

# ab hiit workouts

**ab hiit workouts** offer a powerful and time-efficient method to sculpt a strong and defined core. This article delves deep into the effectiveness of High-Intensity Interval Training (HIIT) for abdominal development, exploring the science behind its efficacy and providing practical guidance for implementation. We will cover the fundamental principles of ab HIIT, the numerous benefits it brings beyond mere aesthetics, and how to tailor these routines to various fitness levels. Furthermore, we will discuss common pitfalls to avoid and strategies for maximizing your results, ensuring you build a resilient and functional core. Prepare to transform your understanding and practice of abdominal training with these targeted, high-impact approaches.

Table of Contents

What are AB HIIT Workouts?

The Science Behind AB HIIT for Core Strength

Benefits of AB HIIT Workouts

Designing Your AB HIIT Routine

Effective AB HIIT Exercises

Common Mistakes to Avoid with AB HIIT Workouts

Maximizing Results from Your AB HIIT Training

Who Can Benefit from AB HIIT Workouts?

## What are AB HIIT Workouts?

AB HIIT workouts, short for Abdominal High-Intensity Interval Training, are a specialized form of exercise that targets the core muscles through short bursts of intense activity followed by brief recovery periods. Unlike traditional steady-state ab exercises, HIIT significantly elevates your heart rate, leading to greater calorie expenditure and improved cardiovascular fitness alongside core strengthening. The key principle is pushing your abdominal muscles to their limit during the work intervals, making each repetition highly effective.

The structure of an ab HIIT session typically involves performing a core-focused exercise at maximum effort for a set duration, such as 30 to 45 seconds, before transitioning into a short rest of 15 to 30 seconds. This cycle is then repeated for multiple rounds, often incorporating a variety of exercises to engage different parts of the abdominal wall, including the rectus abdominis, obliques, and transverse abdominis. The intensity is paramount; participants should feel challenged and breathless during the active phases.

## The Science Behind AB HIIT for Core Strength

The effectiveness of ab HIIT stems from its ability to leverage physiological adaptations that occur under intense stress. When you push your abdominal muscles to their peak performance during short, high-intensity intervals, you create micro-tears in the muscle fibers. During the recovery periods, your body initiates a repair process, leading to muscle hypertrophy (growth) and increased strength. This is the fundamental principle of progressive

overload, applied in a time-efficient manner.

Furthermore, the intense bursts of activity in HIIT trigger a significant hormonal response, including the release of growth hormone and testosterone, which are crucial for muscle repair and growth. The high-intensity nature also leads to an elevated metabolic rate that continues long after the workout is finished, a phenomenon known as the EPOC (Excess Post-exercise Oxygen Consumption) effect. This means you continue to burn calories and fat at an increased rate, aiding in the reduction of body fat that can obscure abdominal definition.

## Benefits of AB HIIT Workouts

The advantages of incorporating ab HIIT workouts into your fitness regimen are extensive and far-reaching, extending beyond just achieving a toned midsection. One of the most celebrated benefits is the remarkable time efficiency. Due to the high intensity, shorter workout durations can yield significant results, making it ideal for individuals with busy schedules.

Beyond the aesthetic appeal of defined abs, these workouts contribute significantly to overall core strength and stability. A strong core is essential for nearly every physical movement, improving posture, reducing the risk of lower back pain, and enhancing athletic performance in a wide range of sports and activities. The cardiovascular benefits are also substantial; the rapid fluctuations in heart rate during HIIT sessions improve aerobic and anaerobic capacity.

Here are some key benefits:

- **Time Efficiency:** Achieve significant core engagement and calorie burn in minimal time.
- **Enhanced Calorie Expenditure:** High intensity leads to a greater calorie burn during and after the workout (EPOC).
- **Improved Core Strength and Stability:** Develop a stronger foundation for all physical movements.
- **Increased Muscular Endurance:** The interval nature challenges the muscles' ability to sustain effort.
- **Boosted Metabolism:** Continuous calorie burning post-workout.
- **Cardiovascular Health Improvement:** Enhanced aerobic and anaerobic fitness.
- **Reduced Body Fat:** Effective for shedding fat that can cover abdominal muscles.

