

good hiit workouts for fat loss

The topic of "good hiit workouts for fat loss" is a cornerstone for anyone looking to optimize their fitness journey and achieve significant body composition changes. High-Intensity Interval Training, or HIIT, has gained immense popularity for its efficiency and effectiveness in burning calories and boosting metabolism. This article delves deep into the science behind why HIIT is so successful for fat reduction, explores various effective HIIT protocols, and provides practical guidance on designing your own fat-loss focused HIIT sessions. We will cover the fundamental principles, essential components of successful HIIT, and how to tailor these workouts to your specific needs and fitness levels. Prepare to unlock the power of HIIT for accelerated fat loss and improved overall health.

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Understanding HIIT for Fat Loss

High-Intensity Interval Training (HIIT) is a training method that involves short bursts of intense anaerobic exercise alternated with brief recovery periods. This structured approach to exercise is designed to push your body to its limits during the work intervals, leading to a cascade of physiological responses that are highly beneficial for fat loss. Unlike steady-state cardio, HIIT focuses on maximizing calorie expenditure in a shorter timeframe and continues to burn calories long after the workout has finished, a phenomenon known as the afterburn effect.

The principle behind HIIT is simple yet profound: by consistently challenging your cardiovascular system and muscles with maximal or near-maximal efforts, you create a significant metabolic disturbance. This disturbance forces your body to work harder to recover and adapt, leading to increased energy expenditure and, consequently, fat reduction. When strategically incorporated into a fitness plan, HIIT workouts for fat loss can be transformative, offering a potent tool for shedding unwanted body fat.

The Science Behind HIIT's Fat-Burning Power

The effectiveness of HIIT for fat loss is rooted in several key physiological mechanisms. One of the most significant is the "Excess Post-exercise Oxygen Consumption" (EPOC) effect, commonly referred to as the "afterburn." During intense exercise, your body's oxygen demand dramatically increases. After the workout concludes, your body continues to consume oxygen at an elevated rate to restore physiological processes to pre-exercise levels. This elevated metabolism means you are burning calories at a higher rate for hours, or even up to 24-48 hours, post-exercise, directly contributing to fat loss.

Furthermore, HIIT has been shown to improve insulin sensitivity, which is crucial for regulating blood sugar and preventing fat storage. By enhancing your body's ability to utilize glucose effectively, HIIT helps to minimize the amount of sugar that gets converted into stored fat. It also promotes the release of growth hormone, which plays a role in muscle growth and fat metabolism. The combination of increased calorie expenditure during and after the workout, coupled with improved metabolic function, makes HIIT an incredibly potent strategy for achieving significant fat loss.

EPOC and the Afterburn Effect

EPOC is the cornerstone of HIIT's fat-burning prowess. When you perform high-intensity bursts, your body incurs an "oxygen debt." To repay this debt and return to its resting state, your metabolism must accelerate. This accelerated metabolism requires energy, which is primarily derived from stored fat reserves. The longer and more intense the workout, the greater the EPOC, and the more calories you will burn post-workout. This sustained calorie burn is what differentiates HIIT from traditional cardio in terms of long-term fat loss potential.

Hormonal Responses and Fat Mobilization

HIIT also triggers beneficial hormonal responses that aid in fat loss. It stimulates the release of catecholamines like adrenaline and noradrenaline, which are key hormones in mobilizing stored fat. These hormones signal fat cells to break down triglycerides into fatty acids that can then be released into the bloodstream and used as fuel. The cumulative effect of these hormonal shifts, alongside the direct calorie burn, makes HIIT a powerful fat-mobilizing tool.

Essential Components of Effective HIIT Workouts

To ensure your HIIT workouts are truly effective for fat loss, several key components must be considered.

The intensity of the work intervals is paramount; you must be pushing yourself to a level where you can barely speak during the exercise. The duration of both the work and rest periods is also critical for maintaining intensity and allowing for adequate recovery. Finally, the selection of exercises should focus on compound movements that engage multiple muscle groups, maximizing calorie expenditure and promoting overall muscle engagement.

Work-to-Rest Ratios

The ratio of intense work to recovery is a defining characteristic of any HIIT protocol. Common ratios include 1:1 (e.g., 30 seconds of work, 30 seconds of rest), 2:1 (e.g., 40 seconds of work, 20 seconds of rest), or even more aggressive ratios like 3:1 for advanced individuals. The goal is to keep the heart rate elevated during the work intervals while allowing just enough rest to perform the next interval with high intensity. For fat loss, aiming for ratios that keep you breathless and challenged is generally more effective.

