

# hiit workouts for love handles

## The Ultimate Guide to HIIT Workouts for Love Handles

**hiit workouts for love handles** are an effective and time-efficient way to target stubborn fat deposits. If you're looking to sculpt your midsection and achieve a leaner physique, incorporating High-Intensity Interval Training (HIIT) into your fitness routine can yield remarkable results. This comprehensive guide will delve into the science behind HIIT, explore the best exercises for combating love handles, and provide practical strategies for optimizing your training. We'll cover everything from the metabolic benefits of HIIT to creating a personalized workout plan that ensures consistent progress. Get ready to transform your body and say goodbye to those unwanted love handles with targeted, powerful workouts.

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## Understanding Love Handles and Fat Accumulation

Love handles, medically referred to as flank fat or abdominal obesity, are pockets of subcutaneous fat that accumulate on the sides of the waist, just above the hips. Their formation is often a result of a combination of genetic predisposition, dietary habits, and lifestyle factors. While spot reduction of fat is a common myth, a consistent and targeted approach to overall body fat reduction, coupled with muscle strengthening in the core area, can significantly diminish their appearance.

Fat distribution in the body is influenced by hormones, particularly estrogen and testosterone. Women tend to store more fat in the hips and thighs, which can sometimes manifest as love handles. Men, on the other hand, are more prone to visceral fat accumulation around the abdominal organs, but can also develop love handles due to overall body fat percentage. Understanding that love handles are a symptom of generalized body fat is crucial for developing an effective strategy to reduce them.

# The Science Behind HIIT for Fat Loss

High-Intensity Interval Training (HIIT) is a form of exercise characterized by short bursts of intense anaerobic activity interspersed with brief recovery periods. This training methodology has gained immense popularity for its exceptional fat-burning capabilities and its efficiency in terms of time commitment. The core principle behind HIIT's effectiveness lies in its ability to significantly elevate the body's metabolic rate, both during and after the workout.

During a HIIT session, your body is pushed to its maximal capacity, requiring a substantial amount of energy. This intense effort leads to a phenomenon known as EPOC (Excess Post-exercise Oxygen Consumption), often referred to as the "afterburn effect." After a HIIT workout, your body continues to burn calories at an elevated rate for an extended period as it works to recover and return to its resting state. This sustained calorie expenditure is a key reason why HIIT is so effective for overall fat loss, including those stubborn love handle areas.

## Key Principles of HIIT for Love Handle Reduction

To effectively target love handles with HIIT, it's important to understand a few key principles that maximize the impact of your training. This isn't just about performing any intense exercises; it's about strategic programming that promotes fat mobilization and strengthens the core muscles that frame your waistline.

### Elevating Heart Rate Strategically

The essence of HIIT is the strategic elevation of your heart rate to near maximum levels during the work intervals. This intense cardiovascular demand forces your body to tap into its fat reserves for energy. For love handle reduction, this means selecting exercises that engage large muscle groups and can be performed at a high intensity. Aim for intervals where you can't hold a conversation comfortably.

### Incorporating Compound Movements

Compound exercises are those that work multiple muscle groups simultaneously. These are highly effective in HIIT for love handles because they burn more calories in a shorter amount of time and contribute to overall muscle development, which further boosts metabolism. Think squats, lunges, burpees, and jumping jacks. These movements not only contribute to calorie expenditure

but also build functional strength.

## **Focusing on Core Engagement**

While HIIT primarily targets overall fat loss, incorporating exercises that specifically engage and strengthen the oblique muscles and transverse abdominis can help to tone and define the waistline, making love handles less noticeable. This means adding exercises like Russian twists, side planks, and mountain climbers that directly challenge the core.

## **Progressive Overload and Variation**

To continue seeing results and prevent plateaus, it's essential to progressively overload your workouts. This can involve increasing the duration of work intervals, decreasing rest periods, adding more rounds, or selecting more challenging exercise variations. Regularly changing your HIIT routines also keeps your body guessing and prevents adaptation, ensuring continuous progress in reducing love handles.

## **Effective HIIT Exercises for Love Handles**

When designing HIIT workouts for love handles, the focus should be on exercises that elevate your heart rate quickly, engage multiple muscle groups, and critically, incorporate core-strengthening movements. These exercises, when performed with intensity and proper form, can significantly contribute to reducing fat around your midsection and toning the oblique muscles.

## **Cardiovascular Burners**

These exercises are designed to get your heart pumping and burn a significant amount of calories, which is crucial for overall fat reduction. When these are performed in a HIIT format, their fat-burning potential is amplified.

