## Early to Rise Customer Support

Knowledgebase > Exercise FAQs and Substitutions > How many times a week should I do HIIT workouts?

How many times a week should I do HIIT workouts?
Stephanie H-2020-02-20 - Exercise FAQs and Substitutions
Three to four times per week is enough. Any more and you risk overuse injury, and diminished returns.

Please read: www.TurbulenceTraining.com/intervalreport

