

hiit workouts for weight loss

The Power of HIIT Workouts for Weight Loss: Your Comprehensive Guide

hiit workouts for weight loss are revolutionizing how people approach fitness and shedding unwanted pounds. High-Intensity Interval Training (HIIT) is a highly effective and time-efficient method that alternates between short bursts of intense anaerobic exercise and brief recovery periods. This dynamic approach not only torches calories during the workout but also significantly boosts your metabolism for hours afterward, a phenomenon known as the afterburn effect. This article will delve deep into the science behind HIIT, its numerous benefits for weight loss, how to design your own effective routines, and important considerations for safety and optimal results, making it your ultimate resource for leveraging HIIT for a leaner, healthier you.

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Understanding HIIT and Its Mechanisms for Fat Burning

High-Intensity Interval Training, or HIIT, is a training methodology characterized by short periods of maximal or near-maximal effort exercises interspersed with brief rest or low-intensity recovery intervals. This strategic alternation creates a significant physiological demand on the body, prompting remarkable adaptations that are highly conducive to fat loss. Unlike steady-state cardio, which primarily burns calories during the exercise session, HIIT ignites a metabolic furnace that continues to burn calories long after the workout concludes. This makes it an exceptionally efficient tool for individuals looking to accelerate their weight loss journey.

The Energy Systems Engaged During HIIT

During a HIIT session, the body taps into multiple energy systems to fuel the intense bursts of activity. Initially, the phosphagen system provides immediate energy for the very short, high-power efforts. As the intensity continues, the anaerobic glycolytic system kicks in, breaking down glucose for energy without the need for oxygen, which produces lactic acid as a byproduct. This build-up of lactic acid is what contributes to the burning sensation during intense intervals and signals the body to increase its metabolic rate to clear it. Finally, the aerobic system, while less dominant during the high-intensity phases, plays a crucial role during the recovery periods and in the overall EPOC (Excess Post-exercise Oxygen Consumption).

The EPOC Effect: The Afterburn Advantage

One of the most significant advantages of HIIT for weight loss is its ability to induce a substantial EPOC, often referred to as the "afterburn effect." EPOC is the amount of oxygen consumed post-exercise above the resting baseline. It represents the energy expenditure required for the body to return to its pre-exercise metabolic state. This includes replenishing energy stores, clearing metabolic byproducts like lactic acid, repairing muscle tissue, and restoring hormonal balance. Studies have consistently shown that HIIT elicits a greater EPOC than moderate-intensity continuous exercise, meaning you continue to burn a significant number of calories for up to 24-48 hours after your workout. This prolonged calorie expenditure is a game-changer for achieving a calorie deficit necessary for weight loss.

The Science Behind HIIT and Weight Loss

The effectiveness of HIIT for weight loss is not merely anecdotal; it is firmly rooted in physiological principles and supported by robust scientific research. The intense nature of HIIT workouts triggers a cascade of metabolic and hormonal responses that are highly favorable for fat reduction. Understanding these underlying mechanisms provides valuable insight into why HIIT is such a powerful tool in the weight loss arsenal.

Hormonal Responses and Fat Mobilization

HIIT workouts stimulate the release of several key hormones that play a crucial role in fat metabolism. Growth hormone (GH), for instance, is released in response to high-intensity exercise, and GH promotes lipolysis, the breakdown of stored fat for energy. Furthermore, HIIT can influence levels of catecholamines like adrenaline and noradrenaline, which also enhance fat breakdown and increase metabolic rate. The acute stress placed on the body during these intense intervals triggers these hormonal shifts, creating an environment conducive to enhanced fat mobilization and utilization.

Improved Insulin Sensitivity and Blood Sugar Control

Beyond direct fat burning, HIIT also offers significant metabolic benefits that indirectly support weight loss. It has been shown to improve insulin sensitivity, meaning your body becomes more efficient at using insulin to transport glucose from the bloodstream into your cells for energy. Better insulin sensitivity can help regulate blood sugar levels, reduce cravings, and prevent the storage of excess glucose as fat. This improved metabolic flexibility is vital for long-term weight management and reducing the risk of type 2 diabetes.

Muscle Preservation and Lean Mass Gains

A common concern with weight loss is the potential loss of lean muscle mass, which can slow down metabolism. HIIT, when programmed correctly, can help preserve and even build lean muscle mass. The intense muscular contractions during the high-intensity intervals act as a stimulus for muscle protein synthesis. Maintaining or increasing muscle mass is crucial for weight loss because muscle tissue is metabolically active, meaning it burns more calories at rest than fat tissue. This helps to sustain a higher basal metabolic rate, making it easier to maintain weight loss over time.

