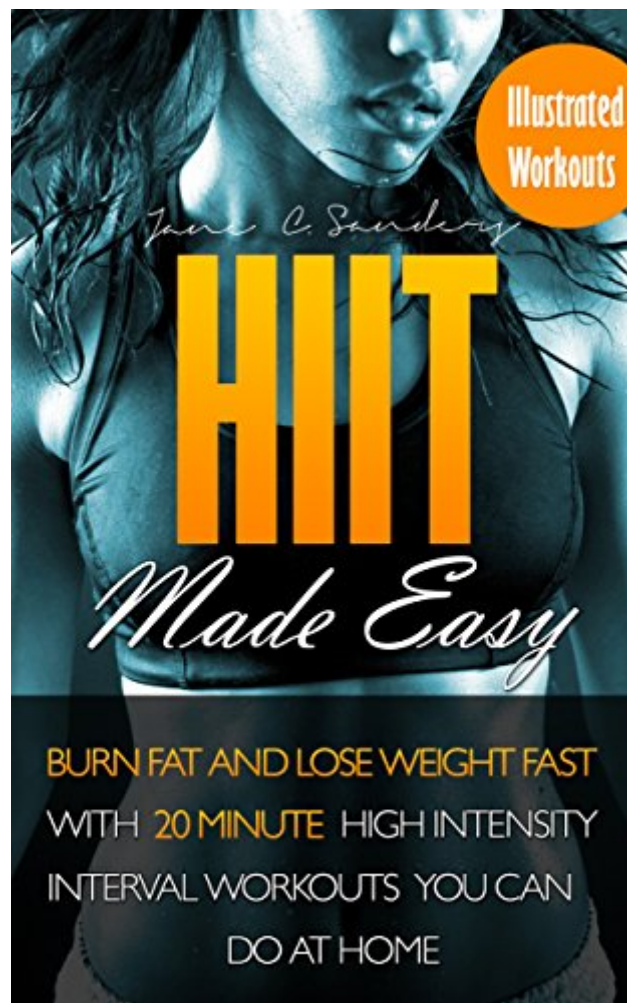


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# HIIT Made Easy: Burn Fat And Lose Weight Fast, With 20 Minutes High Intensity Interval Workouts You Can Do At Home



## Synopsis

High Intensity Interval Training (HIIT) is superior to dieting, and actually, a lot easier to sustain. Dieting must be done from the moment you awaken to the moment you go to bed at night; it's an all-day struggle with temptations, cravings and hunger. The beauty of HIIT is that it can be done anywhere, including at home, with minimal equipment – not even any equipment at all. 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! Here's what you'll get:

- High Intensity Interval Training (HIIT) vs. Dieting
- Fat Burning Myths Exposed
- Eat Right without Counting Calories
- Formula for Safe, Permanent Fat Loss with HIIT
- HIIT Defined
- Effort vs. Performance
- Various HIIT Methods
- HIIT vs. Interval Training vs. Traditional Training: the Science
- Non-Medical Benefits of HIIT
- Medical Benefits of HIIT
- Guidelines for HIIT Workouts
- Use the RPE: Rating of Perceived Exertion
- Use Breathlessness to Gauge Intensity
- Use Time to Gauge Intensity
- Common Mistakes
- Home HIIT Modes
- HIIT Implementation
- HIIT F.A.Q.s
- Recovery Intervals
- Sample HIIT Workouts for Healthy Beginners
- Sample HIIT Workouts for Poorly Conditioned Obese/Overweight
- Sample HIIT Workouts for Intermediate
- Sample HIIT Workouts for Advanced
- HIIT Progression
- More on Nutrition
- Apps for HIIT
- Heart Rate Monitors

How many times have you read, or seen on a TV talk show, an overweight individual profess, "I have tried everything, but the weight just won't come off!"? Perhaps this describes you yourself. No matter how much weight you want to lose, your best plan is to combine improved eating habits with increased exercise. Dieting alone isn't a smart idea, because often, you'll run into a bottleneck in which the weight loss ceases long before you reach your goal weight range. Even if dieting alone gets you to your desired weight, for how long can you maintain the diet? In the absence of a smart exercise regimen, dieting must be very low calorie in order to sustain a loss of all the weight you want to kiss goodbye.

## Book Information

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## Customer Reviews

I do most of my daily exercises at home after coming from work. My workouts are usually short (less than 20 minutes) and then prepare dinner later on. This book has greatly benefited me in the variety of more effective workouts I can do at home. I have also understood better how to protect myself from injuries in these intense workouts. This book covers more than 12 high intensity short exercises that you can do at home anytime. This book also offers some exercises that are suited for overweight individuals as well as intermediate levels. I'm expecting to see better results very soon.

While I did some research on the topic, I also wanted something that provided information AND direction. I received both with this book. Explanation of why it works, how it works, and most importantly...how to do it. If there was one thing that I would make better, it would be more drawings of the exercises or more drawings for each stage of the exercise.

I downloaded your book today and it was a quick and information filled read, no fluff, "just the facts mam". To the point, covered the needed information, gave clear direction on how to do High Intensity Interval Training. You also quickly covered the many myths about weight loss in the beginning and made it easy to see how someone could easily knock out their 20 minutes on a frequent basis. You also gave clear guidance on what it looks like if you are not producing at a maximum level to get the benefits from HIIT. Taking pictures of you doing the exercises might make

it more clear than using graphics. Thanks much and I wish you much success!

Excellent, well-written book. This book spells out HIIT and its benefits very concisely and clearly - the book is short but it covers all you need to know to get started and progress with HIIT. It is my go-to resource for all things HIIT. Highly recommended!! Thank you!

An easy read that provides accurate information. It will be easy to start HIIT and this will be a great reference. I wish all how-to books were this informative yet concise.

Great book walking you through different HIIT exercises and proper techniques. This is the ultimate way to lose fat and look your best.

Very light weight book and gives some conflicting advice I have read in more advance books on HIIT.

Bought the book today. Informed by it, I was able to pin point the mistakes with my own HIIT routine. In addition, due to this book I've now an overall enlightenment on the topic of HIIT. Just in the past eight weeks I began HIIT on a stationary bike at home. And since then I've measurable fat loss, cardio and muscular improvements. Even without being trained or educated in HIIT; i.e. following HIIT reviews and articles collected from the Internet. I bought Jane's book because I had doubts about my HIIT strategy and efficacy, and needed some help. There are a lot of HIIT books on to review and sample, and I finally decided on this ruby. And I'm glad I did. It has outlined several key components of HIIT that I knew nothing about, until now, and worse, some things I've been doing entirely wrong for the past 8 weeks. And with HIIT, if you want maximal results, you've got to understand and follow the science. Armed with this new found knowledge on HIIT technique, I'm hoping to super charge my lean muscle to BMI, and shift muscle building hormones into ultra high gear in the next 8 weeks. Thank you Jane!Ps. If you're looking for a broad but technical dive into scientific research backing some of today's exercise best practices, I highly recommend, "The First 20 Minutes" by Gretchen Reynolds. That book first caught my interest in interval training about a year ago.

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