

Are you a *current* or *previous* High-Intensity Multimodal Training participant?



This may include **FUNCTIONAL TRAINING, HIIT, BOOT CAMP, GROUP CIRCUITS** or exercise that:

- emphasises whole-body movements;
- combines aerobic, resistance and/or bodyweight training throughout a single session;
- is completed at high or vigorous intensity

Complete this short survey to help researchers understand your subjective responses to this type of training.

To participate in this survey *you must*;

- be 18 years – 65 years old at time of completion;
- have participated for at least 6 months (attending at least 2 sessions per week);
OR
- have ceased participation

Follow link below!

<https://redcap.link/himtsurvey>



UTS ETH21-6154. Participation is voluntary. Questions? Email : himtsurvey@uts.edu.au or for more information visit : <https://tijanajsharp.wixsite.com/himtsurvey>