Benefits of HIIT Workouts for Weight Loss

The advantages of incorporating HIIT into your weight loss regimen extend far beyond simply burning calories. Its efficiency, effectiveness, and a host of physiological benefits make it a superior choice for many individuals seeking to achieve their fitness goals.

Time Efficiency: Maximum Results in Minimum Time

One of the most celebrated benefits of HIIT is its unparalleled time efficiency. Unlike traditional cardio sessions that might require 45-60 minutes to achieve significant calorie burn, effective HIIT workouts can often be completed in 15-30 minutes. This makes it an ideal option for busy individuals who struggle to find large blocks of time for exercise. Despite the shorter duration, the intensity and EPOC effect ensure that you achieve comparable, if not superior, calorie expenditure and metabolic benefits.

Enhanced Cardiovascular Health

While the primary focus is often weight loss, HIIT also delivers substantial cardiovascular benefits. The intense intervals push your heart and lungs to their limits, strengthening your cardiovascular system over time. Regular HIIT training can lead to improvements in aerobic capacity (VO2 max), lower resting heart rate, and reduced blood pressure, all of which are indicators of a healthier heart and a reduced risk of cardiovascular disease.

Calorie Deficit Creation

Ultimately, weight loss is achieved through a consistent calorie deficit – burning more calories than you consume. HIIT directly contributes to this by burning a significant number of calories during the workout and continuing to do so through EPOC. This elevated calorie expenditure, combined with mindful eating, can significantly accelerate the creation of a calorie deficit, leading to more rapid and sustainable weight loss.

Improved Mood and Reduced Stress

Exercise, in general, is a well-known mood booster and stress reliever, and HIIT is no exception. The intense physical exertion releases endorphins, which have mood-lifting and pain-relieving effects. The feeling of accomplishment after completing a challenging HIIT workout can also contribute to increased confidence and a greater sense of well-being, making it easier to stay motivated on your weight loss journey.

Designing Your Effective HIIT Workouts

Creating your own HIIT workouts allows for personalization and ensures that you are challenging yourself appropriately while targeting your specific fitness goals. The key to an effective HIIT program lies in the strategic selection of exercises, the work-to-rest ratios, and the progression over time.

Exercise Selection for Full-Body Engagement

The best HIIT workouts incorporate compound movements that engage multiple muscle groups simultaneously. This maximizes calorie expenditure and provides a more comprehensive training stimulus.

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Jumping jacks

- Burpees
- High knees
- Mountain climbers
- Squat jumps
- Push-ups
- Lunges (jumping or alternating)
- Plank variations
- Sprints (running, cycling, rowing)

Understanding Work-to-Rest Ratios

The work-to-rest ratio is a crucial component of HIIT programming. It dictates the duration of your intense work intervals versus the duration of your recovery periods. 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)
- 3:1 (e.g., 45 seconds of work, 15 seconds of rest)

Beginners often start with longer rest periods to allow for adequate recovery, while more advanced individuals might opt for shorter rest periods or longer work intervals to increase the challenge.

Structuring Your HIIT Sessions

A typical HIIT workout structure includes a warm-up, the work intervals, and a cool-down.

- **Warm-up (5-10 minutes):** Dynamic stretching and light cardio to prepare your muscles and increase your heart rate gradually.
- **Work Intervals:** The core of the workout, where you perform your chosen exercises at high intensity for the set duration, followed by the designated rest period. Repeat for a set number of rounds or for a specific total workout time.
- **Cool-down (5-10 minutes):** Static stretching to improve flexibility and aid in muscle recovery.

Sample HIIT Workouts for Different Fitness Levels

Tailoring HIIT workouts to your current fitness level is essential for safety, effectiveness, and long-term adherence. Here are sample routines for beginners, intermediates, and advanced individuals.

Beginner HIIT Workout (Focus on Lower Intensity and Longer Rest)

This routine emphasizes foundational movements and allows for ample recovery to build endurance and form.

Workout Structure:

- Warm-up: 5 minutes of light jogging, arm circles, leg swings.
- Work Intervals: 30 seconds of exercise, 30 seconds of rest.
- Rounds: 4-6 rounds.
- Cool-down: 5 minutes of static stretching.

Exercises:

- Jumping Jacks
- Bodyweight Squats

- High Knees (modified, without jumping if needed)
- Walking Lunges

Intermediate HIIT Workout (Increased Intensity and Shorter Rest)

This workout increases the intensity of the exercises and shortens the recovery periods for a greater metabolic challenge.