# Designing Your AB HIIT Routine

Creating an effective ab HIIT routine requires careful planning to ensure you target all abdominal muscle groups while managing intensity and recovery appropriately. The fundamental structure involves selecting exercises and then organizing them into work and rest intervals. A common starting point is to choose 4-6 exercises and perform each for 30-45 seconds of intense effort, followed by 15-30 seconds of rest.

Progression is a vital component of any successful HIIT program. As your core strength and endurance improve, you can gradually increase the duration of your work intervals, decrease your rest periods, or add more rounds to your circuit. It's also beneficial to vary the exercises periodically to prevent plateaus and continue challenging your muscles in new ways. Listening to your body and ensuring proper form are paramount to prevent injuries, especially as the intensity increases.

## Exercise Selection

The selection of exercises is crucial for a well-rounded ab HIIT workout. You should aim to include movements that hit the rectus abdominis (the "six-pack" muscles), the obliques (side abs), and the transverse abdominis (the deep stabilizing muscles). Incorporating compound movements that also engage other parts of the body can further enhance the metabolic demand of the workout.

## Interval Structure and Duration

The interval structure defines the intensity and recovery. A typical beginner's ab HIIT workout might involve 30 seconds of work followed by 30 seconds of rest for each exercise, completing 2-3 rounds of the circuit. As you advance, you can shift to a 45 seconds on, 15 seconds off ratio, or even try 40 seconds on, 20 seconds off. The key is to ensure that during the work interval, you are working at a high enough intensity to feel challenged and fatigued by the end of the set.

## Rest and Recovery

Adequate rest between intervals and between workout sessions is just as important as the work itself. The brief rest periods allow your body to recover just enough to perform the next set with intensity, while longer rest days between workouts are essential for muscle repair and preventing overtraining. Active recovery, such as light walking or stretching, can be beneficial on rest days.

## Effective AB HIIT Exercises

When designing your ab HIIT routine, selecting exercises that effectively

challenge the abdominal muscles is key. A balanced approach should include exercises that target different areas of the core, from the front rectus abdominis to the obliques and the deeper transverse abdominis. The dynamic nature of HIIT means you want movements that can be performed with intensity and reasonable speed while maintaining proper form.

Consider incorporating exercises that require dynamic core engagement, isometric holds, and rotational movements to ensure comprehensive development. The goal is to push your muscles to their limit during the work intervals, making each repetition count towards your fitness goals. Remember to focus on controlled movements rather than just speed to maximize muscle activation and prevent injury.

## Compound Core Movements

Compound movements engage multiple muscle groups simultaneously, including the core, making them highly effective for HIIT. These exercises not only build abdominal strength but also improve overall functional fitness.

- **Mountain Climbers:** A dynamic exercise that works the rectus abdominis, obliques, and shoulders.
- **Burpees (with or without a jump):** A full-body exercise that heavily engages the core for stability.
- **Russian Twists (with or without weight):** Excellent for targeting the obliques.
- **Plank Jacks:** A plyometric variation of the plank that increases heart rate and works the entire core.

## Isolation Core Exercises for Intensity

While compound movements are excellent, isolation exercises can be intensified within an HIIT format to specifically target abdominal muscles and push them to failure during the work intervals.

- **Bicycle Crunches:** Hits the rectus abdominis and obliques with a controlled, rotational motion.
- **Leg Raises:** Focuses on the lower rectus abdominis. Ensure your lower back stays pressed into the ground.
- **Flutter Kicks:** Targets the lower abs and hip flexors, demanding core stabilization.
- **High Knees with a Twist:** Engages the obliques and rectus abdominis while elevating heart rate.
- **V-Ups:** A challenging exercise that works the entire rectus abdominis.

