

HIGH INTENSITY TRAINING WORKOUT

HIGH INTENSITY TRAINING WORKOUT HAS BECOME A POPULAR AND EFFECTIVE METHOD FOR INDIVIDUALS SEEKING TO MAXIMIZE THEIR FITNESS RESULTS IN MINIMAL TIME. THIS TRAINING APPROACH FOCUSES ON PERFORMING EXERCISES AT A HIGH LEVEL OF EFFORT AND INTENSITY, OFTEN INVOLVING BRIEF BURSTS OF MAXIMUM EXERTION FOLLOWED BY SHORT RECOVERY PERIODS. HIGH INTENSITY TRAINING WORKOUTS ARE DESIGNED TO IMPROVE CARDIOVASCULAR ENDURANCE, INCREASE STRENGTH, AND ACCELERATE FAT LOSS THROUGH METABOLIC CONDITIONING. DUE TO ITS EFFICIENCY AND ADAPTABILITY, IT APPEALS TO A WIDE RANGE OF FITNESS ENTHUSIASTS, FROM BEGINNERS TO ADVANCED ATHLETES. THIS ARTICLE EXPLORES THE FUNDAMENTALS OF HIGH INTENSITY TRAINING WORKOUTS, INCLUDING THEIR BENEFITS, COMMON EXERCISES, SAFETY CONSIDERATIONS, AND TIPS FOR DESIGNING AN EFFECTIVE ROUTINE. UNDERSTANDING THESE ASPECTS WILL HELP OPTIMIZE WORKOUT PERFORMANCE AND ACHIEVE DESIRED FITNESS GOALS EFFECTIVELY.

- WHAT IS HIGH INTENSITY TRAINING WORKOUT?
- BENEFITS OF HIGH INTENSITY TRAINING WORKOUTS
- COMMON HIGH INTENSITY TRAINING EXERCISES
- HOW TO DESIGN A HIGH INTENSITY TRAINING WORKOUT
- SAFETY AND PRECAUTIONS FOR HIGH INTENSITY WORKOUTS

WHAT IS HIGH INTENSITY TRAINING WORKOUT?

A HIGH INTENSITY TRAINING WORKOUT IS A FORM OF EXERCISE THAT EMPHASIZES PERFORMING MOVEMENTS AT NEAR-MAXIMAL EFFORT FOR SHORT DURATIONS. IT TYPICALLY INVOLVES INTERVALS OF INTENSE ACTIVITY FOLLOWED BY BRIEF REST OR LOW-INTENSITY PERIODS. THIS METHOD IS SOMETIMES REFERRED TO AS HIGH-INTENSITY INTERVAL TRAINING (HIIT) AND IS CHARACTERIZED BY ITS ABILITY TO ELEVATE HEART RATE QUICKLY AND SUSTAIN IT THROUGH A SERIES OF CHALLENGING EXERCISES.

PRINCIPLES OF HIGH INTENSITY TRAINING

THE CORE PRINCIPLES OF HIGH INTENSITY TRAINING WORKOUTS INCLUDE MAXIMIZING EFFORT, MINIMIZING REST, AND INCORPORATING COMPOUND EXERCISES THAT ENGAGE MULTIPLE MUSCLE GROUPS. THE GOAL IS TO PUSH THE BODY BEYOND ITS NORMAL LIMITS TO STIMULATE ADAPTATIONS SUCH AS INCREASED AEROBIC CAPACITY AND MUSCLE STRENGTH.

DURATION AND FREQUENCY

HIGH INTENSITY TRAINING WORKOUTS ARE TYPICALLY SHORTER THAN TRADITIONAL WORKOUTS, OFTEN LASTING BETWEEN 15 TO 30 MINUTES. DESPITE THE SHORTER DURATION, THE INTENSITY COMPENSATES BY PRODUCING SIGNIFICANT PHYSIOLOGICAL BENEFITS. MOST PROGRAMS RECOMMEND PERFORMING THESE WORKOUTS 3 TO 4 TIMES PER WEEK TO ALLOW FOR ADEQUATE RECOVERY.