Workout Structure:

- Warm-up: 7 minutes of dynamic stretching, jumping jacks, butt kicks.
- Work Intervals: 40 seconds of exercise, 20 seconds of rest.
- Rounds: 6-8 rounds.
- Cool-down: 7 minutes of static stretching.

Exercises:

- Burpees (modified, without the jump if needed)
- Mountain Climbers
- Squat Jumps
- Push-ups (on knees if necessary)
- Plank Jacks

Advanced HIIT Workout (High Intensity and Minimal Rest)

This advanced routine pushes the limits with explosive movements and very short recovery, demanding peak physical effort.

Workout Structure:

- Warm-up: 10 minutes of dynamic stretching, high-intensity cardio bursts.
- Work Intervals: 45 seconds of intense exercise, 15 seconds of rest.
- Rounds: 8-10 rounds.
- Cool-down: 10 minutes of deep stretching.

Exercises:

- Full Burpees with Push-up and Jump
- Sprinting Intervals (e.g., 30 seconds sprint, 15 seconds walk/jog)
- Jump Lunges
- Jump Squats
- Pistol Squat Progressions (assisted if needed)
- Kettlebell Swings (if equipment is available)

Nutrition Strategies to Complement HIIT for Weight Loss

While HIIT workouts are incredibly effective for burning calories and boosting metabolism, they are most potent when combined with a well-structured nutrition plan. The synergy between exercise and diet is paramount for achieving sustainable weight loss and optimizing your body composition.

Prioritizing Protein for Muscle Repair and Satiety

Protein plays a vital role in muscle repair and growth, which is especially important after intense HIIT sessions. It also promotes satiety, helping you feel fuller for longer and reducing the likelihood of overeating.

- Lean meats (chicken, turkey, lean beef)
- Fish (salmon, tuna, cod)
- Eggs
- Dairy products (Greek yogurt, cottage cheese)
- Legumes (beans, lentils)
- Tofu and tempeh
- Protein powders (whey, plant-based)

Incorporating Complex Carbohydrates for Energy

Complex carbohydrates are essential for providing sustained energy for your demanding HIIT workouts and for replenishing glycogen stores afterward.

- Whole grains (oats, quinoa, brown rice)
- Sweet potatoes
- Fruits (berries, apples, bananas)
- Vegetables (broccoli, spinach, carrots)

Healthy Fats for Hormonal Balance and Fullness

Don't shy away from healthy fats; they are crucial for hormonal function and contribute to feelings of fullness, which can aid in calorie control.

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Avocado

- Nuts and seeds (almonds, walnuts, chia seeds, flaxseeds)
- Olive oil
- Fatty fish (rich in omega-3s)

Hydration is Key

Adequate hydration is critical for performance, recovery, and overall bodily functions, including metabolism. Drink plenty of water throughout the day, especially before, during, and after your HIIT workouts.

Safety Precautions and Tips for Beginners

Embarking on a HIIT journey is exciting, but it's crucial to approach it with safety as a top priority, especially if you are new to high-intensity exercise. Implementing these precautions will help you avoid injuries and maximize your results.

Consult Your Doctor

Before starting any new intense exercise program, including HIIT, it is highly recommended to consult with your physician. They can assess your current health status and advise on any potential risks or modifications you might need.

Master Proper Form

Focus on learning and maintaining correct form for each exercise before increasing the intensity or speed. Poor form is a primary cause of injury. Watch instructional videos, consider a session with a qualified trainer, or practice in front of a mirror.

Gradual Progression

Do not attempt advanced routines on day one. Start with beginner-level workouts and gradually increase the duration of work intervals, decrease rest periods, or introduce more complex exercises as your fitness improves. Listen to your body.

Listen to Your Body

Pay close attention to any signals your body sends. If you experience sharp pain, dizziness, or extreme fatigue, stop the exercise immediately. Differentiate between muscle fatigue (normal) and joint or sharp pain (a warning sign).

Adequate Warm-up and Cool-down

Never skip the warm-up and cool-down. A proper warm-up prepares your muscles for the intensity ahead, reducing the risk of strains. A cool-down helps your body gradually recover, reducing muscle soreness and improving flexibility.

Rest and Recovery

Allow your body adequate time to recover between HIIT sessions. Overtraining can lead to burnout, injuries, and diminished results. Aim for at least one to two rest days between demanding HIIT workouts, incorporating lighter activities like walking or stretching on rest days.

Frequently Asked Questions About HIIT for Weight Loss

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

A: For most individuals, performing HIIT workouts 2-3 times per week is sufficient. It's crucial to allow for adequate recovery between sessions, as the intensity can be demanding on the body. Overtraining can lead to burnout and increase the risk of injury.

Q: Can HIIT replace all my other forms of exercise for weight loss?