# Common Mistakes to Avoid with AB HIIT Workouts

While ab HIIT workouts are incredibly effective, several common mistakes can hinder progress, increase the risk of injury, or lead to frustration. Understanding these pitfalls is crucial for maximizing the benefits of this training method. One of the most frequent errors is prioritizing speed over form, which can lead to ineffective muscle engagement and potential strain.

Another significant mistake is insufficient recovery, both within the workout itself and between training sessions. Pushing too hard without adequate rest can lead to burnout, reduced performance, and increased susceptibility to injuries. Furthermore, failing to adequately warm up before starting and cool down afterward can also have negative consequences.

Here are some mistakes to be mindful of:

- **Poor Form:** Sacrificing proper technique for speed or quantity of repetitions.
- **Insufficient Warm-up:** Not preparing the muscles and cardiovascular system for intense activity.
- **Overtraining:** Performing HIIT ab workouts too frequently without allowing for adequate recovery.
- **Lack of Progression:** Sticking to the same intensity, duration, and exercises without challenging the body.
- **Ignoring Pain:** Pushing through sharp or persistent pain, which can indicate an injury.
- **Inconsistent Nutrition:** Neglecting proper fueling and hydration, which are vital for performance and recovery.
- **Absence of Cool-down:** Skipping the cool-down phase, which helps in gradual recovery.

## Maximizing Results from Your AB HIIT Training

To truly unlock the potential of ab HIIT workouts, a strategic approach to training, nutrition, and recovery is essential. Consistency is paramount; engaging in these workouts regularly, while allowing for rest days, will yield the best results over time. Aim for 2-3 ab HIIT sessions per week, integrated with a balanced strength training and cardiovascular program.

Beyond the workout itself, nutrition plays a critical role in revealing abdominal definition and supporting muscle recovery. A diet rich in lean protein, complex carbohydrates, and healthy fats will fuel your workouts and aid in muscle repair. Adequate hydration is also non-negotiable. Furthermore, prioritizing sleep is often overlooked, yet it's when the majority of muscle

repair and growth occurs.

## **Nutrition and Hydration Strategies**

Fueling your body correctly is vital for both performance during your ab HIIT sessions and for recovery afterward. Consuming a balanced diet that includes sufficient protein to support muscle repair and growth, complex carbohydrates for sustained energy, and healthy fats for hormonal balance is key. Staying well-hydrated throughout the day, especially before, during, and after workouts, ensures optimal bodily function and performance.

## **The Role of Recovery**

Recovery is when your muscles rebuild and strengthen, making it as important as the training itself. Adequate sleep is crucial for hormonal regulation and muscle repair. Incorporating active recovery, such as light stretching or foam rolling, on rest days can help improve blood flow and reduce muscle soreness. Listening to your body and taking rest days when needed prevents overtraining and reduces the risk of injury.

## **Progressive Overload and Variety**

To continue seeing results, your abdominal muscles need to be continually challenged. This is achieved through progressive overload, which can involve increasing the duration of your work intervals, decreasing your rest periods, increasing the number of rounds, or adding external resistance to exercises like Russian twists. Introducing variety into your ab HIIT workouts by swapping out exercises or changing the order can also prevent adaptation and keep your muscles stimulated.

## **Who Can Benefit from AB HIIT Workouts?**

AB HIIT workouts are a versatile training method that can be beneficial for a wide range of individuals, provided they are adapted to their current fitness level and any pre-existing physical conditions. For the fitness enthusiast looking to enhance their core strength and achieve a more defined midsection efficiently, these workouts are an excellent addition to their routine.

Individuals seeking to improve their overall fitness and cardiovascular health can also benefit significantly. The high-intensity nature of HIIT not only strengthens the core but also provides a robust cardiovascular challenge, leading to improved endurance and calorie expenditure. It's a powerful tool for fat loss, which can help reveal abdominal muscles. However, it is always recommended to consult with a healthcare professional before starting any new intense exercise program, especially if you have any underlying health concerns.