Exercise Selection

Choosing the right exercises is crucial for maximizing the benefits of HIIT for fat loss. Compound movements, which involve multiple joints and muscle groups, are ideal. These include exercises like squats, lunges, push-ups, burpees, jumping jacks, mountain climbers, and high knees. By engaging larger muscle groups, you increase the overall metabolic demand of the workout, leading to a greater calorie burn. Bodyweight exercises are excellent for HIIT as they can be performed anywhere and allow for quick transitions.

Progression and Periodization

To continue seeing results and prevent plateaus, it's essential to incorporate progression into your HIIT routine. This can involve increasing the duration of work intervals, decreasing rest periods, adding more rounds, or choosing more challenging exercise variations. Periodization, which involves varying the intensity, volume, and type of training over time, can also be beneficial to prevent overtraining and ensure continued adaptation for fat loss.

Beginner-Friendly HIIT Workouts for Fat Loss

Starting with HIIT can seem daunting, but several beginner-friendly protocols can effectively target fat loss without overwhelming your body. The key is to begin with shorter work intervals and longer rest

periods, gradually increasing the intensity as your fitness improves. Focusing on foundational movements and ensuring proper form is crucial to prevent injuries and build a solid base for more advanced training.

Modified HIIT Protocol

A good starting point for beginners is a 1:2 work-to-rest ratio. This means for every 20 seconds of intense exercise, you would have 40 seconds of active recovery or complete rest. This allows your body to catch its breath and prepare for the next interval. Exercises like jumping jacks, high knees, bodyweight squats, and light jogging in place are excellent choices for this type of workout. Aim for 6-8 rounds of each exercise.

- Jumping Jacks: 20 seconds work, 40 seconds rest
- High Knees: 20 seconds work, 40 seconds rest
- Bodyweight Squats: 20 seconds work, 40 seconds rest
- Mountain Climbers: 20 seconds work, 40 seconds rest

Gradual Intensity Increase

As you become more comfortable, you can gradually shift towards a 1:1 work-to-rest ratio. This means performing an exercise for 30 seconds and resting for 30 seconds. This progression increases the overall intensity and demand on your cardiovascular system, leading to greater calorie expenditure. You can also start to incorporate more dynamic movements like butt kicks or gentler plyometrics if your body feels ready.

Advanced HIIT Workouts for Fat Loss

Once you have built a solid fitness foundation and are comfortable with beginner and intermediate HIIT protocols, you can push your limits with more advanced routines. These workouts are designed to maximize calorie burn and challenge your body's metabolic capacity, leading to accelerated fat loss. Advanced protocols often involve longer work intervals, shorter rest periods, and more complex, explosive exercises.

Tabata Protocol

The Tabata protocol is a highly intense form of HIIT, famous for its 20 seconds of all-out effort followed by 10 seconds of rest, repeated for 8 rounds (a total of 4 minutes per exercise). While short, the intensity is maximal. You can perform a single exercise for 8 rounds or cycle through 4 different exercises for 2 rounds each. This protocol is extremely effective for boosting metabolism and burning fat rapidly, but it requires a significant level of fitness.

Power-Based HIIT

For advanced individuals, incorporating power-based movements into HIIT workouts can be highly effective for fat loss. This involves exercises that require explosive power and speed, such as jump squats, burpees with a tuck jump, box jumps, and kettlebell swings. These movements engage fast-twitch muscle fibers, which have a higher metabolic rate and contribute significantly to post-exercise calorie burn.

An example of a power-based HIIT workout:

1. Jump Squats: 40 seconds work, 20 seconds rest
2. Burpees with Tuck Jump: 40 seconds work, 20 seconds rest
3. Kettlebell Swings: 40 seconds work, 20 seconds rest
4. Plyometric Lunges: 40 seconds work, 20 seconds rest

Complete 4-5 rounds of this circuit.

Sample Full-Body HIIT Workouts for Fat Loss

Designing a full-body HIIT workout ensures that you engage all major muscle groups, maximizing the overall calorie burn and promoting comprehensive fat loss. These workouts are highly efficient, providing a potent metabolic stimulus in a relatively short period. Consistency with these routines, combined with proper nutrition, will yield significant results.

