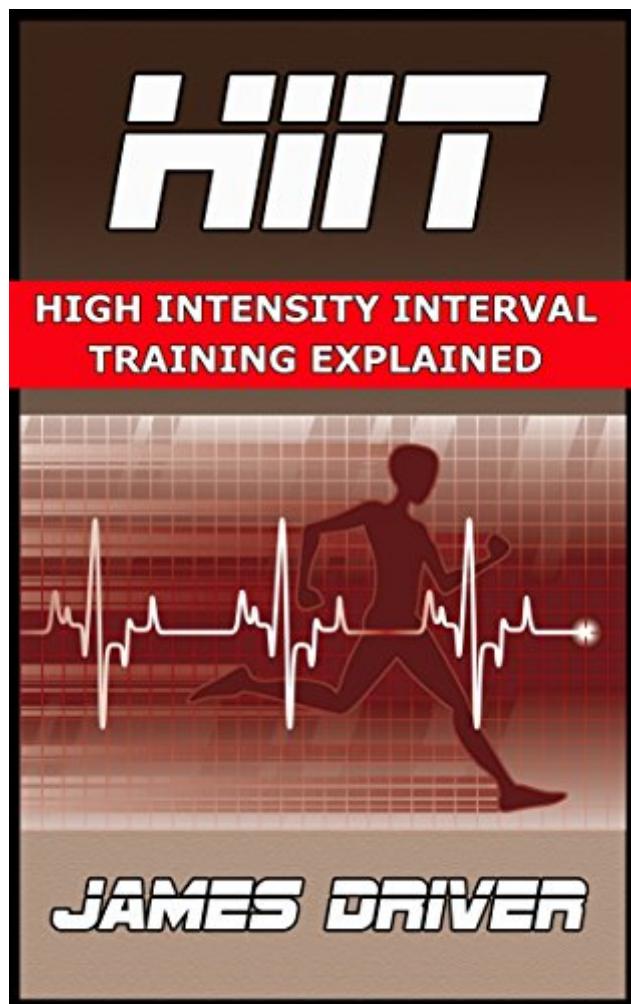


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# HIIT - High Intensity Interval Training Explained



## Synopsis

High Intensity Interval Training (HIIT) is now widely acknowledged to be the single most advantageous form of exercise for a wide range of fitness goals. When compared side by side to other forms of cardiovascular training, HIIT repeatedly comes out on top. Not only that, but it does so in a fraction of the time when compared to continuous cardio training or steady state cardio. With HIIT, you will achieve superior gains over other forms of training in all the following areas:-Weight loss-Improving the body's capacity to burn fat-Increasing the anaerobic threshold, enabling you to work harder before the burn sets in-Improving maximal oxygen uptake (VO2 max), a popular indicator of fitness-Improving athletic performance-Releasing beta-endorphins, providing a feeling of well-being-Exercise enjoyment-And much moreHIIT works by using short duration high intensity sprints together with nice and easy recovery periods such as walks or slow jogs. This makes the sprints extremely tolerable and enjoyable. Yet few people use or even know about HIIT and its incredible power!Find out just how effective interval training is and how it can be used in only a fraction of the time when compared to continuous training such as jogging at the same speed for up to an hour at a time.Discover the different forms of HIIT training such as Tabata, Fartlek, the Little Method and how best to use them.For the first time " Learn a range of high intensity exercises and training modes which are perfect for HIIT - Exercises you can perform either at the gym, in the park or at home.Learn how to craft and make use of your own HIIT training designs and workout routines, specifically to help you achieve your exercise goals in an incredibly quick time.The science is conclusive - HIIT will change your life!

## Book Information

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## Customer Reviews

I am a senior and in my 70s I have been into physical fitness all my life. Lately I have been researching various kinds of fitness programs being promoted today. I have purchased numerous books on fitness including this 229 page soft cover volume (HIIT High intensity Interval Training Explained by James Driver). I am familiar with most physical fitness programs as I have tried many (Circuit training routines, WOD routines, U.S. Navy SEAL Fitness programs, Army Fitness programs, Boxing aerobics, Kick boxing aerobics, Tactical aerobics, PACE etc.) of them over the years. I have always believed in challenging myself and I love the approach to fitness of this HIIT program. I love the fact that you can achieve optimum fitness without having to spend hours at the gym. I was also very happy to read about the research being done lately on the effectiveness of doing high intensity interval training. This fantastic book covers some of the latest research comparing HIIT workouts to other types of cardiovascular training. This text is organized into three parts. Part one gives an introduction to the HIIT philosophy and why it works so well to achieve high levels of fitness. The second part covers why HIIT is superior to continuous training methods when it comes to exercise enjoyment, weight loss, exercise duration and other factors. The final part explains how to implement HIIT programs. This part goes into the required HIIT intensity, HIIT frequency, HIIT protocols, nutrition and other topics. I was especially fascinated with the wide variety of HIIT programs one can practice and get great results. I also loved doing the "Tabata" routine but I did it for 12 cycles rather than the 8 circles and found it to be fantastic.

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