- **Burpees:** A full-body exercise that combines a squat, a push-up, and a jump. It's a powerhouse for calorie expenditure.
- **Jumping Jacks:** A classic cardio exercise that effectively raises your heart rate and engages multiple muscle groups.
- **High Knees:** This exercise mimics sprinting in place, driving your knees towards your chest to elevate your heart rate rapidly.
- **Mountain Climbers:** A dynamic exercise that engages the core while also

providing a significant cardiovascular challenge.

## Core-Intensive Movements

These exercises directly target the abdominal muscles, including the obliques, which are essential for firming up the waistline and reducing the appearance of love handles.

- Russian Twists: Sitting on the floor with your knees bent and feet slightly lifted, twist your torso from side to side, optionally holding a weight.
- Side Plank Dips: From a side plank position, lower and raise your hips towards the floor, intensely engaging your obliques.
- Bicycle Crunches: Lying on your back, bring opposite elbows to opposite knees in a pedaling motion, focusing on controlled twists.
- Wood Chops: Standing with feet shoulder-width apart, mimic a chopping motion from overhead to opposite ankle, engaging the obliques.

## Lower Body and Full Body Integration

Incorporating lower body and full-body movements within your HIIT routine not only burns more calories but also builds lean muscle mass, which is vital for a sustained metabolic boost.

- Jump Squats: A plyometric variation of the squat that adds an explosive element, increasing calorie burn and building leg strength.
- Lunge Jumps: Alternating lunges with an explosive jump, this exercise targets the legs and glutes while elevating heart rate.
- Renegade Rows: Performed in a plank position with dumbbells, this exercise combines a row with a core stabilization challenge.

## Sample HIIT Workouts for Love Handles

Creating effective HIIT workouts for love handles involves combining cardiovascular exercises with core-focused movements. These sample routines are designed to be challenging and efficient, aiming to maximize fat burn and

core toning. Remember to listen to your body and modify exercises as needed.

## **Beginner HIIT Routine (15-20 minutes)**

This routine is suitable for those new to HIIT, focusing on foundational exercises and manageable work-to-rest ratios.

1. Warm-up (5 minutes): Light cardio like jogging in place, arm circles, and dynamic stretches.
2. Workout Circuit (Repeat 3-4 times):
  - Jumping Jacks: 30 seconds work, 15 seconds rest
  - Bodyweight Squats: 30 seconds work, 15 seconds rest
  - Mountain Climbers: 30 seconds work, 15 seconds rest
  - Plank: 30 seconds hold, 15 seconds rest
3. Cool-down (5 minutes): Static stretching, focusing on hamstrings, quads, and core.

## **Intermediate HIIT Routine (20-25 minutes)**

This routine increases the intensity and complexity of exercises, with slightly longer work intervals and shorter rest periods.

1. Warm-up (5 minutes): Dynamic stretches, including leg swings, torso twists, and high knees.
2. Workout Circuit (Repeat 4-5 times):
  - Burpees: 40 seconds work, 20 seconds rest
  - Lunge Jumps: 40 seconds work, 20 seconds rest
  - Russian Twists: 40 seconds work, 20 seconds rest
  - High Knees: 40 seconds work, 20 seconds rest
3. Cool-down (5 minutes): Full-body static stretching.

## Advanced HIIT Routine (25-30 minutes)

This advanced routine demands higher intensity and endurance, featuring more challenging exercises and minimal rest.

1. Warm-up (5 minutes): High-intensity dynamic movements like butt kicks, Frankenstein walks, and jump squats.
2. Workout Circuit (Repeat 5-6 times):
  - Full Burpees with Push-up: 45 seconds work, 15 seconds rest
  - Jump Squats: 45 seconds work, 15 seconds rest
  - Side Plank Dips (each side): 45 seconds work, 15 seconds rest
  - Bicycle Crunches: 45 seconds work, 15 seconds rest
3. Cool-down (5 minutes): Extended static stretching, holding poses longer.

## Nutrition and Lifestyle Factors for Enhancing Results

While HIIT workouts for love handles are incredibly effective, they are most potent when paired with a balanced nutrition plan and a healthy lifestyle. Focusing solely on exercise without addressing diet can significantly slow down progress in reducing love handles and overall body fat. A holistic approach is key to achieving sustainable and visible results.

