

hiit workouts book

The Power of a HIIT Workouts Book: Your Ultimate Guide to High-Intensity Training

hiit workouts book can be an invaluable resource for anyone looking to transform their fitness routine. High-intensity interval training, or HIIT, is a revolutionary approach to exercise that promises significant results in a shorter timeframe. This comprehensive article delves into the multifaceted benefits and practical applications of choosing a well-crafted HIIT workouts book. From understanding the core principles of HIIT to selecting the perfect guide for your needs, we will explore how these books empower individuals to achieve their fitness goals efficiently and effectively, covering everything from beginner programs to advanced strategies and nutritional advice often found within these essential fitness companions.

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Unlocking Your Potential: Why a HIIT Workouts Book is Essential

A dedicated HIIT workouts book serves as a roadmap to one of the most efficient and effective forms of exercise available today. Unlike sporadic workouts or generic online advice, a well-structured book provides a systematic approach, guiding users through progressions, modifications, and safety considerations. This structured format is crucial for beginners who may be intimidated by the intensity of HIIT, offering them a clear path to gradually build their stamina and strength. For experienced fitness enthusiasts, a book can introduce new protocols, challenging routines, and advanced techniques they may not have encountered before, preventing plateaus and reigniting motivation.

The effectiveness of HIIT lies in its ability to boost metabolism, improve cardiovascular health, and promote fat loss in a concentrated period. A good HIIT workouts book demystifies this process, breaking down complex exercise science into digestible information. It's about understanding the 'why' behind the 'what,' enabling users to make informed decisions about their training. Without proper guidance, individuals might perform HIIT incorrectly, risking injury or failing to achieve desired outcomes. Therefore, investing in a reputable HIIT workouts book is an investment in your health and a commitment to maximizing your fitness journey.

What to Look For in a Quality HIIT Workouts Book

When selecting a HIIT workouts book, several key features should be prioritized to ensure it aligns with your fitness level and objectives. Firstly, the book should clearly explain the fundamental principles of HIIT, including work-to-rest ratios, exercise selection, and the physiological benefits. A strong emphasis on proper form and technique for each exercise is paramount to prevent injuries and maximize effectiveness. Look for books that offer detailed descriptions, illustrations, or even QR codes linking to video demonstrations.

Expert Authorship and Credibility

The author's credentials and experience in fitness and exercise science are crucial indicators of a book's quality. Seek out books written by certified personal trainers, exercise physiologists, or reputable fitness professionals. Their expertise ensures the information presented is accurate, evidence-based, and safe. Reviews and testimonials from other users can also provide insights into the author's credibility and the book's practical application.

Program Variety and Adaptability

A comprehensive HIIT workouts book will offer a variety of workout programs designed for different fitness levels, from beginner to advanced. It should also provide options for customization, allowing you to adapt exercises based on your equipment availability and physical limitations. The inclusion of different training styles within HIIT, such as bodyweight circuits, cardio-focused intervals, and strength-based HIIT, adds further value and prevents monotony.

Clear Structure and Progression

The book's organization plays a vital role in its usability. Look for a logical flow that guides you through warm-ups, the main workout, and cool-downs. A well-structured program will typically include a clear progression plan, gradually increasing intensity or duration over time. This systematic approach is essential for continuous improvement and avoiding overtraining.

Benefits of Following a Structured HIIT Program from a Book

Adhering to a structured HIIT program outlined in a book offers numerous advantages over a self-designed routine. One of the most significant benefits is enhanced safety. Certified

professionals who author these books understand exercise biomechanics and program design principles, minimizing the risk of common HIIT-related injuries. They meticulously detail proper form, provide modifications for different fitness levels, and often include crucial advice on listening to your body.

Consistency is another major advantage. A book provides a clear, actionable plan that eliminates the guesswork of what to do each day. This structured approach fosters discipline and accountability, making it easier to stick to a fitness regimen. When you have a definitive workout schedule laid out, you are less likely to skip sessions or perform suboptimal routines. This regularity is key to achieving sustainable fitness results and building long-term healthy habits.