Workout A: Bodyweight Domination

This workout focuses on bodyweight exercises that are accessible and highly effective for fat burning. The intensity is driven by the speed and maximal effort you put into each movement during the work intervals.

- High Knees: 45 seconds work, 15 seconds rest
- Push-ups (or knee push-ups): 45 seconds work, 15 seconds rest
- Jump Squats: 45 seconds work, 15 seconds rest
- Mountain Climbers: 45 seconds work, 15 seconds rest
- Burpees: 45 seconds work, 15 seconds rest

Perform 3-4 rounds of this circuit, resting for 60-90 seconds between rounds.

Workout B: Equipment-Enhanced Fat Burn

If you have access to basic equipment like dumbbells or a jump rope, you can add variety and increase the challenge. These exercises recruit more muscle fibers and can elevate your heart rate more rapidly, contributing to enhanced fat loss.

1. Dumbbell Thrusters: 40 seconds work, 20 seconds rest
2. Jump Rope: 40 seconds work, 20 seconds rest
3. Renegade Rows: 40 seconds work, 20 seconds rest
4. Alternating Jump Lunges: 40 seconds work, 20 seconds rest
5. Plank Jacks: 40 seconds work, 20 seconds rest

Complete 4-5 rounds of this circuit, with a 60-second rest between each round.

Customizing HIIT Workouts for Fat Loss

The beauty of HIIT lies in its adaptability. To create truly effective good HIIT workouts for fat loss that suit your individual needs, several customization factors should be considered. Your current fitness level, available equipment, any physical limitations or injuries, and personal preferences all play a role in designing a sustainable and results-driven program.

Assessing Your Fitness Level

Before embarking on a HIIT program, honestly assess your current fitness level. Are you a complete beginner, moderately fit, or an advanced athlete? This will dictate the starting intensity, duration of work intervals, and rest periods. For beginners, focus on mastering form with lower intensity and longer recovery. As you improve, gradually increase the work-to-rest ratio and intensity.

Incorporating Personal Preferences and Limitations

If you dislike a particular exercise, don't force it. Find an alternative that works the same muscle groups and provides a similar metabolic challenge. For instance, if burpees cause knee pain, substitute them with a different full-body explosive movement like a squat thrust with a jump. Similarly, if you have joint issues, opt for lower-impact variations of exercises. The key is consistency, and that's easier to achieve when you enjoy your workouts.

Equipment Availability and Exercise Variety

HIIT doesn't require a gym. Bodyweight exercises are incredibly effective. However, if you have access to dumbbells, resistance bands, a jump rope, or a kettlebell, you can introduce a wider range of movements and increase the challenge. Variety is also important to prevent boredom and to ensure that all muscle groups are consistently challenged. Rotate through different exercises and workout structures to keep your body guessing.

Nutrition and Recovery for Enhanced HIIT Results

While good HIIT workouts for fat loss are a powerful tool, their effectiveness is significantly amplified when combined with smart nutrition and adequate recovery. Without proper fuel and rest, your body

cannot repair and adapt, hindering progress and potentially leading to injury or burnout. Focusing on a balanced diet and prioritizing sleep are non-negotiable components of any successful fat loss journey that incorporates HIIT.

Post-Workout Nutrition

After an intense HIIT session, your body needs to replenish glycogen stores and repair muscle tissue. Consuming a meal or snack that includes both lean protein and carbohydrates within an hour or two of your workout can significantly aid in recovery and muscle protein synthesis. This doesn't mean you need to overeat; rather, focus on nutrient-dense foods that provide the building blocks your body needs to recover and adapt.

Importance of Sleep and Rest Days

Sleep is when the majority of muscle repair and hormonal regulation occurs. Aim for 7-9 hours of quality sleep per night to allow your body to recover from the demands of HIIT. Rest days are not a sign of weakness but a crucial part of the training process. They allow your muscles to rebuild and prevent overtraining, which can lead to injuries and stalled progress. Active recovery, such as light walking or stretching, can be beneficial on rest days.