Calorie deficit is paramount for fat loss. This means consuming fewer calories than your body burns. HIIT helps to increase your calorie expenditure, but your dietary intake needs to be managed to create the necessary deficit. Prioritize whole, unprocessed foods such as lean proteins, fruits, vegetables, and healthy fats. These nutrient-dense foods provide essential vitamins and minerals while keeping you feeling full and satisfied, making it easier to adhere to a calorie-controlled diet.

Adequate hydration is also crucial. Drinking plenty of water throughout the day supports metabolic processes, aids in nutrient transport, and can even help suppress appetite. Limiting sugary drinks, processed snacks, and excessive alcohol intake will further contribute to creating the calorie

deficit needed for fat loss. Furthermore, ensuring sufficient sleep is vital for hormone regulation, muscle recovery, and overall well-being, all of which play a role in fat metabolism and body composition.

## **Staying Motivated and Consistent with Your HIIT Routine**

Consistency is the cornerstone of any successful fitness journey, especially when targeting specific areas like love handles. The high-intensity nature of HIIT can be demanding, making it crucial to have strategies in place to maintain motivation and adherence over the long term. Finding ways to make your workouts enjoyable and sustainable is key to reaping the full benefits of HIIT workouts for love handles.

Setting realistic goals and tracking your progress can be incredibly motivating. Whether it's aiming to complete a certain number of workouts per week, improve your performance in a specific exercise, or see a reduction in your waist circumference, having measurable targets provides a sense of accomplishment and direction. Celebrate small victories along the way to keep your spirits high.

Finding a workout buddy or joining a fitness group can also provide accountability and social support. The camaraderie and shared challenges can make workouts more engaging and less monotonous. If you prefer to train alone, consider varying your workout routines regularly to prevent boredom and continuously challenge your body in new ways. Experiment with different exercises, intervals, and music playlists to keep your HIIT sessions fresh and exciting. Remember, the most effective workout is the one you consistently do.

Finally, be patient with yourself. Fat loss, particularly from stubborn areas like love handles, takes time and dedication. There will be days when motivation wanes, but it's important to push through and remember why you started. The combination of effective HIIT workouts, mindful nutrition, and a consistent, positive mindset will undoubtedly lead you toward your fitness goals.

### **Q: How often should I do HIIT workouts for love handles?**

A: For best results and to allow for recovery, aim to incorporate HIIT workouts for love handles 2-3 times per week. Ensure you have at least one rest day between HIIT sessions.

## **Q: Can I do HIIT workouts for love handles every day?**

A: No, performing HIIT workouts every day is not recommended. High-intensity training puts significant stress on your body, and adequate rest is crucial for muscle repair, preventing injuries, and optimizing fat loss results.

## **Q: How long does it take to see results from HIIT workouts for love handles?**

A: The timeframe for seeing results can vary greatly depending on individual factors like genetics, diet, consistency, and overall body fat percentage. However, many people begin to notice changes within 4-8 weeks of consistent effort with HIIT workouts for love handles and a healthy diet.

## **Q: Are there specific HIIT exercises that are better for love handles than others?**

A: While HIIT is a full-body approach to fat loss, exercises that engage the core, such as Russian twists, side planks, mountain climbers, and wood chops, combined with high-intensity cardio like burpees and jumping jacks, are particularly beneficial for targeting the love handle area.

## **Q: What if I find HIIT too difficult? Can I modify it for love handles?**

A: Absolutely. You can modify HIIT workouts for love handles by reducing the duration of work intervals, increasing the rest periods, choosing lower-impact variations of exercises (e.g., step-ups instead of jump squats), or performing fewer rounds. Focus on maintaining intensity relative to your current fitness level.

## **Q: How important is diet when doing HIIT workouts for love handles?**

A: Diet is critically important, if not more so than exercise, for reducing love handles. HIIT burns calories and improves metabolism, but a caloric deficit achieved through a healthy diet is essential for mobilizing and shedding body fat from all areas, including the love handles.

## **Q: Can I combine HIIT workouts for love handles with steady-state cardio?**

A: Yes, combining HIIT with moderate-intensity steady-state cardio can be



beneficial. This approach can offer a well-rounded fitness routine that supports both anaerobic and aerobic energy systems, contributing to overall fat loss and cardiovascular health.

