

hiit workouts london

Discover the Best HIIT Workouts London Has to Offer

hiit workouts london are revolutionizing fitness across the capital, offering a dynamic and efficient way to achieve peak physical condition. High-Intensity Interval Training (HIIT) is renowned for its ability to burn significant calories in a short amount of time, making it ideal for busy Londoners. This article delves into the world of HIIT in London, exploring the benefits, types of workouts, how to find the best studios, and what to expect from these powerful training sessions. Whether you're a seasoned athlete or a beginner looking to kickstart your fitness journey, understanding the landscape of HIIT in London will empower you to make informed choices and maximize your results. Prepare to explore the most effective and engaging ways to incorporate HIIT into your London lifestyle.

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The Power of HIIT Workouts

High-Intensity Interval Training, or HIIT, has surged in popularity, and London is at the forefront of this fitness movement. The core principle of HIIT involves short bursts of intense anaerobic exercise followed by brief recovery periods. This cycle is repeated multiple times, pushing your body to its limits and leading to significant physiological adaptations. The efficiency of HIIT is a major draw for individuals with demanding schedules, a common characteristic of life in a bustling metropolis like London. It's not just about burning calories during the workout; the post-exercise oxygen consumption (EPOC) effect, often referred to as the "afterburn," means your body continues to burn calories at

an elevated rate for hours after the session concludes.

The effectiveness of HIIT lies in its ability to improve both cardiovascular health and muscular endurance simultaneously. Unlike traditional steady-state cardio, HIIT challenges your anaerobic energy systems, leading to greater improvements in VO2 max and a boosted metabolism. This makes it a highly adaptable training method suitable for a wide range of fitness goals, from weight loss and muscle toning to enhanced athletic performance. In a city like London, where time is often at a premium, the condensed nature of HIIT workouts makes them an attractive option for individuals seeking maximum impact with minimal time commitment.

Benefits of High-Intensity Interval Training

The advantages of incorporating HIIT into your fitness routine are numerous and well-documented. Beyond the immediate calorie burn, the long-term benefits contribute significantly to overall health and well-being. One of the most celebrated benefits is its exceptional calorie-burning efficiency. Studies consistently show that HIIT can burn more calories in 10-30 minutes than longer, moderate-intensity workouts. This is due to the intense nature of the work intervals, which push your body into a higher energy expenditure zone.

Furthermore, HIIT is incredibly effective for improving cardiovascular fitness. The rapid changes in heart rate during a HIIT session strengthen the heart muscle, improve blood circulation, and enhance lung capacity. This can lead to a lower resting heart rate and blood pressure, reducing the risk of heart disease. In addition to cardiac benefits, HIIT workouts are also instrumental in improving insulin sensitivity. This means your body becomes more efficient at using glucose for energy, which can help prevent type 2 diabetes and manage existing conditions.

Another significant advantage is the metabolic boost it provides. By increasing your lean muscle mass and stimulating your metabolism, HIIT helps your body burn more calories even at rest. This is crucial for sustainable weight management. The variety inherent in HIIT also prevents boredom and keeps the body guessing, continually challenging different muscle groups and energy systems. This constant adaptation prevents plateaus and ensures continuous progress. The mental benefits are also substantial; overcoming challenging HIIT intervals builds mental toughness, resilience, and a sense of accomplishment.

Enhanced Calorie Burn

The high intensity of HIIT workouts triggers a significant calorie expenditure during the exercise session itself. The anaerobic nature of the bursts demands a considerable amount of energy, leading to a rapid rise in your metabolic rate. This immediate calorie burn is a primary reason why many individuals opt for HIIT for weight management goals.

Improved Cardiovascular Health

Regular HIIT sessions are excellent for strengthening the heart and lungs. The alternating periods of maximal effort and recovery train the cardiovascular system to become more efficient, leading to improved endurance and a reduced risk of heart-related conditions. This makes it a valuable component of a healthy lifestyle for Londoners.