## **Beginners and Modifications**

For individuals new to ab HIIT, the key is to start with modified exercises and shorter work intervals. Focus on mastering proper form before increasing intensity or duration. For example, a plank can be performed on the knees, or mountain climbers can be done at a slower pace. Gradually increasing the work-to-rest ratio as strength and endurance improve will allow beginners to safely reap the benefits.

## **Intermediate to Advanced Athletes**

More experienced individuals can push the limits with longer work intervals, shorter rest periods, and more complex or weighted exercises. They can also incorporate more challenging variations of traditional ab exercises and increase the number of rounds in their circuits. The goal for advanced athletes is to maintain a high intensity throughout the workout to continue stimulating muscle growth and improving performance.

## **Individuals Seeking Fat Loss**

AB HIIT workouts are exceptionally effective for fat loss due to their high calorie expenditure during and after the workout (EPOC). By combining these targeted core sessions with a consistent overall fitness plan and a calorie-conscious diet, individuals can significantly reduce body fat, which is crucial for revealing lean abdominal muscles. The increased metabolic rate stimulated by HIIT aids in creating the caloric deficit necessary for fat reduction.

## **Those with Limited Time**

The time-efficient nature of ab HIIT makes it an ideal solution for individuals with busy schedules. A highly effective ab workout can be completed in as little as 15-20 minutes, making it easy to fit into even the most demanding daily routines. This accessibility ensures that consistency is achievable, which is a critical factor for long-term fitness success.

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### **Q: How many times per week should I do ab HIIT workouts?**

A: For most individuals, performing ab HIIT workouts 2-3 times per week is optimal. This frequency allows for sufficient intensity during the sessions while providing adequate recovery time for muscle repair and growth. Overdoing HIIT can lead to burnout and increase the risk of injury.

### **Q: Can ab HIIT workouts help reduce belly fat?**

A: While ab HIIT workouts primarily target muscle strengthening and endurance, their high intensity significantly boosts calorie expenditure and metabolism. This elevated calorie burn, combined with a healthy diet, contributes to overall fat loss, which in turn can help reduce belly fat and reveal toned abdominal muscles. However, spot reduction of fat is not possible; a comprehensive approach is needed.

### **Q: What is the ideal work-to-rest ratio for ab HIIT?**

A: The ideal work-to-rest ratio can vary based on fitness level. Beginners often start with a 1:1 or 2:1 ratio (e.g., 30 seconds of work, 30 seconds of rest, or 40 seconds of work, 20 seconds of rest). More advanced individuals might use ratios like 3:1 or even 4:1 (e.g., 45 seconds of work, 15 seconds of rest). The goal is to work intensely during the work interval and recover just enough to maintain that intensity for the next set.

### **Q: What are the most effective ab HIIT exercises?**

A: Highly effective ab HIIT exercises include mountain climbers, burpees, Russian twists, plank jacks, bicycle crunches, leg raises, flutter kicks, and V-ups. A good routine will incorporate a mix of compound and isolation exercises to target the rectus abdominis, obliques, and transverse abdominis for a comprehensive core workout.

### **Q: Is it safe to do ab HIIT every day?**

A: It is generally not recommended to perform intense ab HIIT workouts every day. The abdominal muscles, like all muscles, require time to recover and repair after strenuous exercise. Daily high-intensity training can lead to overtraining, muscle fatigue, reduced effectiveness, and increased risk of injury. Rest days are crucial for muscle growth and overall progress.

### **Q: How long should an ab HIIT workout session be?**

A: Ab HIIT workouts are known for their efficiency. A typical session can range from 10 to 25 minutes, including warm-up and cool-down. The core of the workout, consisting of the work and rest intervals, might only last 10-15 minutes, but the intensity makes it highly effective.

