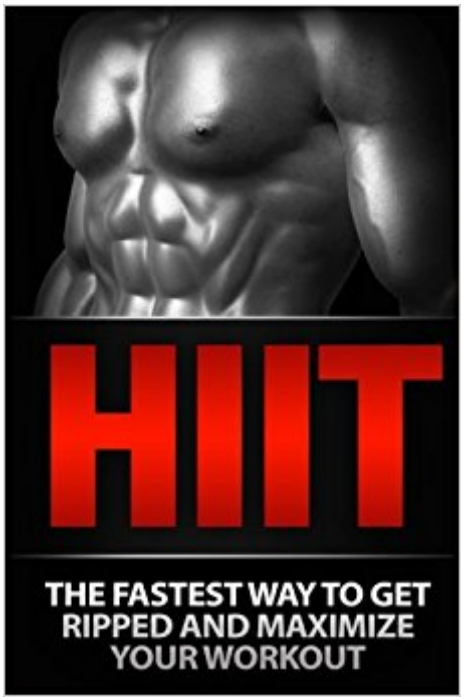
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HIIT: The Fastest Way To Get Ripped And Maximize Your Workout (HIIT Training) (Volume 1)



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Synopsis

HIIT The Fastest Way to Get Ripped and Maximize Your Workout Read any fitness magazine, blog, or other health related article claiming to help you lose weight or possibly rev the oleÃ¢â ¬â„¢ sex drive up again and you are quite literally bound to come across the word cardio. Cardio, in its literal definition, is any form of activity or exercise which will challenge and therefore strengthen the capabilities and efficiencies of the bodyÃ¢â ¬â„¢s cardiovascular system (that which circulates blood enriched with oxygen and nutrients to all of your organs, muscles, and ahem...favorite extremities, for those unaware). In the fitness and wellness industry however, nothing of any sort is clear cut. Numerous opinions abound on the various methods of which cardio can be performed, and their overall effectiveness in comparison to one another. One such topic of debate is the newly rising to popularity method of High Intensity Interval Training (or HIIT, to save that lazy tongue of yours the time). Within this short eBook that you so luckily happen to be reading, the basics, theory, and science of HIIT will be laid out on a platter for you. HIIT Training Here Is A Preview Of What You'll Learn... What is HIITHIIT vs Steady State ExerciseHIIT ImplementationSample HIIT Workouts for All LevelsHIIT Myths and PitfallsThe Importance of MetabolismHIIT Duration and IntensityIntroduction to TRX TrainingMuch, much more! Thank You for Choosing This Book

Book Information

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Customer Reviews

I am struggling on my weight since I have my first baby and I never have hope until I have read the book. I can see hope in this book about my weight. I will be continuing what I started. I can say hello to a new me someday! I love Chapter 2: HIIT vs. Steady State! Learned so much from this Chapter.

Excellent job on sharing to us reader Devon!

HIIT Training is special for me, I don’t know what it is until I read this book, the author introduces HIIT Training in detail, and I like the style of writing, in the chapter 5, the author illustrates the importance of metabolism, I agree with the author, so this book is recommended to read.

Easy quick read that gave some good info and answered the questions I had about HIIT and it’s free so that’s better

The book is too short in pages for the price, too lacking in depth and scope. This is not what I was hoping for when I paid the money.

The book is too short in pages for the price, too lacking in depth and scope. This is not what I was hoping for when I paid the money

After being persuaded to buy this after reading some of the reviews, I can only conclude they are all shills or friends of the author. This book is terrible and I learned nothing. Returned for refund.

Very poor book, covers no aspect in detail, not worth the money. Returned for refund.

This book was very informative for me I would recommend it to a friend

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