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);
- have ceased participation.

https://redcap.link/himtsurvey