### **Q: Will ab HIIT workouts build visible abs?**

A: AB HIIT workouts are excellent for strengthening and toning the abdominal muscles, which can lead to more defined abs. However, the visibility of abdominal muscles is largely dependent on overall body fat percentage. If you have a higher body fat percentage, reducing it through diet and overall exercise will be necessary to see the definition achieved through ab HIIT.

### **Q: Can I do ab HIIT if I have a lower back issue?**

A: Individuals with lower back issues should proceed with extreme caution and consult with a healthcare professional or physical therapist before

attempting ab HIIT. Some exercises may exacerbate back pain. It's important to focus on exercises that strengthen the deep core muscles (transverse abdominis) for stabilization, such as specific plank variations and carefully executed leg raises, while avoiding movements that put excessive strain on the spine. Modifications are essential.

## **Ab Hiit Workouts**

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**ab hiit workouts:** *Abs Revealed* Jonathan Ross, 2010-09-30 Chiseled abs, a defined midsection, and a powerful core require more than sit-ups, crunches, and the latest miracle diet. To achieve true six-pack success, you're going to need a plan—one based on the most effective exercises and sound programming. You need *Abs Revealed*. In *Abs Revealed*, award-winning personal trainer Jonathan Ross provides a complete program for strengthening, sculpting, and maintaining your midsection. More than a collection of exercises, *Abs Revealed* shows you how to fire your ab muscles regardless of your current fitness level, identify your goals, and develop a personalized workout program to fit your schedule with progressions built in for quick and clear results. This results-oriented, step-by-step guide also includes more than 60 core exercises, ready-to-use workout plans, and advice on integrating abdominal development into cardio and strength routines. Moreover, you'll discover strategies for applying the latest research on diet and nutrition to enhance and maintain muscle definition and tone throughout the year. If you're tired of doing endless crunches with limited results, let *Abs Revealed* show you a better way. With proven plans and personalized programming, it's your step-by-step guide to six-pack success.

**ab hiit workouts:** *High-Intensity Interval Training for Women* Sean Bartram, 2015-01-06 High-Intensity Interval training is the top fitness trend in the U.S. according to the annual survey conducted by the American College of Sports Medicine... and for good reason! HIIT is widely recognized as the most efficient and effective way to burn fat and get in top physical condition. By alternating between intense bursts of exercise and less-intense periods of activity, the body burns more calories—even after working out—in less time compared to traditional forms of exercise. Written by the Official Trainer of the Indianapolis Colts Cheerleaders, *High-Intensity Interval Training for Women* is a step-by-step, highly visual guide packed with exercises, workouts, and multi-day programs to satisfy every fitness goal and any time commitment. Featured images include the Indianapolis Colts Cheerleaders in both swimsuit and game day attire. Women will learn the right way to perform more than 80 HIIT exercises that can be done anywhere and cover all the major muscle groups, with emphasis on core and lower body, and then they will learn how to integrate those exercises into a variety of workouts and programs that maximize results over a minimal amount of time.

**ab hiit workouts:** 101 Get-Lean Workouts and Strategies Muscle & Fitness, 2013-08-01 Packed with cutting-edge training programs that are backed by scientific research and proven by professional trainers and athletes, this workbook provides the very best fat-burning workouts. Containing numerous fitness regimens, this book provides the step-by-step instructions necessary to effectively shed fat and to get into optimal shape. In addition, this collection buttresses the workouts with comprehensive meal plans that ensure readers maximize fat loss while also increasing energy levels and maintaining overall health.

**ab hiit workouts:** *The HIIT Advantage* Lewis-McCormick, Irene, 2015-09-17 The HIIT Advantage offers dozens of exercises and 19 complete workouts to help incinerate fat, shape and strengthen the lower and upper body, and build core strength. An online video library provides clips demonstrating key exercises plus a complete workout that combines exercises for maximum results.