Increased Metabolism

HIIT is highly effective at boosting your resting metabolic rate. This means your body continues to burn calories at an accelerated pace for up to 24-48 hours after your workout, a phenomenon known as the EPOC effect. This sustained calorie burn contributes significantly to long-term fat loss.

Muscle Building and Preservation

While often associated with cardio, HIIT can also stimulate muscle growth and help preserve lean muscle mass, especially when combined with strength-based exercises. The intense nature of the intervals recruits a high number of muscle fibers, promoting hypertrophy.

Popular HIIT Workout Styles in London

London's fitness scene is vibrant and diverse, offering a plethora of HIIT workout styles to suit every preference and fitness level. From boutique studios specializing in specific formats to larger gyms offering a range of classes, you're sure to find a HIIT experience that resonates with you. The city's dedication to innovation in fitness means new and exciting variations are constantly emerging.

One of the most popular forms of HIIT is bodyweight-focused training. These workouts require no equipment and can be performed anywhere, making them incredibly accessible. Think burpees, jump squats, mountain climbers, and high knees, all performed in intense intervals. Many London studios offer classes that exclusively utilize bodyweight exercises, often with a focus on functional movements that mimic everyday activities. These sessions are great for building endurance and functional strength.

Another prevalent style involves the use of equipment. Kettlebells, dumbbells, medicine balls, and resistance bands are common tools used in HIIT classes. These can add an extra layer of challenge and allow for a wider range of exercises targeting specific muscle groups. Functional fitness HIIT classes, for instance, often incorporate Olympic lifts, battle ropes, and sled pushes, pushing your strength and conditioning to new heights.

For those who enjoy a more structured and often competitive environment, CrossFit-style HIIT is also widely available. These classes combine elements of metabolic conditioning with weightlifting and gymnastics, offering a comprehensive full-body workout. Many

CrossFit boxes in London offer dedicated conditioning classes that are essentially HIIT sessions designed to test your limits.

Bodyweight HIIT

These classes rely solely on your own body as resistance. Exercises like jump squats, lunges, push-ups, and planks are performed in high-intensity bursts with short recovery periods. They are excellent for building stamina and functional strength without the need for any equipment, making them highly convenient.

Equipment-Based HIIT

This category encompasses workouts that incorporate various fitness tools. Kettlebells, dumbbells, medicine balls, resistance bands, and even rowers or assault bikes are utilized to add intensity and variety. Examples include circuit training with weights or interval training on cardio machines.

Metabolic Conditioning (Metcon)

Often associated with CrossFit, Metcon classes are designed to improve your body's ability to produce energy. These workouts are typically longer than traditional HIIT sessions but involve sustained periods of high-intensity work with minimal rest, focusing on overall work capacity and endurance.

Circuit Training HIIT

Circuit training involves moving from one exercise station to another with minimal rest in between. In a HIIT format, each station is performed at maximum effort for a set duration, followed by short breaks before moving to the next. This format keeps the heart rate elevated throughout the session.

Finding the Best HIIT Studios in London

With the explosion of fitness trends, locating the premier HIIT studios in London can seem like a daunting task. However, a systematic approach can help you discover the perfect fit for your training needs and preferences. Begin by considering your location within London; many studios offer multiple branches, so finding one conveniently located is key to consistent attendance. Proximity to your home or workplace can significantly impact your adherence to a regular HIIT schedule.

Online research is invaluable. Websites dedicated to fitness class reviews, such as ClassPass, Mindbody, and even Google Maps, offer insights into studio ratings, class schedules, and user testimonials. Pay attention to reviews that mention the quality of

instructors, the intensity of the workouts, the atmosphere of the studio, and the cleanliness of the facilities. Word-of-mouth recommendations from friends, colleagues, or fitness communities can also be highly reliable sources of information.

When evaluating studios, look for those that offer introductory packages or free trial classes. This allows you to experience a class firsthand without a significant financial commitment. It's also beneficial to observe the types of equipment available, the class sizes, and the overall vibe of the studio. A good HIIT studio will have experienced instructors who can provide proper form guidance and modifications, ensuring you get the most out of your workout while minimizing the risk of injury.

