CONCLUSIONS

This study draws the following conclusions.

1. Both HIIT provides significant health and performance benefits in healthy adult males over 6 weeks of training.

2. **Aerobic Performance**: Both HIIT and SCT are effective in improving the aerobic performance of healthy adult males over 6 weeks of training. HIIT provides better gain in VO$_{2max}$ while SCT is more effective in enhancing heart rate recovery after maximal exercise. Both are equally effective in improving peak velocity.

3. **Peak Lactate**: Both HIIT and SCT are equally effective in increasing the peak blood lactate levels after maximal exercise over 6 weeks of training.

4. **Anthropometric Profile**: Both HIIT and SCT are effective in improving the anthropometric profile of healthy adult males over 6 weeks of training. SCT is more effective in reducing body fat and BMI while HIIT is more effective in increasing lean mass and BMR. Both are equally effective in weight reduction.

5. **Lipid Profile**: Both HIIT and SCT are effective in improving the lipid profile of healthy adult males over 6 weeks of training. SCT is more effective in improving serum HDL levels. Both are equally effective in reducing total cholesterol, triglycerides and total cholesterol to HDL ratio.

6. **Glucose Tolerance**: Both HIIT and SCT are effective in improving fasting glucose levels of healthy adult males over 6 weeks of training. However, both cause post prandial levels to increase. The quantum of change in healthy adult males is very less.

7. Gains provided by HIIT by exercising for 30 min/week are comparable to those of SCT by exercising 150 min/week.