BENEFITS OF HIGH INTENSITY TRAINING WORKOUTS

ENGAGING IN A HIGH INTENSITY TRAINING WORKOUT OFFERS NUMEROUS ADVANTAGES THAT MAKE IT AN ATTRACTIVE OPTION FOR VARIOUS FITNESS GOALS. THESE BENEFITS EXTEND BEYOND SIMPLE CALORIE BURNING AND CONTRIBUTE TO OVERALL HEALTH IMPROVEMENTS.

IMPROVED CARDIOVASCULAR HEALTH

HIGH INTENSITY TRAINING WORKOUTS SIGNIFICANTLY ENHANCE CARDIOVASCULAR FITNESS BY INCREASING HEART RATE AND IMPROVING OXYGEN UTILIZATION. THIS LEADS TO BETTER ENDURANCE AND REDUCED RISK OF HEART DISEASE.

ENHANCED FAT LOSS AND METABOLISM

THE INTENSE EFFORT INVOLVED IN THESE WORKOUTS TRIGGERS EXCESS POST-EXERCISE OXYGEN CONSUMPTION (EPOC), WHICH BOOSTS METABOLISM FOR HOURS AFTER THE SESSION. THIS RESULTS IN GREATER FAT BURNING EVEN DURING REST PERIODS.

INCREASED MUSCLE STRENGTH AND ENDURANCE

BY INCORPORATING RESISTANCE AND BODYWEIGHT EXERCISES AT HIGH INTENSITY, THESE WORKOUTS PROMOTE MUSCLE HYPERTROPHY AND ENDURANCE. THIS DUAL EFFECT SUPPORTS BOTH STRENGTH GAINS AND MUSCULAR STAMINA.

TIME EFFICIENCY

ONE OF THE PRIMARY BENEFITS IS THE ABILITY TO ACHIEVE SUBSTANTIAL FITNESS IMPROVEMENTS IN A FRACTION OF THE TIME REQUIRED BY TRADITIONAL TRAINING METHODS. THIS MAKES IT IDEAL FOR INDIVIDUALS WITH BUSY SCHEDULES.

COMMON HIGH INTENSITY TRAINING EXERCISES

HIGH INTENSITY TRAINING WORKOUTS UTILIZE A VARIETY OF EXERCISES DESIGNED TO ENGAGE LARGE MUSCLE GROUPS AND ELEVATE HEART RATE RAPIDLY. THESE EXERCISES CAN BE ADAPTED TO DIFFERENT FITNESS LEVELS AND EQUIPMENT AVAILABILITY.

BODYWEIGHT MOVEMENTS

BODYWEIGHT EXERCISES ARE A CORNERSTONE OF MANY HIGH INTENSITY TRAINING ROUTINES DUE TO THEIR ACCESSIBILITY AND EFFECTIVENESS. COMMON EXAMPLES INCLUDE:

- JUMP SQUATS
- BURPEES
- MOUNTAIN CLIMBERS
- PUSH-UPS
- LUNGES WITH JUMPS

WEIGHT TRAINING EXERCISES

INCORPORATING WEIGHTS CAN FURTHER ENHANCE THE INTENSITY AND MUSCLE-BUILDING POTENTIAL. EFFECTIVE EXERCISES INCLUDE:

- KETTLEBELL SWINGS
- DEADLIFTS

- BARBELL THRUSTERS
- DUMBBELL SNATCHES
- MEDICINE BALL SLAMS

CARDIO INTERVALS

HIGH INTENSITY TRAINING WORKOUTS OFTEN INTEGRATE CARDIO BURSTS SUCH AS SPRINTING, JUMPING ROPE, OR CYCLING INTERVALS TO MAINTAIN ELEVATED HEART RATES AND IMPROVE AEROBIC CAPACITY.