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**hiit workouts for love handles: *Pretty Intense*** Danica Patrick, Stephen Perrine, 2017-12-26 America's NASCAR standout offers a 90-day program to sculpt your body, calm your mind, and achieve your greatest goals Everything Danica Patrick does is *Pretty Intense*. A top athlete in her field, not to mention a fan favorite and the first woman to rule in her male-dominated sport, Danica approaches every aspect of life with the utmost intensity. Now, she shows you how you can apply her daily principles and transform your life for the better--and have fun while doing it. Danica's 90-day high-intensity workout, protein-rich, paleo-inspired eating plan, and mental-conditioning program will get you leaner, stronger, and healthier than you've ever been before. By mixing full-body training and stretching exercises, her accessible workouts hit the holy trinity of fitness: strength, endurance, and flexibility. Bolstered by a customized eating plan for all-day energy, her program will also help you cultivate a mindset for limitless success. You will learn to aim your sights high, confront challenges and setbacks with confidence, and cross the finish line every time. Whether your goal is a stronger core, better skills in the kitchen, or a promotion at work, Danica's *Pretty Intense* plan will help you reach your highest potential.

**hiit workouts for love handles: *Sarah Fit: Get Skinny Again!*** Sarah Dussault, 2013-12-10 Sarah Dussault, one of the most viewed fitness personalities on YouTube, with over 95,000 subscribers and over 110 million views, is going to get you fit and looking great. Sarah not only knows the right exercises to keep you in shape without wasting too much time or energy, but she also offers key insider tips on how to balance your life so you can live it without fear of ruining your diet and rebounding weight. With *Sarah Fit: Get Skinny Again!*, you'll not only shed the freshman 15, you'll learn how to maintain your weight so you can continue to stay fit post college. Unlike many other internet fitness sensations, Sarah is a certified personal trainer and has worked with big

names in the health industry such as Bethenny Frankel and Ellie Krieger and has appeared in Women's Health, Men's Health, and on Glamour.com. Sarah will be doing a much-anticipated promotional tour in which she will give demonstrations and lead discussions on health and fitness. Each of her exercises is highly effective and fun to do, and with Sarah's friendly and stress-free approach, you will want to keep it up. With exercises such as the Standing Crunch-less Ab workout, the Lean, Mean Legging Routine, and the 10-Minute Butt Lifting workout, you'll watch those pounds melt away in no time and shape your body into the fittest version of yourself. Packed with step-by-step photographs, numerous insider tips and some of Sarah's favorite recipes, this fitness guide is all you need to regain and maintain the body you've always wanted. Check Sarah out online at [www.sarahfit.com](http://www.sarahfit.com).

**hiit workouts for love handles: HIIT** Barrett Williams, ChatGPT, 2024-08-26 ### HIIT Transform Your Body, Mind, and Life with High-Intensity Interval Training Unlock the ultimate fitness revolution with HIIT, the essential guide to mastering High-Intensity Interval Training! Whether you're a fitness newbie or an experienced athlete, this comprehensive eBook is your go-to resource for transforming your body, boosting your health, and invigorating your life. **\*\*Discover the Power of HIIT\*\*** In HIIT, you'll dive deep into the world of High-Intensity Interval Training, starting with an engaging introduction that covers what HIIT is, its rich history, and the scientific principles that make it so effective. Learn how this dynamic workout method has revolutionized fitness regimens globally and continues to evolve. **\*\*Uncover Life-Changing Benefits\*\*** Explore the multitude of benefits HIIT offers, from cardiovascular improvements and metabolic boosts to enhanced fat loss and time-efficient workouts. This book breaks down the science behind these benefits, providing you with the knowledge to maximize your workout efficiency. **\*\*Beginner to Advanced â There's Something for Everyone\*\*** Embark on your HIIT journey with sections tailored for beginners, including easy-to-follow exercises, safety tips, and mindset preparation. As you progress, advanced strategies incorporating equipment, high-intensity techniques, and progressive overload will keep your workouts challenging and effective. **\*\*Personalized Workouts and Nutrition\*\*** Learn to design custom HIIT workouts that align with your fitness goals. Dive into specialized chapters on weight loss, muscle building, and cardiovascular health, and discover how proper nutrition and hydration can amplify your results. **\*\*HIIT for Every Lifestyle\*\*** HIIT offers practical advice on integrating this powerful workout into any lifestyle. Whether you have a busy schedule, travel frequently, or want to incorporate HIIT into family life, you'll find actionable tips to keep you on track. **\*\*Mental Health and HIIT\*\*** Unlock the mental rewards of HIIT with sections dedicated to stress reduction, mental resilience, and the positive impact on overall mental well-being. Real-life success stories and testimonials will inspire and motivate you on your fitness journey. **\*\*Embrace the Future of Fitness\*\*** Stay ahead of the curve with insights into the future of HIIT, innovations in the field, and the role of technology. Learn about global trends and research that are shaping the next generation of fitness. HIIT is more than just a workout guideâit's your comprehensive blueprint for a healthier, happier, and more energetic life. Embrace the HIIT lifestyle and start transforming your body and mind today!

