



Health and Fitness Outcomes from High Intensity Group Training

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Message from the Guest Editors

Dear colleagues,

Since 2007, the American College of Sports Medicine (ACSM) has conducted an annual survey to track fitness trends. High-intensity training (under the term high-intensity interval training; HIIT) has remained in the top 3 since 2014 and group-based training, after entering in the 6th place in 2017, has also remained in the top 3. This Special Issue is focused on the intersection of these two trends, aiming to better understand health- and fitness-related outcomes from participating in high-intensity group training. We welcome research focusing on the behavioral, social, psychological, and physiological contributions to exercise, sport, fitness, and public health resulting from these programs. Manuscripts might include original research, meta-analysis, PRISMA-framed reviews, and brief reports.

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Message from the Editor-in-Chief

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