HOW TO DESIGN A HIGH INTENSITY TRAINING WORKOUT

CREATING AN EFFECTIVE HIGH INTENSITY TRAINING WORKOUT REQUIRES CAREFUL PLANNING TO BALANCE INTENSITY, EXERCISE SELECTION, AND RECOVERY. PROPER DESIGN ENSURES SAFETY AND MAXIMIZES FITNESS GAINS.

CHOOSING EXERCISES

SELECT EXERCISES THAT TARGET MULTIPLE MUSCLE GROUPS AND CAN BE PERFORMED AT HIGH INTENSITY SAFELY. COMBINING BOTH STRENGTH AND CARDIO MOVEMENTS ENHANCES OVERALL EFFECTIVENESS.

STRUCTURING INTERVALS

WORK-TO-REST RATIOS ARE CRITICAL IN HIGH INTENSITY TRAINING WORKOUTS. COMMON FORMATS INCLUDE:

- 30 SECONDS WORK, 15 SECONDS REST
- 40 SECONDS WORK, 20 SECONDS REST
- 1 MINUTE WORK, 1 MINUTE REST

THE CHOICE DEPENDS ON FITNESS LEVEL AND SPECIFIC GOALS.

SAMPLE WORKOUT PLAN

A TYPICAL HIGH INTENSITY TRAINING WORKOUT MIGHT INCLUDE 4 TO 6 EXERCISES PERFORMED IN ROUNDS. FOR EXAMPLE:

1. JUMP SQUATS – 30 SECONDS
2. PUSH-UPS – 30 SECONDS
3. KETTLEBELL SWINGS – 30 SECONDS
4. MOUNTAIN CLIMBERS – 30 SECONDS
5. REST – 30 SECONDS

REPEAT THIS CIRCUIT 3 TO 4 TIMES FOR A COMPLETE SESSION.

SAFETY AND PRECAUTIONS FOR HIGH INTENSITY WORKOUTS

DESPITE THEIR BENEFITS, HIGH INTENSITY TRAINING WORKOUTS REQUIRE ATTENTION TO SAFETY TO PREVENT INJURY AND ENSURE LONG-TERM ADHERENCE. PROPER PRECAUTIONS ARE ESSENTIAL.

WARM-UP AND COOL-DOWN

A THOROUGH WARM-UP PREPARES MUSCLES AND JOINTS, REDUCING INJURY RISK. SIMILARLY, COOLING DOWN AIDS RECOVERY AND FLEXIBILITY.

LISTENING TO THE BODY

PARTICIPANTS SHOULD MONITOR THEIR EXERTION LEVELS AND AVOID PUSHING BEYOND THEIR LIMITS, ESPECIALLY WHEN NEW TO HIGH INTENSITY TRAINING WORKOUTS.

MEDICAL CONSIDERATIONS

INDIVIDUALS WITH PRE-EXISTING HEALTH CONDITIONS OR INJURIES SHOULD CONSULT HEALTHCARE PROFESSIONALS BEFORE STARTING A HIGH INTENSITY TRAINING WORKOUT PROGRAM TO TAILOR EXERCISES SAFELY.

PROGRESS GRADUALLY

INCREMENTALLY INCREASING INTENSITY AND DURATION HELPS THE BODY ADAPT AND MINIMIZES THE RISK OF OVERTRAINING OR BURNOUT.

FREQUENTLY ASKED QUESTIONS

WHAT IS HIGH INTENSITY TRAINING (HIT) WORKOUT?

HIGH INTENSITY TRAINING (HIT) IS A STRENGTH TRAINING METHODOLOGY THAT EMPHASIZES BRIEF, INTENSE BOUTS OF EXERCISE FOLLOWED BY ADEQUATE REST, FOCUSING ON MAXIMIZING MUSCLE EFFORT IN A SHORT PERIOD.

HOW OFTEN SHOULD I DO HIGH INTENSITY TRAINING WORKOUTS?