**hiit workouts for love handles: Functional Cross Training** Brett Stewart, Jason Warner, 2014-03-11 UPGRADE YOUR WORKOUT Combining plyometrics, intense circuit training, weight lifting and bodyweight exercises, this book's revolutionary programs guarantee to help you achieve a fit, toned body and peak overall fitness. The step-by-step workouts produce astounding results: •Dramatically increased power •Incredible endurance •Packed-on lean muscle •Reduced body fat Whether your goal is to drop extra weight, shave minutes off a race time or finally get ripped abs, this book is the workout partner that will push you to your full potential.

**hiit workouts for love handles: Dr. Jordan Metzl's Workout Prescription** Jordan Metzl, Mike Zimmerman, 2016-12-13 Dr. Jordan Metzl's Workout Prescription is a compressed workout guide designed for busy professionals in today's world who have little time for fitness and want to maximize results. In this book, Dr. Jordan Metzl explains the science of the compressed, high-intensity workout and provides a series of progressive workouts ranging from 10 to 30 minutes

that can be done anytime, anywhere, using minimal equipment. This book also guides you through topics like motivation, goals, and the importance of proper recovery. Dr. Metzl's high-intensity workout, combined with a scientifically designed and periodized training schedule, delivers maximum results in minimum time in a unique and compelling way that is equally effective for men and women, children and adults.

**hiit workouts for love handles:** *Body Toning for Women* Lucy Wyndham-Read, 2015-12-01 BE YOUR OWN PERSONAL TRAINER Every woman wants to work on some part of her body. Whether you're looking to shape your arms, bust, back, abs, bottom, or legs, Lucy Wyndham-Read's book on body toning will help you get the perfect gym body. Within just 21 days, you will see noticeable differences and get closer to the body you've always dreamt of. The book contains numerous exercises for each problem area with different difficulty levels so that you can keep progressing while the pounds and inches are disappearing. All exercises in this book can be performed at home and can be done using only your body weight or small household objects. Several readymade workouts help you find the perfect training routine. Even if you've got a busy life, Lucy's got the perfect workout for you: Get fit and sexy in just four minutes a day! Beauty tips for every part of your body and extra sections on cardio, nutrition, and motivation will help you turn back time and look 10 years younger. Lucy's favorite delicious recipes will inspire you to change your diet and live a healthier life. For any woman who wants to get her dream body without losing too much time and money, *Body Toning for Women* is the perfect companion.

**hiit workouts for love handles:** Living the Healthy Life Jessica Sepel, 2017-01-31 Nutritionist and health blogger Jessica Sepel is fast becoming one of Australia's most sought-after wellness and lifestyle advocates. *Living the Healthy Life* is a practical and holistic 8-week plan of action to heal your relationship with food and provide a balance in your life. Expanding on the philosophy from her first book, *The Healthy Life*, Jessica uses her own inspirational journey to teach us how to quit fad dieting forever, and give ourselves the freedom to stop feeling guilty about food. She shows that by eating more of the good stuff, we nourish our bodies and optimise our cleansing and thyroid functions, which in turn stops us craving the processed foods that make us unwell. She helps us understand the key factors in overcoming stress and anxiety, and explores the benefits of sleeping and resting more. Here Jessica shares her expertly tailored, nutrient-rich meal plans designed to balance your hormone levels and increase your energy. Featuring over 160 new recipes, this book shows that healthy eating can be simple, delicious and fun! This is a specially formatted fixed layout ebook that retains the look and feel of the print book.

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working out—from barbells and dumbbells to machines and elastic bands—so that they never grow bored or complacent with the routines. This resource also includes complete meal plans that are designed by some of the country's best nutritionists, as well as a collection of recipes that are both healthy and delicious.

**hiit workouts for love handles: *Self-Discipline Blueprint*** Nathan Pierce, 2025-05-02 Are you tired of procrastination holding you back? Ready to master the habits and mindset that drive unstoppable success? In *Self-Discipline Blueprint*, Nathan Pierce reveals the science-backed strategies and proven techniques to help you build rock-solid willpower, eliminate distractions, and achieve your most ambitious goals. Whether you want to improve your health, advance your career, or develop a new skill, this powerful guide gives you the practical tools to: □ Break free from excuses and develop laser-sharp focus □ Overcome temptation and stay consistent under pressure □ Build daily habits that transform your productivity and confidence □ Push past mental blocks and achieve long-term mastery □ Create a personal roadmap for success in every area of life If you're ready to take control of your future and become the disciplined, unstoppable version of yourself, this book is your blueprint. Start your transformation today!