Online Reviews and Directories

Utilize platforms like ClassPass, Mindbody, and Google Reviews to read feedback from existing members. Look for consistently high ratings and positive comments regarding instructor quality, class intensity, and studio atmosphere. These online resources are a goldmine for discovering top-rated HIIT locations.

Introductory Offers and Trial Classes

Many London HIIT studios offer special deals for new clients, such as discounted first classes or week-long unlimited passes. Taking advantage of these offers is an excellent way to sample different studios and instructors to find the one that best suits your needs and preferences before committing to a membership.

Instructor Expertise and Studio Specialization

Research the qualifications and experience of the instructors. Experienced trainers can provide personalized guidance, ensure proper form, and offer modifications to suit different fitness levels. Also, consider if a studio specializes in a particular type of HIIT you're interested in, such as strength-focused, cardio-intensive, or agility-based training.

Studio Location and Accessibility

Consider the studio's location in relation to your home or workplace. Easy accessibility is crucial for maintaining a consistent training schedule. A conveniently located studio is more likely to become a regular part of your routine, leading to better long-term results.

What to Expect from a London HIIT Class

Stepping into a HIIT class in London for the first time can be both exhilarating and a little intimidating. However, understanding the typical structure and atmosphere can help you feel more prepared and confident. Most HIIT classes are designed to be fast-paced and

highly effective, focusing on maximizing your effort within a concentrated timeframe. You can expect a warm-up period, the main high-intensity interval session, and a cool-down with stretching.

The warm-up is crucial for preparing your muscles and cardiovascular system for the intense work ahead. It usually involves light cardio, dynamic stretching, and movement-specific drills. Following the warm-up, the main workout begins, which will be structured around intervals. This could involve performing exercises like burpees, jump squats, lunges, or sprints for a set duration (e.g., 30-60 seconds) at maximum effort, followed by a short rest period (e.g., 15-30 seconds). This cycle is repeated multiple times, often with variations in exercises or intensity.

Instructors play a vital role in a HIIT class. They will guide you through each exercise, demonstrate proper form, and offer modifications for different fitness levels. Don't hesitate to ask for help or clarification if you're unsure about an exercise. The atmosphere in London HIIT studios is generally energetic and supportive, with motivating music and a sense of community among participants. While the workouts are challenging, there's a shared understanding that everyone is pushing their limits.

The cool-down is just as important as the warm-up. It involves gradual reduction of your heart rate and static stretching to improve flexibility and aid muscle recovery. You'll likely leave feeling energized, accomplished, and perhaps a little sore – a good sign that you've had an effective workout. Remember to stay hydrated throughout the session and listen to your body.

Warm-Up Phase

Classes typically begin with a 5-10 minute warm-up designed to increase your heart rate, activate your muscles, and improve mobility. This often includes light cardio, dynamic stretching, and preparatory movements for the exercises to come.

Interval Structure

The core of a HIIT class involves alternating between short periods of intense exercise and brief recovery or active rest. Typical work-to-rest ratios might be 2:1 or 3:1 (e.g., 40 seconds of work, 20 seconds of rest). The exercises themselves can range from bodyweight movements to those involving equipment.

Instructor Guidance and Modifications

Qualified instructors are essential for safe and effective HIIT. They will demonstrate exercises, provide cues on form, and offer modifications to make the workout accessible for all fitness levels. Don't hesitate to communicate with them about any limitations or concerns you may have.

Cool-Down and Stretching

Each session concludes with a cool-down period to gradually lower your heart rate and static stretching to improve flexibility, reduce muscle soreness, and aid in recovery. This phase is crucial for preventing injury and promoting overall well-being.

Maximizing Your HIIT Results

To truly harness the power of HIIT workouts in London, it's essential to approach your training strategically. Consistency is paramount; aiming for 2-3 HIIT sessions per week is generally recommended. Overtraining, however, can lead to burnout and injury, so it's important to allow your body adequate recovery time between sessions. Incorporating rest days or engaging in active recovery activities like light walking or yoga can be beneficial.