HIT WORKOUTS ARE TYPICALLY DONE 2 TO 3 TIMES PER WEEK TO ALLOW SUFFICIENT RECOVERY SINCE THE TRAINING SESSIONS ARE VERY INTENSE AND DEMAND AMPLE REST FOR MUSCLE REPAIR.

WHAT ARE THE BENEFITS OF HIGH INTENSITY TRAINING WORKOUTS?

BENEFITS OF HIT INCLUDE IMPROVED MUSCLE STRENGTH, INCREASED METABOLIC RATE, EFFICIENT USE OF WORKOUT TIME, ENHANCED FAT LOSS, AND IMPROVED CARDIOVASCULAR HEALTH.

IS HIGH INTENSITY TRAINING SUITABLE FOR BEGINNERS?

BEGINNERS CAN DO HIT WORKOUTS BUT SHOULD START WITH LOWER INTENSITY, PROPER GUIDANCE, AND FOCUS ON LEARNING CORRECT FORM TO AVOID INJURY AND GRADUALLY INCREASE INTENSITY.

HOW LONG DOES A TYPICAL HIGH INTENSITY TRAINING WORKOUT LAST?

A TYPICAL HIT WORKOUT LASTS BETWEEN 20 TO 30 MINUTES BECAUSE IT INVOLVES SHORT BURSTS OF MAXIMUM EFFORT FOLLOWED BY REST, MAKING IT TIME-EFFICIENT.

CAN HIGH INTENSITY TRAINING WORKOUTS HELP WITH WEIGHT LOSS?

YES, HIT WORKOUTS ARE EFFECTIVE FOR WEIGHT LOSS AS THEY BOOST METABOLISM AND INCREASE CALORIE BURN BOTH DURING AND AFTER THE WORKOUT THROUGH THE AFTERBURN EFFECT.

WHAT TYPES OF EXERCISES ARE INCLUDED IN HIGH INTENSITY TRAINING WORKOUTS?

HIT WORKOUTS OFTEN INCLUDE COMPOUND MOVEMENTS LIKE SQUATS, DEADLIFTS, BENCH PRESSES, AND BODYWEIGHT EXERCISES PERFORMED AT MAXIMUM EFFORT WITH MINIMAL REST.

HOW DOES HIGH INTENSITY TRAINING DIFFER FROM TRADITIONAL CARDIO?

HIT FOCUSES ON SHORT BURSTS OF INTENSE RESISTANCE OR AEROBIC ACTIVITY WITH REST INTERVALS, WHEREAS TRADITIONAL CARDIO TYPICALLY INVOLVES STEADY-STATE, MODERATE-INTENSITY EXERCISE FOR LONGER DURATIONS.

ARE THERE ANY RISKS ASSOCIATED WITH HIGH INTENSITY TRAINING WORKOUTS?

RISKS INCLUDE INJURY FROM IMPROPER FORM OR OVERTRAINING, ESPECIALLY IF ADEQUATE REST IS NOT TAKEN. IT'S IMPORTANT TO LISTEN TO YOUR BODY AND PROGRESS GRADUALLY.

WHAT EQUIPMENT DO I NEED FOR A HIGH INTENSITY TRAINING WORKOUT?

EQUIPMENT CAN VARY, BUT COMMONLY INCLUDES DUMBBELLS, KETTLEBELLS, RESISTANCE BANDS, OR BODYWEIGHT EXERCISES. HIT CAN ALSO BE DONE WITH MINIMAL OR NO EQUIPMENT.