A: While HIIT is highly effective, a balanced fitness routine is generally recommended. Incorporating other forms of exercise like strength training and moderate-intensity cardio can provide complementary benefits, such as building muscle mass, improving endurance, and preventing boredom.

Q: What is the ideal duration for a HIIT workout?

A: HIIT workouts are designed to be time-efficient. Typically, they range from 15 to 30 minutes, including warm-up and cool-down. The actual work intervals themselves are usually much shorter, around 10-20 minutes in total.

Q: Is HIIT too intense for someone who is very overweight?

A: HIIT can be adapted for individuals who are significantly overweight. It's important to start with modified exercises and longer rest periods, focusing on proper form rather than speed. Consulting a healthcare professional or a qualified trainer is highly recommended in such cases.

Q: How quickly can I expect to see results from HIIT workouts for weight loss?

A: While results vary from person to person, consistent HIIT workouts combined with a healthy diet can lead to noticeable weight loss within a few weeks. Factors like genetics, starting fitness level, diet adherence, and consistency play a significant role in the pace of results.

Q: Can HIIT help reduce belly fat specifically?

A: Spot reduction of fat is largely a myth. HIIT, by promoting overall fat loss through calorie expenditure and metabolic enhancement, will contribute to reducing body fat in all areas, including the belly. A healthy diet remains crucial for targeting abdominal fat.

Q: What should I eat after a HIIT workout for optimal recovery?

A: After a HIIT workout, focus on consuming a balanced meal or snack that includes lean protein to aid muscle repair and carbohydrates to replenish energy stores. Examples include a smoothie with protein powder and fruit, grilled chicken with sweet potatoes, or Greek yogurt with berries.

Q: Can I do HIIT every day?

A: It is generally not recommended to do intense HIIT workouts every day. Your body needs time to recover and rebuild. Engaging in intense exercise daily without adequate rest can lead to overtraining syndrome, increased risk of injury, and hinder progress.

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hiit workouts for weight loss: *Weight Loss At Home Training Guide* shawn Burke, 2022-09-20 Discover The Secrets To Turn Your Life Around And Feel The Best You've Ever Felt By Losing Weight Naturally In No Time, Right From The Comfort Of Your Home!!! Do you look at other people on the beach, envy their good bodies, and wish that you had the body to wear the bathing suit you have always wanted? Most importantly, do you want to save yourself from deadly diseases that weaken your immune system to fight from the conditions. Now You Can Not Only Shed Those Protruding Flabs from Your Midsection but Also Can Achieve Your Dream Fitness That Will Save You from Deadly Diseases!... Of course, we all know that body fat can ruin your confidence. A fat body is simply not attractive whether you're a male or female, and it's something that will make you feel a whole lot worse about yourself. But it can, however, be a symptom of much, much more. It is not something you should just consider the price of aging or not eating healthy. It is something that should be taken seriously. Obesity is a complex disease involving an excessive amount of body fat. Obesity isn't just a cosmetic concern. It's a medical problem that enhances the risk of other diseases and health problems, such as heart disease, diabetes, high blood pressure, and certain cancers. There are many reasons why some people have difficulty losing weight. Usually, obesity results from inherited, physiological and environmental factors, combined with diet, physical activity, and exercise choices. Working out is never convenient. But neither is an illness caused by obesity. Among adults, obesity is associated with over \$1,800 in excess annual medical costs per person, accounting for over \$170 billion of annual spending in the U.S. Obesity-related medical costs could rise by \$48 to \$66 billion annually by 2030. Each 10 cm (3.94 inches) increase in waist circumference was associated with an 11 percent higher risk of all-cause mortality. People with excessive body fat often exercise and participate in healthy activities, yet they still retain that unwanted fat. The good news is that even modest weight loss can improve or prevent the health problems associated with obesity. A healthier diet increases physical activity, and behavior changes can help you lose weight. No matter how much you try to eat healthily and exercise, you are still unsuccessful in shedding those extra pounds from your tummy. The Reason - Body fat differs from fat stored in other parts of your body and hence, requires a special combination of diet and exercise. And since most of the gyms and fitness centers are closed, losing that hazardous fat seems almost impossible. But Not Anymore... Now you can say goodbye to those whale blubbers and get a healthier body with the proven tips and advice, right from the comfort of your home ..try here this Weight loss training guide Unlock the Secrets to Better Body & Better Life with Brand new 'Weight Loss at Home.' A comprehensive guide will help you stay fit, get rid of excessive fat, strengthen your immune system, and improve overall health to live a better life!

hiit workouts for weight 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!

hiit workouts for weight 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!