Nutrition plays a critical role in supporting your HIIT regimen. Fueling your body with a balanced diet rich in lean protein, complex carbohydrates, and healthy fats will provide the energy needed for intense workouts and aid in muscle repair and growth. Staying adequately hydrated is also non-negotiable; drink plenty of water throughout the day, especially before, during, and after your workouts. Proper hydration is crucial for performance and recovery.

Listen to your body and understand its signals. Pushing your limits is part of HIIT, but it's important to distinguish between challenging yourself and pushing through pain. If you experience sharp or persistent pain, stop the exercise and consult with a healthcare professional or a qualified trainer. Progressive overload is key to continued improvement; as you get fitter, gradually increase the intensity, duration of work intervals, or reduce rest periods. This ensures you continue to challenge your body and make progress towards your fitness goals.

Finally, consider varying your HIIT workouts. While consistency is important, introducing different types of HIIT sessions or incorporating other forms of exercise can prevent boredom and ensure a well-rounded fitness program. This might include alternating between bodyweight HIIT, equipment-based HIIT, or even incorporating strength training days. A holistic approach to fitness, combining effective HIIT with proper nutrition and recovery, will yield the best and most sustainable results.

Consistency and Frequency

Aim for 2-3 HIIT sessions per week. Consistency is key to seeing results. Ensure you schedule your workouts and treat them as important appointments. However, avoid overtraining; listen to your body and allow for adequate rest and recovery between sessions.

Nutrition and Hydration

Proper nutrition is vital to support your HIIT efforts. Focus on a balanced diet with lean protein for muscle repair, complex carbohydrates for energy, and healthy fats. Staying well-hydrated is equally important for performance and recovery. Drink plenty of water throughout the day.

Rest and Recovery

Allow your body ample time to recover between intense HIIT sessions. Incorporate rest days or engage in active recovery activities like walking, stretching, or foam rolling. Quality sleep is also crucial for muscle repair and overall well-being.

Progressive Overload

As you become fitter, gradually increase the challenge to continue making progress. This can involve increasing the duration of your work intervals, reducing rest periods, adding more repetitions, or using heavier weights. The goal is to continually push your limits safely.

Listen to Your Body

It's important to differentiate between muscle fatigue and pain. While HIIT is challenging, you should never push through sharp or persistent pain. If you experience discomfort, stop the exercise and consult with a fitness professional or medical expert. Understanding your body's signals is crucial for injury prevention.

Variety in Workouts

To prevent plateaus and maintain motivation, consider varying your HIIT workouts. This could mean trying different studios, incorporating new exercises, or switching between various HIIT styles (e.g., bodyweight, equipment-based, circuit training). A diverse approach ensures all-around fitness development.

FAQ

Q: What is the ideal frequency for HIIT workouts in London?

A: For most individuals, aiming for 2-3 HIIT sessions per week is optimal. This allows for sufficient intensity while providing adequate recovery time for muscle repair and preventing overtraining. It's crucial to listen to your body and adjust frequency based on your fitness level and recovery capacity.

Q: How long do typical HIIT classes last in London?

A: Most HIIT classes in London are designed for efficiency and typically last between 30 to 45 minutes. This includes a warm-up period, the main interval training segment, and a cool-down with stretching. Some specialized classes might extend slightly longer.

Q: What should I wear to a HIIT workout in London?

A: Comfortable, breathable athletic wear is recommended. This usually includes moisture-wicking t-shirts or tank tops and shorts or leggings that allow for a full range of motion. Supportive athletic shoes are essential for high-impact movements.

Q: Can beginners do HIIT workouts in London?

A: Absolutely! Many studios in London cater to beginners and offer modified exercises. Instructors are trained to provide options that reduce intensity while still providing an effective workout. It's important to communicate your fitness level to the instructor before class.

Q: What is the difference between HIIT and High-Intensity Interval Training?

A: There is no difference; HIIT is simply the acronym for High-Intensity Interval Training. It's a training methodology that involves short bursts of intense exercise followed by brief recovery periods.

Q: How can I find affordable HIIT classes in London?