ADDITIONAL RESOURCES

1. *HIGH-INTENSITY TRAINING THE MIKE MENTZER WAY*

THIS BOOK BY MIKE MENTZER INTRODUCES HIS REVOLUTIONARY APPROACH TO HIGH-INTENSITY TRAINING, EMPHASIZING BRIEF, INFREQUENT, AND INTENSE WORKOUTS. MENTZER EXPLAINS THE SCIENCE BEHIND MUSCLE GROWTH AND RECOVERY, ADVOCATING FOR SHORTER SESSIONS WITH MAXIMUM EFFORT. IT'S IDEAL FOR THOSE LOOKING TO OPTIMIZE THEIR TRAINING EFFICIENCY AND ACHIEVE RAPID GAINS.

2. *THE ONE MINUTE WORKOUT: SCIENCE SHOWS A WAY TO GET FIT THAT'S SMARTER, FASTER, SHORTER*

AUTHORED BY MARTIN GIBALA, THIS BOOK DELVES INTO THE SCIENCE-BACKED BENEFITS OF HIGH-INTENSITY INTERVAL TRAINING (HIIT). IT PROVIDES PRACTICAL WORKOUT PLANS THAT CAN BE DONE IN AS LITTLE AS ONE MINUTE, MAKING FITNESS ACCESSIBLE FOR BUSY INDIVIDUALS. THE BOOK ALSO COVERS HOW INTENSE BURSTS OF EXERCISE IMPROVE CARDIOVASCULAR HEALTH AND METABOLIC FUNCTION.

3. *HIIT: HIGH-INTENSITY INTERVAL TRAINING EXPLAINED*

THIS COMPREHENSIVE GUIDE BREAKS DOWN THE PRINCIPLES OF HIIT WORKOUTS AND HOW TO IMPLEMENT THEM EFFECTIVELY. IT INCLUDES VARIOUS ROUTINES TARGETING DIFFERENT FITNESS LEVELS AND GOALS, FROM FAT LOSS TO ENDURANCE BUILDING. READERS WILL LEARN HOW TO SAFELY PUSH THEIR LIMITS AND MAXIMIZE WORKOUT RESULTS IN MINIMAL TIME.

4. *BODY BY SCIENCE: A RESEARCH-BASED PROGRAM FOR STRENGTH TRAINING, BODY BUILDING, AND COMPLETE FITNESS IN 12 MINUTES A WEEK*

WRITTEN BY DOUG MCGUFF AND JOHN LITTLE, THIS BOOK PROPOSES A SCIENCE-DRIVEN APPROACH TO STRENGTH TRAINING THROUGH HIGH-INTENSITY EFFORT. IT ADVOCATES FOR BRIEF, INFREQUENT WORKOUTS THAT STIMULATE MUSCLE GROWTH AND OVERALL FITNESS EFFICIENTLY. THE AUTHORS EXPLAIN THE PHYSIOLOGICAL MECHANISMS BEHIND THEIR METHOD AND PROVIDE DETAILED WORKOUT PROTOCOLS.

5. *TABATA TRAINING: THE 4-MINUTE FAT BURNING WORKOUT*

THIS BOOK FOCUSES ON THE TABATA PROTOCOL, A POPULAR FORM OF HIIT INVOLVING 20 SECONDS OF INTENSE EXERCISE FOLLOWED BY 10 SECONDS OF REST. IT OFFERS STEP-BY-STEP INSTRUCTIONS FOR INCORPORATING TABATA INTO VARIOUS FITNESS ROUTINES TO MAXIMIZE FAT BURNING AND ENDURANCE. READERS WILL FIND SAMPLE WORKOUTS AND TIPS FOR PROGRESSION.

6. *THE NEW HIGH INTENSITY TRAINING: THE BEST MUSCLE-BUILDING SYSTEM YOU'VE NEVER TRIED*

AUTHOR ELLINGTON DARDEN REVISITS THE PRINCIPLES OF HIGH-INTENSITY TRAINING WITH UPDATED RESEARCH AND MODERN TECHNIQUES. THE BOOK GUIDES READERS THROUGH EFFECTIVE MUSCLE-BUILDING STRATEGIES THAT REQUIRE LESS TIME BUT YIELD SIGNIFICANT STRENGTH AND SIZE GAINS. IT'S PERFECT FOR THOSE SEEKING AN ALTERNATIVE TO TRADITIONAL VOLUME-BASED TRAINING.