**ab hiit workouts:** **Easy Home, Non-Equipment Workouts for Busy Individuals:::** David Bonney, 2025-06-24 Easy Home, Non-Equipment Workouts for Busy Individuals::: The Best HOME WORKOUT Techniques for Cardio, Stretching, and Weight Training [Easy Exercises to Improve Stability, Stay Fit, and Build Muscles.] Have you ever wished you knew how to workout at home with no equipments, but had no idea where to start? In this book, we will embark on an exciting journey, exploring the realm of easy home workouts tailored specifically for busy individuals like you. Life can get hectic, and finding time for the gym might seem like an impossible task. But fear not, because we've got you covered with a comprehensive collection of unique chapters, each designed to fit seamlessly into your daily schedule. Here Is A Preview Of What You'll Learn... The Power of 10-Minute Workouts Designing a Home Workout Space Mastering Bodyweight Exercises Interval Training for Maximum Efficiency Core Strengthening Exercises for Busy People Quick Cardio Blast Routines Yoga for Stress Relief and Flexibility High-Intensity Tabata Workouts at Home Incorporating Resistance Bands into Your Routine Circuit Training for Full-Body Workouts Plyometric Exercises for Explosive Power Dumbbell Workouts for Strength and Toning Incorporating Jump Rope into Your Cardio Routine Stability Ball Exercises for Core Strength Pilates for Posture and Stability And Much, much more! Take action now, follow the proven strategies within these pages, and don't miss out on this chance to elevate your mindset to new heights. Scroll Up and Grab Your Copy Today!

**ab hiit workouts:** *HIIT—High Intensity Interval Training: Get Fit & Sexy in Less Than 15 Minutes a Day* Lucy Wyndham-Read, 2015-07-24 High-Intensity Interval Training is the best and quickest way to get fit, lose weight, and tone your body! It helps you tailor your fitness regime to exercise the body part you want to improve and to incorporate it into your busy schedule. You can do these short workouts at home, at the gym, or even at work. All you need is 15 minutes a day and within just one month, you'll sculpt your body, burn fat, and improve your strength! Lucy Wyndham-Read provides you with a complete guide to High-Intensity Interval Training, with lots of exercises and workouts with step-by-step instructions. Whether you're a beginner or advanced, HIIT is for you! This book will be the perfect companion on your way to better health and a beautiful, sexy body. Included are 4- to 7-minute workouts, a park bench workout, the skinny jeans workouts, running and walking workouts and many more. To get the best result, Lucy includes tips on nutrition and motivation. A 7-day healthy eating plan helps you with your weight loss aims. For anyone looking for a fast and highly efficient method to improve their body and get healthy, HIIT is the guide you need!

**ab hiit workouts:** **ABS for Life - The No.1 Solution on How to Get Six Pack ABS** Neil Frost, 2008-07-11 Finally separating the facts from the fiction, the Abs for Life System is your complete body makeover manual to lose that unwanted fat and uncover those abs you never knew you had. The book comes complete with a full program and diet plans, meal planners, training sheets and much more.

**ab hiit workouts:** **Awaken the Sexy Within** Robb Evans, 2020-02-04 Awaken the Sexy Within provides a 43-step blueprint to achieving an unstoppable mindset for success along with the sexy body transformation one desires and a sustainable, optimized level of health. Awaken the Sexy

Within describes the journey of Robb Evans discovering his inner sexiness after being bullied for a large portion of his childhood and nearly taking his own life. It is designed as a workbook providing many tools to plan a successful transformation, including: Meal plans with recipes A wide range of accountability strategies 52 incredible body transformation workouts with pictures of each exercise and stretches Training calendars Strategies for maintaining results Inspirational success stories and \$498 of free bonus gifts The goal of Awaken the Sexy Within is to transform both minds and bodies, including weight loss and muscle gain, to achieve an optimized and sustainable level of health. It provides a clear pathway to success through 43 powerful action steps. Each step uncovers the blockages that have prevented sustainable health and success in the past.