Time Efficiency and Calorie Burn

HIIT workouts are renowned for their time efficiency. A typical HIIT session can last anywhere from 10 to 30 minutes, making it ideal for individuals with busy schedules. Despite the short duration, the intensity of the intervals leads to a significant calorie burn during the workout and a prolonged “afterburn effect” (EPOC – Excess Post-exercise Oxygen Consumption), where your body continues to burn calories at an elevated rate for hours post-exercise. A HIIT workouts book will often detail how to maximize this calorie-burning potential through specific exercise combinations and interval timings.

Improved Cardiovascular Health

Regular engagement in HIIT, as guided by a book, can lead to remarkable improvements in cardiovascular health. The alternating periods of high-intensity effort and rest challenge the heart and lungs, strengthening them over time. This leads to a lower resting heart rate, improved blood pressure, and enhanced aerobic and anaerobic capacity. Books often explain the physiological mechanisms behind these improvements, further motivating users.

Muscle Building and Fat Loss Synergy

While often perceived as purely cardiovascular, HIIT can also contribute to muscle building, especially when incorporating strength-based exercises. A good HIIT workouts book will include routines that target various muscle groups, promoting lean muscle growth. This increase in muscle mass further boosts metabolism, creating a powerful synergy for effective fat loss. The combination of intense exercise and muscle development helps sculpt the body and improve overall body composition.

Popular Types of HIIT Workouts Covered in Books

Reputable HIIT workouts books typically explore a diverse range of training methodologies to cater to different preferences and fitness goals. These variations ensure that your workouts remain engaging and continue to challenge your body effectively, preventing adaptation and boredom. Understanding these different formats can help you choose a book that best suits your training style.

Bodyweight HIIT Circuits

Many HIIT workouts books emphasize bodyweight exercises due to their accessibility and versatility. These routines require no specialized equipment, making them perfect for home workouts. Examples include burpees, jump squats, mountain climbers, and high knees, performed in timed intervals. A good book will guide you through creating effective bodyweight circuits that target different muscle groups and cardiovascular systems.

Cardio-Focused HIIT

This type of HIIT prioritizes elevating the heart rate and improving aerobic capacity. Workouts often involve high-impact or explosive movements designed to push your cardiovascular limits. Examples include sprinting intervals, cycling sprints, rowing intervals, and plyometric exercises. A HIIT workouts book focusing on cardio will often detail specific pacing strategies and recovery periods to maximize aerobic gains.

Strength-Based HIIT

Integrating strength training into HIIT protocols can be highly effective for building lean muscle mass while simultaneously burning fat. These workouts combine compound strength exercises performed at high intensity with short rest periods. Think kettlebell swings, medicine ball slams, dumbbell thrusters, and resistance band exercises. A book dedicated to strength-based HIIT will provide structured routines that balance muscle engagement and cardiovascular challenge.

Tabata Training

Tabata is a specific and highly intense form of HIIT characterized by 20 seconds of maximal effort followed by 10 seconds of rest, repeated for 8 rounds (a total of 4 minutes per exercise). A HIIT workouts book may dedicate sections to Tabata protocols, explaining its effectiveness for improving both anaerobic and aerobic fitness. These are often used as finisher rounds within longer workouts or as standalone, very short, intense sessions.

Integrating Nutrition and Lifestyle with Your HIIT Workouts Book

The effectiveness of any fitness program, including HIIT, is significantly amplified when complemented by a sound nutritional strategy and a healthy lifestyle. A truly comprehensive HIIT workouts book will often recognize this synergy and provide guidance on how to fuel your body for optimal performance and recovery. Simply following the workout plan without considering these factors can limit your progress and even lead to burnout.