hiit workouts for weight loss: Carnivore diet: The #1 Beginners Guide to Weight loss, Increase Focus, Energy, Fight High Blood Pressure, Diabetes or Heal Digestive System. Becky Parker, 2019-05-18 The carnivore diet has taken the world by storm. In a world that is full of diet plans everywhere that you turn, it can get confusing to know which one is the right choice for you and which one is actually going to work well for your needs. But unlike the other diet plans that you may (or may not) have tried in the past, the carnivore diet is simple and it actually works. If you are looking for a new type of diet plan that will not only jump start your weight-loss goals with immediate results but will also provide you with a blueprint for a healthier overall way of life, then the carnivore diet is the diet for you.

hiit workouts for weight loss: Hiit: High Intensity Interval Workouts You Can Do at Home (Unlocking Your Ultimate Fitness Transformation With Metabolic Confusion Hiit) David Brown, 101-01-01 Uncover the science behind one of the most effective and efficient workout methods with our in-depth exploration of high-intensity interval training (hiit). This book breaks down the physiological mechanisms that make hiit a superior choice for burning fat, building muscle, and enhancing cardiovascular health. By combining short bursts of intense exercise with periods of rest or low-intensity activity, hiit maximizes workout benefits in minimal time. Drawing on cutting-edge research and expert insights, this guide offers practical advice on designing hiit routines, optimizing performance, and ensuring safety. Here is a preview of what you'll learn... • What is hiit • 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 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!

hiit workouts for weight loss: Beginners Guide to HIIT Workouts High Intensity Interval Training M. Usman, John Davidson, 2015-06-09 Table of Contents Introduction Chapter 1 – How to

Use This Book Chapter 2 - The Basics of HIIT Chapter 3 - Is HIIT The Right Workout for Me? Chapter 4 - Simple HIIT Workouts Conclusion Author Bio Introduction So, you've tried out various workouts, weight loss programs, and gym rituals and things are working out all right, but you're not seeing results that satisfy you completely. That's exactly where a HIIT workout can help you. Cast aside the belief that a jog or brisk walk is a good enough daily dose of exercise for you, because sure, they help, but if you want to see real and sustained positive change with your body, a toned physique, and a slender figure, you need to step up the game to a whole new level. The most fundamental problem when it comes to weight loss, working out, and seeing positive change in our bodies, is that we often doubt ourselves. We hesitate or give up too early before we are able to notice the benefits that exercise can have on our lives. You see, exercise isn't just about shaping your body. It's a workout that affects your physical, emotional, and mental wellbeing. Without regular exercise and without looking after our physical health, we may as well kiss all other forms of health goodbye. Exercise is proven to be a truly powerful force in terms of fighting off the symptoms and onset of depression. Working out can have this beneficial effect on your brain by encouraging the release of serotonin, a chemical that can lift our mood and feelings of self-appreciation and confidence. It is this chemical that forms the basis of our self-esteem. Regular exercise and working out thoroughly, on a daily basis, will not only whip your body into shape and mold fatty tissue into lean muscle, but it also reduces your risk of developing a manner of nasty health problems in the future. You're probably already aware of the growing obesity and heart disease crisis. The simple fact is that both of these health complications can be fought off with the successful and determined implementation of regular exercise and fitness training. With HIIT workouts in particular, your heart and circulatory system are given a real run for their money. You will be strengthening your vital organ and improving your heart's ability to cope with stress and pressure - both in a physical and emotional sense. Now of course, working through a HIIT workout isn't a walk in the park. It takes real strength, persistence, and resilience and is certainly not for the faint hearted. If you're up for a real challenge, in terms of fitness and working out, then you're certainly in the right place. This book will provide a guide that walks through the basics of what a HIIT workout is, the benefits in terms of physical and mental health, the risks and precautions, and a number of helpful tips when undergoing a HIIT workout. This book will also present a number of simple and quick HIIT workouts and exercise activities that can be carried out at home or in thy gym. So, if you're ready to step up your game and head straight down the path to a stronger, leaner, and healthier body - read on. This is the beginning of crafting the body that you're striving for, the reflection in the mirror that will make you proud, confident, and even more optimistic about your health than ever before. It all starts here and it all starts now.

hiit workouts for weight loss: 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.

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HIIT is a training program that minimizes time and equipment. Many of us are busy with our personal or business commitments and have lifestyles that don't lend themselves to spending hours in the gym. We have better things to do right? This book gives you a full 30 day HIIT workout PLUS an additional 50 free resources on where you can get tons of HIIT workouts that will keep you on pace and keep you looking hot in great shape. This is a no brainer! You can have your first HIIT workout under your belt within the next 30 minutes! We'll see you inside!

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