**ab hiit workouts: Bollywood Abs** Neil Frost, 2011-11-03 Bollywood Abs is the first book of its kind! A complete Abs and Fat Loss System designed for the Asian Male! Author Neil Frost travelled to the heart of India to design a System that would help transform the bodies of literally thousands of Asian Men! The System incorporates a unique Healthy Indian Diet Plan with over 100 'fat busting' recipes for meat eaters and vegetarians, Western variations, a Fully Structured Program that will build lean muscle mass, 30 of the Best and Most Effective Abdominal Exercises, Fat Cutting Strategies, Meal Planners and much more. Bollywood Abs offers YOU the unique chance to build your Best Body in just 12 weeks!

**ab hiit workouts: HIIT WORKOUT** Philippe Jeandey, Qu'est-ce que le HIIT ? Le HIIT est l'acronyme de High-Intensity Interval Training en anglais, cet entraînement fractionné de haute-intensité désigne tous les entraînements alternant périodes d'efforts courts et intenses et périodes de récupération active ou de repos total (par exemple sprinter pendant 30 secondes et marcher pendant 1 minute). Il existe de nombreuses façons de structurer son entraînement de HIIT avec des phases d'exercices et de récupérations plus ou moins longues. Il n'y a pas de formule précise mais il existe plusieurs protocoles dont : • La méthode Tabata est un entraînement de 4 minutes composé de 8 cycles de 20 secondes d'effort intense et 10 secondes de repos. • La méthode Little est un entraînement de 18 ou 27 minutes composé de 8 ou 12 cycles de 60 secondes d'effort soutenu et 75 secondes de repos. • Le protocole 8/12 est un entraînement de 20 minutes composé de 60 cycles de 8 secondes de sprint et 12 secondes de repos. Si il n'y a pas de formule définie, on retrouve souvent dans la pratique des sessions de HIIT avec un rapport de 2 pour 1 entre travail et repos. Personnellement, je ne dépasse jamais plus de 30 secondes de période d'effort car je trouve difficile de maintenir un effort maximum et constant pendant des périodes plus longues. Il existe également une variation de HIIT, le HICT (High Interval Circuit Training), avec des répétitions plutôt que des intervalles de temps. C'est un circuit continu d'exercices sans période de repos ou avec une courte période de récupération entre les tours. Certains entraînements de CrossFit sont basés sur ce principe.

**ab hiit workouts: The Women's Health Fitness Fix** Jen Ator, The Editors at Women's Health, 2017-11-28 It's time to rethink your relationship with food and exercise! The Women's Health Fitness Fix is a refreshing, realistic guide for anyone who wants a better body. You'll find all the tools you need for successful and lasting weight loss--no rigid, inflexible diet rules or demanding, time-consuming workout programs. These easy-to-follow strategies are practiced by the US's leading fitness experts, tested by the world's top researchers, and proven by everyday busy people across the US. Whether you're a beginner or a longtime fitness fanatic, this must-have manual offers hundreds of tips to get you the results you've always wanted—in just minutes a day. Inside, you'll find: • More than 30 exclusive total-body workouts from America's top trainers, including genius 5-minute routines you can do whenever you're in a hurry and stack together when you have time for a serious calorie-blasting sweat session. • Practical solutions for managing your motivation, busting through fitness and weight-loss plateaus, and overcoming the most common diet obstacles and exercise excuses. • Beginner-friendly techniques for healthier cooking at home and meal prep made simple, along with hundreds of fast-and-easy recipe ideas and calorie-saving food swaps. • More than 145 research-based Quick Tips for improving everything from your goal setting and grocery shopping list to your sleep habits and stress-management skills. The Women's Health Fitness Fix is

more than a diet book: It's the long-term solution you've been searching for and offers the tools and motivation you need to improve your relationship with food and exercise, transform your body, and finally make your healthy lifestyle feel effortless!