7. *HIIT IT!: THE COMPLETE GUIDE TO HIGH-INTENSITY INTERVAL TRAINING*

THIS ALL-ENCOMPASSING MANUAL COVERS EVERYTHING FROM BEGINNER TO ADVANCED HIIT WORKOUTS, INCLUDING HOW TO TAILOR SESSIONS TO INDIVIDUAL FITNESS GOALS. IT EMPHASIZES THE IMPORTANCE OF RECOVERY, NUTRITION, AND PROPER FORM TO PREVENT INJURY. THE BOOK ALSO INCLUDES MOTIVATIONAL TIPS TO MAINTAIN CONSISTENCY AND TRACK PROGRESS.

8. *HIGH-INTENSITY INTERVAL TRAINING FOR WOMEN: BURN MORE FAT IN LESS TIME WITH HIIT WORKOUTS YOU CAN DO ANYWHERE*

DESIGNED SPECIFICALLY FOR WOMEN, THIS BOOK ADDRESSES THE UNIQUE PHYSIOLOGICAL ASPECTS THAT AFFECT FEMALE FITNESS AND FAT LOSS THROUGH HIIT. IT OFFERS ADAPTABLE WORKOUTS THAT CAN BE DONE AT HOME OR ON THE GO, REQUIRING MINIMAL EQUIPMENT. THE AUTHOR COMBINES SCIENTIFIC INSIGHTS WITH PRACTICAL ADVICE TO EMPOWER WOMEN TO ACHIEVE THEIR FITNESS GOALS.

9. *STRENGTH TRAINING WITH HIGH INTENSITY: MAXIMIZE YOUR MUSCLE GAINS WITH EFFICIENT WORKOUTS*

THIS BOOK EXPLORES HOW TO INTEGRATE HIGH-INTENSITY TRAINING PRINCIPLES INTO TRADITIONAL STRENGTH TRAINING ROUTINES. IT PROVIDES DETAILED GUIDANCE ON EXERCISE SELECTION, INTENSITY LEVELS, AND RECOVERY STRATEGIES TO OPTIMIZE MUSCLE GROWTH AND PERFORMANCE. SUITABLE FOR ATHLETES AND FITNESS ENTHUSIASTS AIMING TO ELEVATE THEIR TRAINING INTENSITY SAFELY.

[High Intensity Training Workout](#)

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high intensity training workout: 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.

high intensity training workout: 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!

high intensity training workout: Hitt Tom Craig, 2015-05-23 *High Intensity Interval Training Workout: A Beginners Guide to Fast, Intense HIIT workouts to maximize results in losing weight and gain muscle* Wanna take your training to the next level? Studied all kinds of training methods from weightlifting to crossfit? You want a serious intense training regiment with no crap attitude or waste of time program! Its time to change your life and take your body to a level never felt or looked like before! What is HITT? Heard of it and always wanted to know more but quick and is it available for you? This book is it, simple, fast and right to the point! Your able to take action right now, today with just one click! SO JUST HITT CLICK!

high intensity training workout: 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.

high intensity training workout: High Intensity Interval Training Workouts Tom Craig, 2015-08-25 *High Intensity Interval Training Workout: A Beginners Guide to Fast, Intense HIIT workouts to maximize results in losing weight and gain muscle* Wanna take your training to the next level? Studied all kinds of training methods from weightlifting to crossfit? You want a serious intense training regiment with no crap attitude or waste of time program! Its time to change your life and take your body to a level never felt or looked like before! What is HITT? Heard of it and always wanted to know more but quick and is it available for you? This book is it, simple, fast and right to the point! Your able to take action right now, today with just one click! SO JUST HITT CLICK!