Hydration for Optimal Performance

Staying adequately hydrated is fundamental for all bodily functions, especially during intense exercise. Dehydration can lead to decreased performance, increased fatigue, and even heat-related illnesses. Sip water throughout the day, and ensure you are drinking enough before, during, and after your HIIT workouts. Electrolyte-rich beverages can be beneficial for longer or more strenuous sessions, particularly in hot conditions.

The Role of a Balanced Diet

While HIIT burns a significant number of calories, it's crucial to complement your training with a balanced diet that supports fat loss. Focus on whole, unprocessed foods, lean protein sources, plenty of fruits and vegetables, and healthy fats. Avoid excessive intake of processed foods, sugary drinks, and unhealthy fats, as these can counteract the benefits of your workouts. A slight caloric deficit is necessary for fat loss, but it should be achieved through nutrient-dense foods rather than extreme restriction.

Q: How often should I do good HIIT workouts for fat loss?

A: For most individuals looking for fat loss, incorporating good HIIT workouts for fat loss 2-3 times per week is generally recommended. This allows for sufficient recovery between sessions, preventing overtraining and potential injury. It's important to listen to your body and adjust the frequency based on your individual recovery capabilities and overall fitness level.

Q: Can I do HIIT every day for faster fat loss?

A: While the temptation for faster results might lead to this idea, doing HIIT every day is generally not recommended. HIIT is very demanding on your body, and daily sessions can lead to overtraining, burnout, increased risk of injury, and hormonal imbalances. Adequate rest is crucial for muscle repair and adaptation, which are essential for fat loss and overall progress.

Q: What are the best exercises for good HIIT workouts for fat loss?

A: The best exercises for good HIIT workouts for fat loss are compound movements that engage multiple large muscle groups simultaneously. Examples include burpees, jump squats, high knees, mountain climbers, jumping jacks, kettlebell swings, and lunges. These exercises maximize calorie expenditure and elevate your heart rate efficiently.

Q: How long should a good HIIT workout for fat loss last?

A: A good HIIT workout for fat loss can be surprisingly short, typically ranging from 10 to 30 minutes. The effectiveness comes from the intensity and efficiency of the intervals, not necessarily the duration. Longer workouts don't always translate to better fat loss and can increase the risk of fatigue and poor form.

Q: What is the ideal work-to-rest ratio for HIIT fat loss?

A: The ideal work-to-rest ratio for HIIT fat loss often leans towards higher intensity with shorter recovery. Common effective ratios include 1:1 (e.g., 30 seconds work, 30 seconds rest) or even 2:1 (e.g., 40 seconds work, 20 seconds rest). For beginners, starting with a longer rest period like 1:2 (e.g., 20 seconds work, 40 seconds rest) is advisable before progressing.

Q: Can I combine HIIT with other forms of exercise for fat loss?

A: Absolutely. Combining good HIIT workouts for fat loss with other forms of exercise like strength training and steady-state cardio can be very effective. Strength training builds muscle, which boosts metabolism, and steady-state cardio can complement HIIT by improving cardiovascular health and burning additional calories. The key is to balance these different training modalities to avoid overtraining.

Q: How soon can I expect to see results from good HIIT workouts for fat loss?

A: Results from good HIIT workouts for fat loss can vary greatly depending on individual factors such as diet, consistency, and genetics. However, many people start to notice changes in their body composition and energy levels within 2-4 weeks of consistent training. Significant and noticeable fat loss typically takes 4-12 weeks of dedicated effort.

Q: Is HIIT suitable for someone with a knee injury?

A: HIIT can be challenging with a knee injury, but modifications are possible. It's crucial to consult with a healthcare professional or physical therapist first. Low-impact HIIT variations can be performed by substituting high-impact exercises like jumping with movements like cycling, swimming, or using an elliptical trainer at high intensity. Focus on exercises that don't put excessive stress on the knees.