**ab hiit workouts: Core Mastery** Daniel Badoi, 2024-02-21 Welcome to Core Mastery: A Comprehensive Guide to Abdominal Training. Whether you're a fitness enthusiast seeking a chiseled midsection, an athlete aiming to enhance performance, or someone on a transformative journey to improve overall health, this ebook is your key to unlocking the potential of your core.

**ab hiit workouts: Science of HIIT** Ingrid S. Clay, 2022-02-01 Train your way to a leaner, stronger body in half the time or less! Get ready to break a serious sweat with this scientific guide to HIIT training! Discover everything you need to know to achieve the best results from your HIIT workouts by understanding the muscle action needed to perfect each exercise. Inside the pages of this fitness book, you'll explore the physiology of more than 90 essential HIIT exercises! It is packed with: - Specially commissioned CGI artworks depicting all the main HIIT resistance exercises - from burpees to plank jacks and variations that add or reduce the challenge. - CGI artwork features color-coding to highlight how the muscles, ligaments and joints engage, stretch and relax to perform each exercise. - Training programs, tailored to different abilities and goals, provide suggested workouts with a progressive increase in challenges over weeks and months. - Easy-to-follow infographics help explain the hard science behind why HIIT training is so efficient, and what beneficial physical adaptations it can bring. High-intensity interval training is a fantastic way to lose weight and get strong by performing very short bursts of targeted exercise. Recent scientific research shows that HIIT is the most efficient form of exercise for raising fitness levels and increasing cardio-respiratory health. Science of HIIT reveals the facts to help you optimize the benefits of HIIT to your body and mind. The clear CGI artwork details the mechanics of each exercise, correct body posture, the muscles involved and how they engage to perform movements. You'll also learn the knowledge and tools needed to be able to create your own bespoke workouts. This HIIT guide will completely transform your performance and help you smash your goals! DK Publishing's Science of series helps readers discover the research and scientific theories behind exercise and sport. It's perfect for training at home or the gym. Other sport science books in this series include Science of Yoga and Science of Strength Training.

**ab hiit workouts: Chiseled Faith** CarolAnn M.S., 2017-10-23 You now have the opportunity, finally, to chisel away the junk in your life and reveal the strength of your faith both physically and spiritually, to be renewed, born again, alive! Chiseled Faith is a faith-based program featuring a simple twelve-week fitness/nutrition plan designed to emphasize lifestyle adjustments. Whether your goal is to lose weight, gain energy, or take your current fitness to the next level, Chiseled Faith is for you! Chiseled Faith is more than just a diet-and-exercise program. This program emphasizes a paradigm shift in your mind-set, helping you to achieve success and gain control over your life. Through a positive experience, becoming healthy and fit will soon become a natural routine part of your life. Restore your faith and clear your mind of cant once and for all. Get fit and trim and closer to him. It starts today. It starts now . . . get chiseled faith. Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, for you were bought with a price. So glorify God in your body (1 Corinthians 6:19-20).

**ab hiit workouts: The Men's Health Big Book: Getting Abs** Adam Bornstein, Editors of Men's Health Magazi, 2012-12-24 The essential diet and fitness guide to lean, ripped abs-including a results-driven 4-week program to lose weight, strengthen your core, and chisel your entire body Call it a spare tire, muffin top, or paunch. Men and women consistently cite their belly as their biggest problem area-and it is often the toughest final pounds to lose. Not anymore! Whether readers' eating habits have been affected by stress, their bodies have changed with age, or they're constantly doing crunches without results, it's time to blast belly fat the right way. Using the comprehensive, week-by-week eating and exercise plan, readers can lose up to 20 pounds in 6 weeks-and keep it off, forever. The Men's Health Big Book: Getting Abs special features include: - Quick effective routines that replace boring, painful crunches - Manly (and healthy) recipes that take less than 15 minutes to

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