

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)

Why Home Workout Explained For Workers

SJ Ball



Why Home Workout Explained For Workers:

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Specialized Training for Child Protective Service Workers National Center on Child Abuse and Neglect (U.S.),J.A. Reyes Associates,1979 Annals of the American Academy of Political and Social Science ,1929 **v.1-3, Analysis of present conditions** India. Calcutta University Commission, 1917-1919,1919 *Minutes of Evidence* Cape of Good Hope (South Africa). Education Commission,1911 World's Work ,1915 Vocational Summary , *The Vocational Summary* ,1919 The World's Work Walter Hines Page,Arthur W. Page,1920 A history of our time Exercises in Surveying for Field Work and Office Work John Clayton Tracy,1909 *Proceedings of the National Conference of Social Work at the ... Annual Session Held in ...* ,1920 **Employment and Training Report of the President** United States. President, **Journal of Education** ,1906 American Illustrated Magazine ,1928 **Forty-two Lessons in Training for Service** Herbert Moninger,1907 **Federal Home Loan Bank Board Journal** , **The Christian Work and the Evangelist** ,1904 **Industrial Management** ,1919 **Report from the Select Committee on Home Work** Great Britain. Parliament. House of Commons. Select Committee on Home Work,1907

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