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good hiit workouts for fat loss: Hiit: High-intensity Interval Training for Fast Fat Loss (The Ultimate Guide to Effectively Lose Weight and Get a Ripped Body) Daniel Parmer, High-intensity interval training (hiit) is a compact training routine that combines high-intensity exercise intervals with active recovery intervals to promote weight loss while enhancing muscle growth. The average hiit routine takes just 20 short minutes and is significantly shorter than traditional cardio routines that can take an hour or longer. These short routines are designed to melt fat off of the body and have been shown in a number of studies to be an effective means of losing

weight and taking inches off of the waistline. Here is a preview of what you'll learn... • Hiit vs steady state exercise • Hiit implementation • Sample hiit workouts for all levels • Hiit myths and pitfalls • The importance of metabolism • Hiit duration and intensity • Introduction to trx training Unlike most ordinary exercises, such as running on a treadmill or elliptical exercises, they take a very long time to burn calories. Can you really afford to spend hours on a treadmill every single day? High intensity interval training is unique, as it focuses on the intensity of your workout, so you can burn calories extremely fast, for only as short as under 20 minutes a day! So no excuses! And the best thing about it, you will get results!

good hiit workouts for fat loss: How to Lose Weight in 90 Days: The Ultimate Science-Backed Guide to Shedding Fat, Boosting Metabolism, and Staying Fit for Life Dr. Rabea Hadi, 2025-02-22 Transform Your Body in Just 90 Days - Backed by Science? Are you ready to burn fat, boost metabolism, and build lifelong healthy habits—without extreme diets or exhausting workouts? How to Lose Weight in 90 Days is the ultimate step-by-step guide for anyone looking to shed pounds, improve health, and stay fit for life. No gimmicks. No fads. Just real, evidence-based strategies that help you lose weight and keep it off. Inside This Book, You may Discover: □ A proven 90-day plan for sustainable fat loss □ Smart eating habits that fuel your body (without giving up your favorite foods!) □ Simple workout strategies that maximize results in minimal time □ Mindset shifts that help you break free from emotional eating and yo-yo dieting □ Practical, science-backed techniques for long-term success Your journey to a leaner, healthier, and more confident YOU starts today! If you're ready to take action and see real, lasting changes in just 90 days, this book is your perfect guide?

good hiit workouts for fat loss: 10 Best Slimming Methods Nicholas Mccabe, 10 Best methods for losing weight.

good hiit workouts for fat loss: The 10-Minute Fat Burn: Quick & Easy Ways to Lose Weight Fast Trevor Clinger, 2025-03-08 The 10-Minute Fat Burn: Quick & Easy Ways to Lose Weight Fast offers simple, time-efficient strategies to help you burn fat, tone your body, and boost your metabolism in just 10 minutes a day. Perfect for busy individuals, this guide provides high-impact workouts, fat-burning tips, and easy-to-follow meal plans, all designed to fit into your hectic schedule. Say goodbye to long, exhausting gym sessions and hello to a leaner, healthier you with these quick and effective fat-burning methods. Start your transformation today!

good hiit workouts for fat loss: High-Intensity Interval Training for Women Sean Bartram, 2015-08-17 Burn fat, lose weight, and reach your fitness goals faster with high-intensity interval training! High-intensity interval training, or HIIT, is a fantastic way to lose weight and get strong by performing very short bursts of targeted exercise. The beauty of HIIT is that it works fast and the workouts are very short — which means you don't have to dedicate a lot of time to working out, but you'll still get great results. High-Intensity Interval Training for Women is a step-by-step, highly visual guide packed with exercises, workouts, and multi-day programs all tailored to help you reach your fitness goals, and help you do it in the time you have. Here's what you'll get with this complete guide: • 60 exercises that can be done anywhere and cover all the major muscle groups, with special emphasis on the core and lower body, where women often look for results first • Clear, step-by-step instructions and beautiful photography to illustrate every exercise • Over 45 routines designed for readers of all fitness levels, plus four multi-day challenges that range from three days all the way up to 28 days • Expert guidance how HIIT works, pre- and post-workout stretching, goal setting, and nutrition to help get you started and keep you on the right track to achieving your fitness goals If you're looking for an incredibly efficient and effective way to get strong and also get the body you want, then HIIT is your answer, and High-Intensity Interval Training for Women is the only guide you'll need!