Pre- and Post-Workout Nutrition

What you consume before and after your HIIT sessions plays a crucial role. A HIIT workouts book might suggest pre-workout meals or snacks that provide sustained energy, typically focusing on easily digestible carbohydrates. Post-workout, the emphasis shifts to replenishing glycogen stores and aiding muscle repair, often recommending a combination of protein and carbohydrates. Understanding these principles, as explained within a good book, ensures your body has the resources it needs to perform and recover efficiently.

Hydration Strategies

Proper hydration is fundamental for all physical activity, but it becomes even more critical with high-intensity training. Dehydration can impair performance, increase fatigue, and raise the risk of heat-related illnesses. A good HIIT workouts book will likely include recommendations on daily fluid intake and how to stay adequately hydrated before, during, and after your workouts, especially in warmer conditions or after particularly strenuous sessions.

Sleep and Recovery

Rest and recovery are when your body repairs and rebuilds muscle tissue, making them just as important as the workouts themselves. A HIIT workouts book may touch upon the significance of adequate sleep, suggesting optimal sleep durations and strategies for improving sleep quality. It might also recommend active recovery techniques, such as stretching, foam rolling, or light aerobic activity, to aid muscle soreness and improve flexibility, further enhancing your overall fitness gains.

Maximizing Your Results with a HIIT Workouts

Book

To truly harness the power of a HIIT workouts book, it's essential to approach its implementation with a strategic mindset. Simply reading the book is not enough; consistent application and mindful execution are key to unlocking its full potential. This involves a combination of dedication, intelligent adaptation, and a commitment to listening to your body's signals throughout the process.

Consistency is Key

The most critical factor in achieving results with any fitness program, including HIIT, is consistency. A HIIT workouts book provides the structure, but your commitment to showing up for your workouts, even on days you don't feel entirely motivated, is what drives progress. Aim to follow the recommended frequency and intensity outlined in the book, gradually building momentum over time.

Progressive Overload and Variation

To continue making gains and avoid plateaus, it's important to implement the principle of progressive overload. A good HIIT workouts book will often guide you on how to gradually increase the challenge over time, whether by adding more repetitions, increasing the duration of work intervals, reducing rest periods, or introducing more complex exercises. Similarly, incorporating variety, as often suggested within these books, keeps your body guessing and prevents adaptation, ensuring continued improvement.

Listen to Your Body

While HIIT is intense, it is crucial to differentiate between challenging discomfort and pain. A well-written HIIT workouts book will include warnings about overtraining and emphasize the importance of proper form and listening to your body. If you experience sharp pain or persistent discomfort, it's a signal to rest or modify the exercise. Pushing through severe pain can lead to injury, hindering your long-term progress.

Choosing the Right HIIT Workouts Book for Your Goals

The decision to purchase a HIIT workouts book should be guided by your specific fitness aspirations, current fitness level, and available resources. With a plethora of options available, selecting the one that best fits your individual needs is crucial for success. A carefully chosen book will not only provide effective routines but also motivate and educate

you throughout your fitness journey.

Beginner-Friendly Options

If you are new to HIIT, it is essential to start with a book designed for beginners. These books typically offer slower progressions, simpler exercises, and more detailed explanations of fundamental concepts. They will focus on building a solid foundation, ensuring you learn proper form and gradually increase your tolerance for intensity. Look for books that emphasize safety and provide modifications for common movements.

Advanced and Specialized Programs

For experienced individuals seeking to push their limits or target specific fitness goals, advanced HIIT workouts books are available. These might delve into more complex exercise variations, intricate interval timings, or specialized training protocols like CrossFit-style WODs (Workout of the Day) adapted for HIIT. Some books also focus on niche areas, such as HIIT for endurance athletes, fat loss, or specific sports performance enhancement.