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**hiit workouts for love handles: *Just Your Type*** Phil Catudal, 2019-05-14 A comprehensive plan for matching diet and fitness regimens to body types, based on the proven system of somatotypes. According to fitness guru Phil Catudal, 70 percent of people exercise the wrong way. To achieve lasting fitness and health, Catudal explains, you should work with your natural-born body type and do the optimal combination of cardio, strength training, and flexibility exercises and consume the right proportion of macronutrients for your physique. While fitness trends and fad diets will come and go, your body type (somatotype) is the one constant that's never going to change. *Just Your Type* helps anyone create an individualized workout that's tailored to their body shape and composition. Working harder isn't always the answer, but working smarter is.

**hiit workouts for love handles: *High Hopes*** Steve Garrigan, 2021-10-07 'Steve beautifully communicates his vulnerabilities in his music -- he does the same in this powerful story' Niall Breslin As lead singer and songwriter of hugely successful Irish rock band Kodaline, Steve Garrigan plays to thousands of fans worldwide - his business is being in the spotlight. But, for years, Steve was privately battling his own demons. *High Hopes* is a deeply personal memoir about how everyone carries a story. In his down-to-earth and often humorous style, Steve takes us from his childhood growing up in Dublin and the shyness that only dissolved in front of a microphone, to the highs of rock star success touring and playing stadiums, and the lows of anxiety, depression and panic attacks. Ultimately, his story describes how it is only by learning to share our deepest vulnerability - embracing all aspects of our true selves - that we can work through darkness and ultimately find freedom.

**hiit workouts for love handles: *The 6 Keys*** Jillian Michaels, Myatt Murphy, 2018-12-18 Reverse the effects of aging and maintain optimal health for life through the revolutionary 6 Keys program by New York Times bestselling author Jillian Michaels. With *Master Your Metabolism*, Jillian Michaels showed us how to take control of the metabolic machinery underneath our weight and health struggles. Now she's ahead of the curve again -- conquering the mayhem, myths, and misunderstandings associated with aging. After all, if you can decide your weight, why not your age?

Scientists and doctors have identified six major age inciters: metabolism, damaged macromolecules, epigenetics, inflammation, stress adaptation, telomeres. The 6 Keys presents an ageless health, fitness, and beauty plan that addresses all six of them -- and gets them working for you instead of against you. Empowering and rigorously researched, The 6 Keys outlines powerful lifestyle interventions, dietary guidelines, exercise plans, and vanguard strategies for cultivating mindfulness that restore and protect human performance, keeping you fit, healthy, and beautiful for life.

**hiit workouts for love handles: □□□□□/Functional Fitness** C.K. louis, TABLE OF CONTENTS Introduction Chapter 1 What is Functional Fitness? Functional Fitness Defined Complimenting Functional Fitness with Your Lifestyle Is Functional Fitness Right For You? Chapter 2 Benefits of Functional Fitness Easier Movement Stronger Support and Immune System Look Better, Feel Better Chapter 3 Functional Fitness and Other Exercises 1 - Bodybuilding 2 - Heavy Weight Training 3 - Group Training Chapter 4 Common Mistakes with Functional Fitness An Everyday Routine Love What You Do Dieting Rolling with No Goals Chapter 5 The First Component of Functional Fitness: Power What is Power? Power in your Daily Life Power Moves Chapter 6 The Second Component of Functional Fitness: Strength What is Strength? Strength in your Daily Life Strength Moves Chapter 7 The Third Component of Functional Fitness: Range of Motion What is Range of Motion? Range of Motion in your Daily Life Range of Motion Moves Chapter 8 The Fourth Component of Functional Fitness: Balance and Endurance What is Balance and Endurance? Balance and Endurance in your Daily Life Balance and Endurance Moves Conclusion

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offers an easy, all-in plan that will help you lose up to 15 pounds in 15 days. Losing weight while enjoying sushi and dessert? That sure beats the Master Cleanse.” —VegNews.com “From Trail Mix cookies that are loaded with nuts, raisins, and sunflower seeds, to a Spicy Bok Choy Soup, the dishes are exciting and innovative.” —Tucson Citizen

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