery |
| | | - 8 sets of |
| | | - 20-s TRX squats + 10-s recovery |
| | | 3 min cool-down |
| | | 3 min warm-up |
| | | - 8 sets of |
| | | - 20-s TRX squats + 10-s recovery |
| | | - 8 sets of |
| | | - 20-s burpees + 10-s recovery |
| | | - 8 sets of |
| | | - 20-s jumping jack + 10-s recovery |
| 1 | | - 8 sets of |
| | | - 20-s crunches + 10-s recovery |
| | | - 8 sets of |
| | | - 20-s dips + 10-s recovery |
| | | - 8 sets of |
| | | - 20-s TRX squats + 10-s recovery |
| | | 3 min cool-down |
| | | 3 min warm-up |
| | | - 8 sets of |
| | | - 20-s jumping jack + 10-s recovery |
| | | - 8 sets of |
| | | - 20-s TRX chest press + 10-s recovery |
| 7 | | - 8 sets of |
| | | - 20-s mountain climbers + 10-s recovery |
| 2 | | - 8 sets of |
| | | - 20-s crunches + 10-s recovery |
| | | - 8 sets of |
| | | - 20-s stand up, lay down + 10-s recovery |
| | | - 8 sets of |
| | | - 20-s dips + 10-s recovery |
| | | 3 min cool-down |
| | | 3 min warm-up |
| | | - 8 sets of |
| | | - 20-s jumping jack + 10-s recovery |
| | | - 8 sets of |
| | | - 20-s TRX chest press + 10-s recovery |
| 3 | | - 8 sets of |
| | | - 20-s skippings + 10-s recovery |
| | | - 8 sets of |
| | | - 20-s high knees + 10-s recovery |
| | | - 8 sets of |
| | | - 20-s mountain climbers + 10-s recovery |
| | | - 8 sets of |

| | | |
|---|--|---|
| | | - 20-s TRX chest press + 10-s recovery |
| | | 3 min cool-down |
| | | 3 min warm-up |
| | | - 8 sets of |
| | | - 20-s jumping jack + 10-s recovery |
| | | - 8 sets of |
| | | - 20-s TRX chest press + 10-s recovery |
| | | - 8 sets of |
| | | - 20-s crunches + 10-s recovery |
| 4 | | - 8 sets of |
| | | - 20-s push-ups + 10-s recovery |
| | | - 8 sets of |
| | | - 20-s jumping jack + 10-s recovery |
| | | - 8 sets of |
| | | - 20-s lunges + 15-s recovery |
| | | 3 min cool-down |
| | | 3 min warm-up |
| | | - 8 sets of |
| | | - 20-s jumping jack + 10-s recovery |
| | | - 8 sets of |
| | | - 20-s burpees + 10-s recovery |
| | | - 8 sets of |
| | | - 20-s mountain climbers + 10-s recovery |
| 1 | | - 8 sets of |
| | | - 20-s lunges + 10-s recovery |
| | | - 8 sets of |
| | | - 20-s high knees + 10-s recovery |
| | | - 8 sets of |
| | | - 20-s crunches + 10-s recovery |
| | | 3 min cool-down |
| | | 3 min warm-up |
| | | - 8 sets of |
| | | - 20-s jumping jack + 10-s recovery |
| 8 | | - 8 sets of |
| | | - 20-s TRX chest press + 10-s recovery |
| | | - 8 sets of |
| | | - 20-s stand up, lay down + 10-s recovery |
| 2 | | - 8 sets of |
| | | - TRX squats and row + 10-s recovery |
| | | - 8 sets of |
| | | - 20-s high knees + 10-s recovery |
| | | - 8 sets of |
| | | - 20-s push-ups + 10-s recovery |
| | | 3 min cool-down |
| | | 3 min warm-up |
| | | - 8 sets of |
| | | - 20-s TRX chest press + 10-s recovery |
| | | - 8 sets of |
| | | - 20-s TRX squats + 10-s recovery |
| 3 | | - 8 sets of |
| | | - 20-s mountain climbers + 10-s recovery |
| | | - 8 sets of |
| | | - 20-s skippings + 10-s recovery |
| | | - 8 sets of |

-
- 20-s crunches + 10-s recovery
 - 8 sets of
 - 20-s stand up, lay down + 10-s recovery
- 3 min cool-down
-

4

- 3 min warm-up
 - 8 sets of
 - 20-s mountain climbers + 10-s recovery
 - 8 sets of
 - 20-s TRX chest press + 10-s recovery
 - 8 sets of
 - 20-s skippings + 10-s recovery
 - 8 sets of
 - 20-s burpees + 10-s recovery
 - 8 sets of
 - 20-s crunches + 10-s recovery
 - 8 sets of
 - 20-s TRX squats + 10-s recovery
- 3 min cool-down
-