Books with Nutrition and Lifestyle Components

The most holistic HIIT workouts books will integrate nutrition and lifestyle advice alongside the training plans. If you are looking for a comprehensive guide that addresses all aspects of your health and fitness, opt for a book that includes meal plans, recipes, hydration strategies, and tips for improving sleep and recovery. This integrated approach can significantly accelerate your progress and foster sustainable healthy habits.

Q: What are the primary benefits of using a HIIT workouts book?

A: A HIIT workouts book provides structured, expert-guided routines that ensure safety, effectiveness, and progression. It helps demystify HIIT principles, offers variety, and can integrate crucial nutritional and lifestyle advice, leading to more efficient and sustainable fitness results compared to self-directed training.

Q: How can I determine if a HIIT workouts book is suitable for my fitness level?

A: Look for books that clearly label programs by intensity level (e.g., beginner, intermediate, advanced). Read sample chapters or reviews to gauge the complexity of

exercises and the clarity of explanations. Beginner books will offer more fundamental movements and slower progressions.

Q: Do HIIT workouts books typically include modifications for injuries or limitations?

A: Many reputable HIIT workouts books provide modifications for common exercises to accommodate different fitness levels and physical limitations. They emphasize listening to your body and may offer alternative movements or reduced intensity options to ensure safety.

Q: How often should I follow the workout plan from a HIIT workouts book?

A: Most HIIT workouts books recommend 2-4 sessions per week, with rest days in between to allow for recovery. The specific frequency will depend on the intensity of the workouts, your fitness level, and your body's ability to recover.

Q: Can a HIIT workouts book help with weight loss?

A: Yes, HIIT workouts are highly effective for weight loss due to their ability to burn a significant amount of calories in a short period and boost metabolism through the afterburn effect (EPOC). A good book will provide routines specifically designed to maximize fat loss.

Q: What kind of equipment do I need to follow a HIIT workouts book?

A: Many HIIT workouts books focus on bodyweight exercises, requiring no equipment. Others may incorporate simple, accessible items like resistance bands, dumbbells, or kettlebells. The book will typically specify any required equipment, allowing you to choose one that aligns with your resources.

Q: How important is nutrition when following a HIIT workouts book?

A: Nutrition is extremely important. A HIIT workouts book that includes nutritional guidance will help you fuel your body for performance and recovery, significantly enhancing your results. Proper fueling supports intense workouts and aids in muscle repair and fat loss.

Q: What if I find a particular exercise in the book too difficult?

A: Most good HIIT workouts books offer modifications. If an exercise is too challenging, look

for variations that simplify the movement or reduce its intensity. It's crucial to focus on maintaining proper form to avoid injury and gradually build up to the more difficult version.

Hiit Workouts Book

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hiit workouts book: 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.

hiit workouts book: HIIT Your Limit Len Kravitz, 2018-11-27 Get lean, build muscle, and stay healthy! A Fitness Hall of Fame inductee and world-famous exercise scientist explains high-intensity interval training and the nutrition that complements it, and provides a wealth of workouts, including workouts you can do at home, so you can get and keep the body you've always wanted.

High-intensity interval training (HIIT) is an extraordinarily effective form of training that mixes high- and low-impact activities during periods ranging from seconds to eight minutes. In HIIT Your Limit, Dr. Len Kravitz, a National Fitness Hall of Fame inductee and internationally-renowned exercise scientist for the past thirty-six years, explains what HIIT is and how it effects your entire body (externally and internally), gives 50 workouts and a plan to whip you into shape fast, and presents a wealth of nutritional and other advice to further its impact. HIIT was recently rated the #1 new fitness trend by the American College of Sports Medicine and is the key to staying fit for celebrities like David Beckham, Britney Spears, Hugh Jackman, and Scarlett Johansson. In addition to fat loss, it's been proven to have major health benefits on blood pressure, diabetes, and cholesterol. Through this groundbreaking volume you'll learn why, and see how to get fit quick and have a fun and truly sustainable exercise program, no expensive personal trainer required.

