

HIIT WORKOUTS: EXPLAINED!

HIIT PLANS ARE CONSIDERED ONE OF THE MOST EFFECTIVE WORKOUTS FOR BURNING MAXIMUM IN CALORIES IN MINIMAL TIME. YOU CAN GET ALL THE BENEFITS OF THIS TYPE OF EXERCISE FROM HOME BY LEARNING THE BASICS OF HOW HIIT WORKS AND DESIGNING YOUR OWN ROUTINE. BECAUSE IT'S SO HIGH INTENSITY IT'S VITAL TO TAKE REST DAYS TO AVOID INJURY!

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WHAT IS HIIT?

HIGH INTENSITY INTERVAL TRAINING. IT USES INTERVALS OF HIGH AND MEDIUM INTENSITY EXERCISES SO YOUR MUSCLES DEMAND MORE OXYGEN, WHICH MAXIMIZES CALORIE BURN. BY OPTIMIZING YOUR OXYGEN INTAKE YOU PRESERVE MUSCLE, BUILD LEAN MUSCLE MASS AND BURN MORE CALORIES DURING & AFTER WORKING OUT!

BENEFITS OF HIIT TRAINING!

1. QUICK BUT HIGHLY EFFECTIVE. RESEARCH SHOWS 27 MINUTES OF HIIT 3x/WEEK IS EQUAL TO 60 MINUTES OF JOGGING 5x/WEEK!!
2. BURNS MORE CALORIES AND FAT THAN TRADITIONAL CARDIO FOR A FULL 24 HOURS BY PUTTING YOUR BODY INTO "AFTERBURN" WHERE IT REQUIRES MORE OXYGEN (AND THUS MORE CALORIES) FOR RECOVERY!
3. CAN BE DONE AT HOME OR ANYWHERE WITHOUT ANY EQUIPMENT BY USING PLYOMETRIC EXERCISES
4. NO SKINNY-FAT SYNDROME! HIIT WORKOUTS **PRESERVE MUSCLE** WHILE BURNING FAT TO GIVE YOU THE BEST RESULTS POSSIBLE!
5. YOU CAN **INCORPORATE STRENGTH TRAINING** INTO REST PERIODS TO GET EVEN BETTER RESULTS AND MAKE THE MOST OF YOUR TIME!

MAKING A HIIT PLAN:

ALTERNATE BETWEEN THESE OPTIONS

DO A LIGHT WARM UP FOR 3-5 MINUTES THEN BEGIN!

HIGH INTENSITY:

30 SECONDS

SPRINTING

LUNGES/ SQUATS

JUMPING JACKS

HIGH KNEES

MOUNTAIN CLIMBERS

MEDIUM INTENSITY:

60-90 SECONDS

JOGGING

WALKING

*WEIGHT LIFTING/

DUMBBELLS WILL GIVE

EXTRA STRENGTH RESULTS!

ELEMENTS OF A HIIT WORKOUT!

15-20 MINUTES OF SERIOUS EXERCISE

MAXIMUM EFFORT ALL THE WAY THROUGH

SIMPLE MOVEMENTS AT HIGH INTENSITY

FOCUS ON CARDIO PERFORMANCE

MAXIMUM EFFORT FOR 30 SECONDS-REST FOR 90 SECONDS

DONE 3-4 TIMES PER WEEK (YOU MUST HAVE REST DAYS)

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Raffaela Di Napoli

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Table of Contents Why Home Workout Explained 5343

1. Understanding the eBook Why Home Workout Explained 5343
 - The Rise of Digital Reading Why Home Workout Explained 5343
 - Advantages of eBooks Over Traditional Books
2. Identifying Why Home Workout Explained 5343
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Why Home Workout Explained 5343
 - User-Friendly Interface
4. Exploring eBook Recommendations from Why Home Workout Explained 5343
 - Personalized Recommendations
 - Why Home Workout Explained 5343 User Reviews and Ratings
 - Why Home Workout Explained 5343 and Bestseller Lists
5. Accessing Why Home Workout Explained 5343 Free and Paid eBooks
 - Why Home Workout Explained 5343 Public Domain eBooks
 - Why Home Workout Explained 5343 eBook Subscription Services

- Why Home Workout Explained 5343 Budget-Friendly Options
- 6. Navigating Why Home Workout Explained 5343 eBook Formats
 - ePub, PDF, MOBI, and More
 - Why Home Workout Explained 5343 Compatibility with Devices
 - Why Home Workout Explained 5343 Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Why Home Workout Explained 5343
 - Highlighting and Note-Taking Why Home Workout Explained 5343
 - Interactive Elements Why Home Workout Explained 5343
- 8. Staying Engaged with Why Home Workout Explained 5343
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Why Home Workout Explained 5343
- 9. Balancing eBooks and Physical Books Why Home Workout Explained 5343
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Why Home Workout Explained 5343
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Why Home Workout Explained 5343
 - Setting Reading Goals Why Home Workout Explained 5343
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Why Home Workout Explained 5343
 - Fact-Checking eBook Content of Why Home Workout Explained 5343
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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