

# 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

**AN Whitehead**



## **Why Home Workout Explained For Workers:**

## Unveiling the Energy of Verbal Art: An Mental Sojourn through **Why Home Workout Explained For Workers**

In some sort of inundated with screens and the cacophony of instantaneous conversation, the profound power and mental resonance of verbal art usually fade into obscurity, eclipsed by the constant assault of sound and distractions. However, nestled within the musical pages of **Why Home Workout Explained For Workers**, a charming function of fictional brilliance that impulses with fresh thoughts, lies an memorable trip waiting to be embarked upon. Penned by way of a virtuoso wordsmith, that interesting opus manuals viewers on a mental odyssey, gently revealing the latent possible and profound influence stuck within the intricate web of language. Within the heart-wrenching expanse with this evocative analysis, we will embark upon an introspective exploration of the book is key themes, dissect its charming writing fashion, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

<https://db1.greenfirefarms.com/book/browse/fetch.php/Advanced%20Blog%20Post%20Ideas%20Usa%20For%20Beginners%2020974.pdf>

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### **Why Home Workout Explained For Workers Introduction**

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