hiit workouts book: Beginners Guide to Hiit Workouts High Intensity Interval Training M. Usman, John Davidson, 2015-06-08 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 Publisher 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.

hiit workouts book: Hiit John Powers, 2017-04-12 HIIT: Learn the secrets of this high intensity, exciting new workout plan that WORKS FOR EVERYONE! Are you looking for a way to QUICKLY LOSE FAT and GET FIT? If so, High Intensity Interval Training is exactly what you are looking for! It is not just a fad workout regimen, it is a real lifestyle change, a way to change how you think about

your body, your fat, and your abilities. No other training program can offer the same benefits as a HIIT workout, not just to the contours and tone of your body, but to your cardiovascular, muscular, and skeleton systems. If you are ready to transform your body, look no further than this book! It even includes DIET PLAN suggestions to be followed for HIIT training and FAQ as an added BONUS to answer any question you might have when you start your HIIT workout routine. John Powers has been a personal trainer for decades and has studied hundreds of different workouts. As a professional and as an athlete, he has personal knowledge of the HIIT program, how it works, and what it can do for you! The basics of the High-Intensity Training program are short, high intensity workouts, intercut with longer recovery periods. This gives the body time to adjust to the intensity of the HIIT exercises, but keeps the muscles confused. The result is a program that is tolerable, while still producing incredible results with just twenty minutes of training a day! There are NO other exercise programs that can offer those kinds of benefits, that quickly! What are the real benefits of HIIT over any other weight loss or exercise routine? * Rapid weight loss and improved metabolism * Increasing body's tolerance for work * Improve oxygen utilization * Super-charging athletes on the field * Better enjoyment of exercise HIIT cardio and interval training are hands down the best way to lose weight and improve fitness, bundled in a program that keeps you interested and helps you to achieve your goals. If you are ready to start your training, there is no better book than this one. When you read this book and follow its instructions, you are learning from a master, from someone who has tried every other program and found them all lacking. This is a revised and expanded edition which makes it easy to understand WHAT EXACTLY YOU NEED TO DO to get in your best shape ever! Illustrated 20 Minute HIIT Workout Program will guarantee to bring you the best results in the shortest period of time! Not only that, You will also discover proven HIIT Workouts for Upper and Lower Body to get Shredded Muscles. This book covers: * What is HIIT training? * Why does it work so well? * Interval training for women. Is HIIT a good workout to lose weight? * What is HIIT Cardio? How does it work? Best cardio workouts.. * What is a good nutrition program to accompany HIIT? * How long should your HIIT session last? What are HIIT workout times/intervals? * Do HIIT workouts burn belly fat? * How often should you do it? * What are the BEST HIIT exercises? * When is the best time to do HIIT? * Does HIIT help gain muscle? * Is HIIT good for endurance training? * Proven 7-Minute HIIT Workout! Now is the perfect time to start sculpting a better body, whether you are starting from scratch or simply looking for a better way to workout! To start Transforming Your Body and Your Mind, get your copy of HIIT today!

hiit workouts book: *The HIIT Bible* Steve Barrett, 2017-05-18 The HIIT Bible is the ultimate guide to High-Intensity Interval Training – the fastest and most effective means of getting fit and improving body composition. A complete reference guide, The HIIT Bible explains everything you need to know about the exercise method that delivers big results – fast. Read about its many benefits and gain expert advice on how to use HIIT to get fit, look toned and feel fantastic. Accessible, practical and written by a globally recognised fitness authority, it features masses of tried and tested high intensity exercises and moves, each accompanied by easy-to-follow photos and instructions. The HIIT Bible is the only book on High-Intensity Interval Training you'll ever need.

hiit workouts book: 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.

hiit workouts book: High-Intensity Interval Training (Hiit) Journal Spudtc Publishing Ltd, 2015-06-29 Do you know that by keeping track of your HIIT workouts, you are closer to your goals? Use this Workout Log and Fitness Training Journal to keep track of your progress. You can tell right away what works and what doesn't. Order this High-Intensity Interval Training (HIIT) now!

