

# 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 5343

**Daniela Niemeyer**



## Why Home Workout Explained 5343:

**Summary of Pennsylvania Jurisprudence 2d: Family law** ,1994    The Presbyterian Magazine ,1920    The Report of the President of the University of Illinois for the Year University of Illinois (Urbana-Champaign campus),1928  
Education Code California Code Commission,1983    President's Report ... University of Illinois,University of Illinois (Urbana-Champaign campus),1930    **Reports of the Missionary and Benevolent Boards and Committees to the General Assembly ...** Presbyterian Church in the U.S.A. General Assembly,1913    **Vogue** ,1928    *Bisel's Pennsylvania Domestic Relations Lawsource* ,1993    *Popular Mechanics* ,1933-05 Popular Mechanics inspires instructs and influences readers to help them master the modern world Whether it s practical DIY home improvement tips gadgets and digital technology information on the newest cars or the latest breakthroughs in science PM is the ultimate guide to our high tech lifestyle    **General Statutes of Minnesota, 1923** Minnesota,1924    Minutes of the General Assembly of the Presbyterian Church in the United States Presbyterian Church in the U.S. General Assembly,1912    **Minutes of the General Assembly of the Presbyterian Church in the United States of America** Presbyterian Church in the U.S.A. General Assembly,1912    *Appleton's Annual Cyclopædia and Register of Important Events of the Year ...* ,1900  
**Appletons' Annual Cyclopedia and Register of Important Events** ,1900    *Appletons' Annual Cyclopaedia and Register of Important Events* ,1900    Appletons' Annual Cyclopædia and Register of Important Events ... ,1900    *Catalog of Copyright Entries* Library of Congress. Copyright Office,1951    **Votes & Proceedings** New South Wales. Parliament. Legislative Council,1874    **Education Code** California,1981    **Horizons on Display, Part of the Continuing American Revolution** American Revolution Bicentennial Administration,1976

## Embracing the Melody of Expression: An Mental Symphony within **Why Home Workout Explained 5343**

In a global eaten by displays and the ceaseless chatter of quick interaction, the melodic beauty and psychological symphony produced by the published word often fade in to the backdrop, eclipsed by the persistent noise and disturbances that permeate our lives. However, set within the pages of **Why Home Workout Explained 5343** a marvelous literary prize filled with organic thoughts, lies an immersive symphony waiting to be embraced. Crafted by an elegant musician of language, this fascinating masterpiece conducts readers on a psychological journey, well unraveling the concealed songs and profound affect resonating within each cautiously constructed phrase. Within the depths of this emotional review, we shall investigate the book is main harmonies, analyze their enthralling publishing style, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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