high intensity training workout: Beginners Guide to HIIT Workouts *High Intensity Interval Training* M. Usman, John Davidson, 2015-06-09 *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 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. Exercise is proven to be a truly powerful force in terms of fighting off the symptoms and onset of depression. Working out can have this beneficial effect on your brain by encouraging the release of serotonin, a chemical that can lift our mood and feelings of self-appreciation and confidence. It is this chemical that forms the basis of our self-esteem. Regular exercise and working out thoroughly, on a daily basis, will not only whip your body into shape and mold fatty tissue into lean muscle, but it also reduces your risk of developing a manner of nasty health problems in the future. You're probably already aware of the growing obesity and heart disease crisis. The simple fact is that both of these health complications can be fought off with the successful and determined implementation of regular exercise and fitness training. With HIIT workouts in particular, your heart and circulatory system are given a real run for their money. You will be strengthening your vital organ and improving your heart's ability to cope with stress and pressure – both in a physical and emotional sense. Now of course, working through a HIIT workout isn't a walk in the park. It takes real strength, persistence, and resilience and is certainly not for the faint hearted. If you're up for a real challenge, in terms of fitness and working out, then you're certainly in the right place. This book will provide a guide that walks through the basics of what a HIIT workout is, the benefits in terms of physical and mental health, the risks and precautions, and a number of helpful tips when undergoing a HIIT workout. This book will also present a number of simple and quick HIIT workouts and exercise activities that can be carried out at home or in thy gym. So, if you're ready to step up your game and head straight down the path to a stronger, leaner, and healthier body – read on. This is the beginning of crafting the body that you're striving for, the reflection in the mirror that will make you proud, confident, and even more optimistic about your health than ever before. It all starts here and it all starts now.

high intensity training workout: High Intensity Interval Training Jade Marks, 2015-04-10
Want to keep in tiptop shape but don't have the time to devote long hours at the gym? This book is a guide to show you how HIIT can work to transform your own body effectively in the least amount of time. HIIT is a training program that minimizes time and equipment. Many of us are busy with our personal or business commitments and have lifestyles that don't lend themselves to spending hours in the gym. We have better things to do right? This book gives you a full 30 day HIIT workout PLUS an additional 50 free resources on where you can get tons of HIIT workouts that will keep you on pace and keep you looking hot in great shape. This is a no brainer! You can have your first HIIT workout under your belt within the next 30 minutes! We'll see you inside!

high intensity training workout: Hiit: High Intensity Interval Workouts You Can Do at Home (A Simple Clear Cut Guide to Losing Weight With High Intensity Interval Training Today) Joseph Taylor, 101-01-01 You're about to learn everything you need to know about hiit training and how it can improve your health, body, and lifestyle. Hiit is an enhanced method of interval cardio-respiratory exercises. Hiit calls for repetitive bouts of short period, high-intensity drill intervals combined with periods of lower intensity intervals of active recovery. It has been proven to be one of the most effective cardiovascular training methods that allows you to burn fat while maintaining muscle mass. Here is a preview of what you'll learn... • What is hiit • Hiit vs steady state exercise • Hiit implementation • Sample hiit workouts for all levels • Hiit myths and pitfalls • The importance of metabolism • Hiit duration and intensity • Introduction to trx training • Much, much more! High intensity interval training is what you need if you are busy but want to lose weight. New research and studies are coming up in favor of short yet intense workouts. Exercising slowly for long hours is now outdated. Short yet intense exercises are what fitness experts recommend. There is no more need for you to spend countless hours at the gym running on the treadmill or riding the stationary bicycle.

high intensity training workout: The New High Intensity Training Ellington Darden, 2004-10-01 Presents the high intensity training philosophy with key training points, a specialized two-week course for developing certain areas of the body, a nutrition plan for boosting body mass, and stories of well-known HIT users.

high intensity training workout: High-Intensity Training John Philbin, 2004 With the complete training system profiled in this book, readers can hit a new level of intensity and get maximum results in the weight room. With High Intensity Training they can push their bodies to the limit and produce fast, safe results.