hiit workouts book: *High Intensity Interval Training* Sean Bartram, 2015-07-07 Are you looking to burn fat and get lean and strong, and do it all in less time? HIIT, or High-Intensity Interval Training, involves workouts with short bursts of high-intensity, heart-pumping exercise followed by short periods of rest. This dynamic, fat-burning training strategy has been proven to strengthen the whole body and improve cardiovascular health, and the workouts take less time compared to traditional training methods. From the official trainer to the Indianapolis Colts cheerleaders comes *Idiot's Guides: High-Intensity Interval Training*, a comprehensive guide to HIIT, featuring beautiful, full-color photos and detailed step-by-step instructions. Here's what you'll find inside: • Over 60 step-by-step exercises and beautiful photography to help you train smarter and faster • 90 structured workout routines to target every area of your body and ensure that you never grow bored with your workouts • 10 comprehensive training programs that can be done anywhere and anytime to help you transform your health and train your entire body • Detailed, visual instruction from a professional that's organized by level of fitness, so it's suitable for the beginner or the pro Get ready to break a serious sweat as you train your way to a leaner, stronger, calorie-burning body!

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hiit workouts book: *The Women's Health Fitness Fix* Jen Ator, CSCS, Editors of 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!

hiit workouts book: Hiit Ryan Mitchell, 2015-07-31 HIITThe Ultimate Guide To High Intensity Interval Training Workouts and Exercises To Burn Fat And Lose Weight Fast!Get ready to sweat up a storm! HIIT is all the rage, and for a very good reason. Standing for high-intensity interval training, it gives you a series of continuous workouts that are designed to shed the pounds, boost

your metabolism, and burn as much fat as possible. They're quick, can be done anywhere, and will cause your entire body to feel the rush! Besides that, HIIT has many benefits as well. Its intensity helps you to relieve stress and ward off heart disease, and it can energize your day. In this guide, we will break down what HIIT can do for you, and how you should go about implementing HIIT in your workouts. In addition, we will provide you with some great ideas for stretches. You will also find some great HIIT workouts, all which explain some of the more obscure exercises that each workout contains. No matter your fitness level, you can do HIIT. If you're starting out, it's a great way to kick your body into gear. If you're a veteran, it's a drastic change that will bring new challenges and keep your body guessing. Whether you're young, old, in-between, HIIT has something for you. This book covers: What HIIT is The benefits of HIIT Stretches you can do before your workout, both individual and full body. HIIT workouts Definitions of certain exercises It's an easy-to-read guide that will get anyone into the HIIT spirit. So check it out today, and prepare to burn calories like you've never seen before!

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hiit workouts book: Little Lessons on Hiit Helgi Gudfinnsson, 2016-09-29 Little Lessons on HIIT presents 40 short lessons, all based on scientific literature, so that fitness professionals can gain greater insight into high intensity interval training (HIIT). With this book's specialized instruction trainers can totally prepare themselves to spread the fun and fitness of HIIT to as many people as possible, especially to those who are brand-new to exercise. The book's opening section addresses the body's physiological adaptations and responses to HIIT. That knowledge will give you

the ability to adjust HIIT training variables to create different adaptations and responses in people's bodies. The second section focuses on those HIIT training variables, how the variables will affect the human body, and the particular adaptations that will result. When you have completed this section, you will be able to manipulate the variables to create exciting workouts. The final section puts all the concepts into practice. It gives a variety of engaging workout examples that you can easily tweak according to clients' experience levels, needs, and goals. Fitness professionals, to help people enjoy their fitness journeys and stay committed as well, we must offer them a variety of workouts that are stimulating and time-efficient-and that's what HIIT delivers. By reading this book, you are giving yourself the gift of deeper insight into HIIT so that you are fully equipped to lead people on rewarding fitness journeys.

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