

Going Strong: High Intensity Interval Mowing with Fiskars

Description



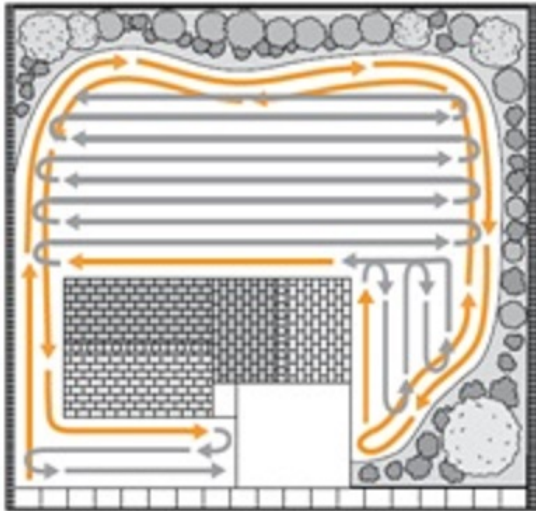
Weâ€™ve all heard of [high intensity interval training](#) (HIIT) as a great way to workout in a short amount of time. The most common form of HIIT is sprinting, and for good reason, it will get your blood flowing and lungs burning fast. This equates to an efficient calorie burning, do anywhere exercise anyone can utilize.

Iâ€™ve been into long distance running for years, and the hours spent running high miles is rewarding, but thereâ€™s not always time to fit in a long run. Lately, I do more sprinting, mostly up a hill, and keep going until my legs and lungs are begging me to stop.

Now that we have Avery, being able to run for over an hour is scarce, and if I do, I have her in the B.O.B. and our dog, Abby, in tow. Not the most comfortable, but itâ€™s not that badâ€¦unless itâ€™s windy, that stroller is like running with an umbrella!

Luckily, I have a [Fiskars Reel Mower](#) to lend a helping hand at accomplishing chores and a workout all at once! Just mowing with a reel mower like the Fiskars provides more cardiovascular activity than the gas-powered alternative, but why not up the ante?

How, you ask? By combining HIIT sprints with reel mowing of course! In the [Fiskars StaySharp Max Ownerâ€™s Manual](#), they provide a useful outline of how to mow your lawn with their reel mower. Iâ€™ve provided the picture below:



Edging and turnaround zone cutting
General mowing

Use this as a great way to plan your sprint mowing workout. I like to get the edging out of the way first as my "warm up" and then proceed to sprint back and forth across the lawn with as little rest as possible.



Yes, corny pose, I know, lets just try and look past thatâ€¦mmmmkay?

I enjoy making things hard on myself, so as you see, Iâ€™m wearing a weight vest. This just adds another level of difficulty and helps keep me primed for when I mow wearing Avery and she doubles in weight.



Caution: DO NOT sprint while wearing your baby!!

To help you out, I put together a little video of me sprint mowing in action. This was during Avery's naptime which is why I have a hurried look on my face.

[youtube <https://www.youtube.com/watch?v=xQzneLFFBc?rel=0&w=420&h=315>]

Again, you do not need to wear a weight vest, sprint mowing is already a great workout.



This is just another way I am enjoying our Fiskars Reel Mower and plan on keeping fit by mowing while wearing Avery in the Onya or by sprinting with a weight vest. It's a great form of exercise while tending to your household duties, and I recommend you give it a spin.

Do you have any fun ways to fit in a workout and accomplish household tasks? Please share if you do!

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