high intensity training workout: Hiit: High Intensity Interval Workouts You Can Do at Home (A Simple Clear Cut Guide to Losing Weight With High Intensity Interval Training Today) Cody Olmstead, 101-01-01 You're about to learn everything you need to know about hiit training and how it can improve your health, body, and lifestyle. Hiit is an enhanced method of interval cardio-respiratory exercises. Hiit calls for repetitive bouts of short period, high-intensity drill intervals combined with periods of lower intensity intervals of active recovery. It has been proven to be one of the most effective cardiovascular training methods that allows you to burn fat while maintaining muscle mass. Here is a preview of what you'll learn... • What is high intensity interval training? • Studies on high intensity interval training • How high intensity interval can help you lose weight? • High intensity interval workouts • Tips on how to burn off fat faster with hiit • A two-week meal plan to complement hiit • And much, much more! This book delivers everything you need to know about hiit, but above that, the actual "meat" itself to get you started, the best guidelines for hiit, illustrated, easy to follow samples of various movements, sample hiit workouts and ideas for all fitness levels, beginners to advanced. Nutrition guidance for long term success and much more. Why wait? Take your fitness to another level today and get started with high intensity interval training at the comfort of your own home!

high intensity training workout: High-Intensity 300 Trink, Dan, 2014-09-12 The perfect way to build muscle and shed fat, High-Intensity 300 features unique workouts that can be completed in only 30 minutes. Programs such as Ultimate Fat Loss, Getting Stronger, and Target Muscle Builders not only challenge you but also produce results. When you're ready, 40 Toughest Workouts will raise the bar for maximum performance.

high intensity training workout: Hiit John Powers, 2017-03-28 Struggling to lose weight and tone muscle no matter how hard you train? Discover a rapid workout strategy for creating your dream body in just 20 minutes a day. Does your ideal body seem like it's a thousand workouts away? Has your expensive gym membership chipped away at your wallet but not at your midsection? Pro trainer and fitness author John Powers will show you how to make rapid gains from a well-structured, high intensity interval training program. HIIT: The 20-Minute Dream Body with High Intensity Interval Training is a complete system packed with incredibly efficient cardiovascular, muscular, and skeletal exercise routines. Through Powers' methods, you'll discover how to use short, powerful workouts to get your body ripped in a hurry. By using the HIIT training program, you'll produce results like never before in 20 minutes a day of work. In HIIT, you'll discover: Proven exercises to strengthen both your upper and your lower body A fully-illustrated guide to a 20-minute workout program that'll get you stellar results Specific body toning techniques for women The best HIIT workout plans for you to lose weight Optimum training frequencies, nutrition plans, and much, much more! HIIT is the complete A-Z reference guide you need for short workouts that get you fit faster. If you like step-by-step instructions, quick results, and learning from a master at his craft, then you'll love Powers' high-intensity handbook. Buy HIIT to start experiencing rapid results today! Don't forget to claim a FREE Kindle version with your purchase of Paperback!

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stops working as soon as you ease up a bit. Rather, the whole experience can be exhilarating with great benefits! If you want to find out much more about HIIT, this book will tell you everything you need to know. This book will provide you with all you REALLY need to know. No BS, excess filler information. With this quick 70+ page guide you will learn about all the key areas concerning HIIT. You will also receive multiple workout routines designed for being done specifically in the gym and at the convenience of your own home. And on top of that you will learn about common HIIT exercises. Here is a preview of what you'll learn... · Which are the different types of hiit · Different types of hiit workout · Treadmill, bike & row hiit routines · How to start today to train hiit routines · And much, much more! The book closes with a reminder of the main principles, supplementary resources for readers, and a final encouragement to get started with HIIT. Whether you're a complete rookie or someone who has tried HIIT before but needs advice on how to do it safely and effectively, this eBook is the ultimate guide to mastering HIIT and attaining your fitness goals

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