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fat isn't just about aesthetics; it's a matter of health. Excess fat around your midsection has been linked to higher risks of chronic diseases like diabetes, heart disease, and hormonal imbalances. But losing belly fat isn't just about avoiding these risks; it's also about gaining energy, confidence, and the ability to live a fuller, healthier life. This book is different because it doesn't rely on gimmicks, crash diets, or extreme measures. Instead, you'll find practical advice based on science and real-world experiences, broken down into actionable steps that anyone can follow. The focus isn't just on losing fat but on building a sustainable, healthy lifestyle that works for you. What You Can Expect This book is structured to guide you through all aspects of losing belly fat, from understanding the science behind fat loss to adopting effective workouts and creating supportive habits. Here's a glimpse of what's inside: Proven Strategies: Learn 20 easy tips, tricks, and secrets to help you lose belly fat, ranging from diet and exercise to managing stress and improving sleep. Practical Advice: Get clear, simple steps that you can start implementing today, no matter your fitness level or experience. Mindset and Motivation: Discover how to overcome challenges, stay consistent, and celebrate your progress along the way. Sustainability: Find out how to create habits that stick, ensuring that your results last for the long term. Who Is This Book For? This book is for women who are ready to take control of their health and create lasting change. Whether you want to lose a few inches or transform your entire lifestyle, this guide is designed to meet you where you are. You don't need to be a fitness expert or follow a strict diet—you just need the willingness to start and the determination to keep going. A Message of Encouragement Embarking on a journey to lose belly fat and improve your health can feel overwhelming at times, but you're not alone. This book is here to support and guide you every step of the way. Remember, this is about progress, not perfection. Every small step you take brings you closer to your goals. As you turn the pages of this book, keep an open mind and a positive attitude. You have the power to create change, and this guide is here to help you unlock your potential. Let's get started on the path to a healthier, happier, and more confident you!

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Mahesh Prajapati, This ebook is a comprehensive guide designed specifically for women over 40 who want to achieve sustainable weight loss and improve their overall health. It addresses the unique challenges that come with aging, including hormonal changes, slower metabolism, and emotional eating. With practical advice on nutrition, exercise, emotional well-being, and long-term maintenance, this book offers a balanced approach to weight loss. Empower yourself with strategies that support your body, mind, and spirit to embrace a healthy, vibrant life at any age.

good hiit workouts for fat loss: Hiit: The Ultimate Guide to Effectively Lose Weight and Get a Ripped Body (Achieve Impressive Results and Sculpt Your Physique Using the Incredible Power of Hiit Training) Shannon Kent, 101-01-01 Turn up your fat-burning capability and get the body you've always wanted with HIIT - your shortcut to getting fitter in a shorter amount of time! HIIT, a dynamic way of exercising, based on the short periods of vigorous physical activity, is one of the fastest and the most effective methods of losing weight and increasing muscle mass. What really makes this format so special is that the workouts are short and to the point, making it possible to have great results without having to spend long hours in the gym. Here is a preview of what you'll learn... · What is hiit · Benefits of hiit · How to get started · Hiit treadmill workout · How to eat for hiit · Sample hiit routines · Hiit myths · Importance of metabolism · Benefits of increased metabolism · Much, much more! Your Ultimate Guide to High-Intensity Interval Training is here to help you embrace a vibrant and healthier lifestyle like never before. Don't miss your chance to make a difference in your life - take the plunge and master HIIT with this incredible eBook today!

good hiit workouts for fat loss: The Great Cardio Myth Craig Ballantyne, 2017 The Great Cardio Myth uncovers the science behind cardio and why it is an ineffective workout for weight loss and overall health--

good hiit workouts for fat loss: Hiit: High Intensity Interval Workouts You Can Do at Home (A Simple Clear Cut Guide to Losing Weight With High Intensity Interval Training

Today) Cody Olmstead, 101-01-01 You're about to learn everything you need to know about hiit training and how it can improve your health, body, and lifestyle. Hiit is an enhanced method of interval cardio-respiratory exercises. Hiit calls for repetitive bouts of short period, high-intensity drill intervals combined with periods of lower intensity intervals of active recovery. It has been proven to be one of the most effective cardiovascular training methods that allows you to burn fat while maintaining muscle mass. Here is a preview of what you'll learn... • What is high intensity interval training? • Studies on high intensity interval training • How high intensity interval can help you lose weight? • High intensity interval workouts • Tips on how to burn off fat faster with hiit • A two-week meal plan to complement hiit • And much, much more! This book delivers everything you need to know about hiit, but above that, the actual "meat" itself to get you started, the best guidelines for hiit, illustrated, easy to follow samples of various movements, sample hiit workouts and ideas for all fitness levels, beginners to advanced. Nutrition guidance for long term success and much more. Why wait? Take your fitness to another level today and get started with high intensity interval training at the comfort of your own home!

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