

# 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)**

# Affordable Home Workout Explained For Students

**Christian G. Meyer**



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## **Table of Contents Affordable Home Workout Explained For Students**

1. Understanding the eBook Affordable Home Workout Explained For Students
  - The Rise of Digital Reading Affordable Home Workout Explained For Students
  - Advantages of eBooks Over Traditional Books
2. Identifying Affordable Home Workout Explained For Students
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Affordable Home Workout Explained For Students
  - User-Friendly Interface
4. Exploring eBook Recommendations from Affordable Home Workout Explained For Students
  - Personalized Recommendations
  - Affordable Home Workout Explained For Students User Reviews and Ratings
  - Affordable Home Workout Explained For Students and Bestseller Lists
5. Accessing Affordable Home Workout Explained For Students Free and Paid eBooks
  - Affordable Home Workout Explained For Students Public Domain eBooks
  - Affordable Home Workout Explained For Students eBook Subscription Services
  - Affordable Home Workout Explained For Students Budget-Friendly Options

6. Navigating Affordable Home Workout Explained For Students eBook Formats
  - ePub, PDF, MOBI, and More
  - Affordable Home Workout Explained For Students Compatibility with Devices
  - Affordable Home Workout Explained For Students Enhanced eBook Features
7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Affordable Home Workout Explained For Students
  - Highlighting and Note-Taking Affordable Home Workout Explained For Students
  - Interactive Elements Affordable Home Workout Explained For Students
8. Staying Engaged with Affordable Home Workout Explained For Students
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Affordable Home Workout Explained For Students
9. Balancing eBooks and Physical Books Affordable Home Workout Explained For Students
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Affordable Home Workout Explained For Students
10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
11. Cultivating a Reading Routine Affordable Home Workout Explained For Students
  - Setting Reading Goals Affordable Home Workout Explained For Students
  - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Affordable Home Workout Explained For Students
  - Fact-Checking eBook Content of Affordable Home Workout Explained For Students
  - Distinguishing Credible Sources
13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
14. Embracing eBook Trends
  - Integration of Multimedia Elements

- Interactive and Gamified eBooks

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