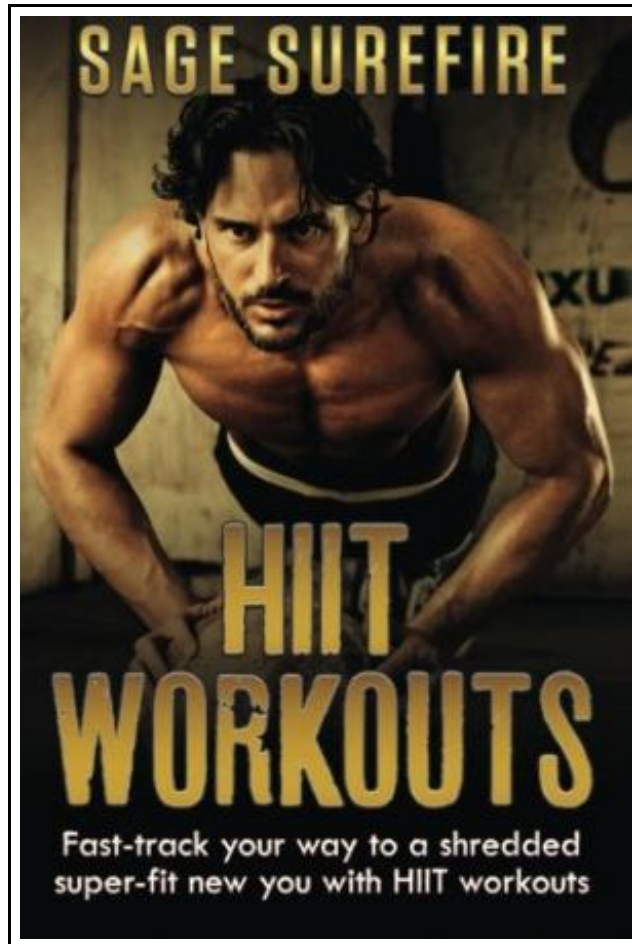


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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Fast-track Your Way To A Shredded Super-fit New You With HIIT Workouts So, you've been following your workout program rigorously and running long distances, but you're finding that you still can't get that belly fat to budge. You try doing more and more cardio only to find that you start losing muscle! Your dream is slipping away and you need a new tool to help you get that nice toned body you promised yourself. You want to get your body fat to back off. But you want your muscles to remain. You want to look like those other people at the gym. How do they do it? . . . If this is your predicament, welcome to the world of High Intensity Interval Training (HIIT). HIIT is the solution that you need to strip off body fat while actually adding quality, lean muscle mass. High Intensity Interval Training (HIIT) is an advanced cardio training system that is all about burning as many calories as possible in as little time as possible while still keeping muscle tissue! It is achieved through short, but very intense, bursts of exercise performed at a maximum effort level with short recovery or low intensity periods in between. HIIT can be applied to many different exercises such as cycling, running, skipping, even calisthenics or weight training. Benefits include: 1)Maximum fat loss. 2)Very little time required. 3)No equipment necessary. 4)Do it anywhere. 5)Lose weight, not muscle. In this book we will show you how to HIIT your way to a better body. You will learn to utilize principles of HIIT to put together your own workout using the most effective exercises ever...

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