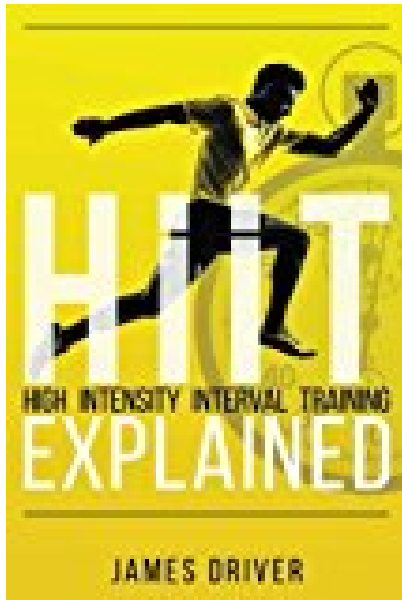


# HIIT - High Intensity Interval Training Explained

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## BOOK DETAILS

- Author : James Driver
- Pages : 272 Pages
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## BOOK SYNOPSIS

High Intensity Interval Training (HIIT) is now widely acknowledged to be the single most advantageous form of exercise for a wide range of fitness goals. When compared side by side to other forms of cardiovascular training, HIIT repeatedly comes out on top. Not only that, but it does so in a fraction of the time when compared to continuous cardio training or steady state cardio. With HIIT, you will achieve superior gains over other forms of training in all the following areas: - Weight loss - Improving the bodys capacity to burn fat - Increasing the anaerobic threshold, enabling you to work harder before the burn sets in - Improving maximal oxygen uptake (VO2 max), a popular indicator of fitness - Improving athletic performance - Releasing beta-endorphins, providing a feeling of well-being - Exercise enjoyment - And much more HIIT works by using short duration high intensity sprints together with nice and easy recovery periods such as walks or slow jogs. This makes the sprints extremely tolerable and enjoyable. Yet few people use or even know about HIIT and its incredible power! Find out just how effective interval training is and how it can be used in only a fraction of the time when compared to continuous training such as jogging at the same speed for up to an hour at a time. Discover the different forms of HIIT training such as Tabata, Fartlek, the Little Method and how best to use them. For the first time - Learn a range of high intensity exercises and training modes which are perfect for HIIT - Exercises you can perform either at the gym, in the park or at home. Learn how to craft and make use of your own HIIT training designs, specifically to help you achieve your exercise goals in an incredibly quick time. The science is conclusive! HIIT will change your life!

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