A: Look for studios offering introductory deals, trial classes, or off-peak class times. Fitness apps like ClassPass can also offer access to a variety of studios at a more flexible price point. Group booking discounts or community classes might also be available.

Q: What are the main benefits of HIIT for weight loss?

A: HIIT is highly effective for weight loss due to its significant calorie burn during the workout and the elevated metabolic rate (EPOC or "afterburn") it creates for hours afterward. This combination leads to greater overall fat expenditure.

Q: Should I eat before or after a HIIT workout?

A: It's generally recommended to consume a light, easily digestible meal or snack 1-2 hours before your workout for energy. Post-workout, consuming protein and carbohydrates within 30-60 minutes can aid in muscle recovery and replenishment.

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hiit workouts london: Why You Should Move to London Jess Campbell, Why You Should Move to London is the ultimate guide for anyone considering a move to the iconic British capital. Packed with insights, practical advice, and a glimpse into the vibrant culture that makes London one of the most exciting cities in the world, this book answers the questions you've always wondered about living in one of the most diverse, fast-paced, and fascinating cities on the planet. Whether you're drawn to the city's history, job opportunities, or the endless entertainment options, this book is a must-read for anyone looking to start a new chapter of their life in the heart of the UK.

hiit workouts london: High-Intensity Interval Training for Women Sean Bartram, 2015-01-06 High-Intensity Interval training is the top fitness trend in the U.S. according to the annual survey conducted by the American College of Sports Medicine... and for good reason! HIIT is widely recognized as the most efficient and effective way to burn fat and get in top physical condition. By alternating between intense bursts of exercise and less-intense periods of activity, the body burns more calories--even after working out--in less time compared to traditional forms of exercise. Written by the Official Trainer of the Indianapolis Colts Cheerleaders, High-Intensity Interval Training for Women is a step-by-step, highly visual guide packed with exercises, workouts, and multi-day programs to satisfy every fitness goal and any time commitment. Featured images include the Indianapolis Colts Cheerleaders in both swimsuit and game day attire. Women will learn the right way to perform more than 80 HIIT exercises that can be done anywhere and cover all the major muscle groups, with emphasis on core and lower body, and then they will learn how to integrate those exercises into a variety of workouts and programs that maximize results over a minimal amount of time.

hiit workouts london: The HIIT Advantage Lewis-McCormick, Irene, 2015-09-17 The HIIT Advantage offers dozens of exercises and 19 complete workouts to help incinerate fat, shape and strengthen the lower and upper body, and build core strength. An online video library provides clips demonstrating key exercises plus a complete workout that combines exercises for maximum results.

hiit workouts london: HIIT Alexandre F. Machado, 2017-02-08 HIIT: manual prático, como o próprio título diz, propõe modelos práticos para a prescrição do treinamento intervalado de alta intensidade (HIIT), apresentando diversos tipos de exercícios em 4 categorias: endurance, core, membros superiores e membros inferiores, bem como exercícios pliométricos e com corda naval. O livro aborda também os aspectos fisiológicos e metabólicos ligados ao HIIT, além de suas implicações no âmbito da fadiga e do emagrecimento.

hiit workouts london: ABC of Sports and Exercise Medicine Gregory Whyte, Mike Loosemore, Clyde Williams, 2015-07-31 The ABC of Sports and Exercise Medicine provides general practitioners with a comprehensive overview of the field of sports medicine. This highly illustrated and thoroughly revised and updated new edition: • Reflects new developments and current practice • Includes new chapters on medical care at sporting events, environmental factors of sports and exercise, benefits of exercise in health and disease, nutrition and ergogenic supplements, and the use of drugs in sport • Covers the benefits of exercise among special populations such as the disabled, obese, pregnant, children and the elderly Covering the latest topics and including case studies of common sports and exercise medicine conditions, the ABC of Sports and Exercise Medicine is an essential practical guide for general practitioners, family physicians, junior doctors, medical students, physiotherapists, and all health professionals dealing with the treatment and prevention of sports-related injuries.

hiit workouts london: *The Buddy Workout* Toni Terry, 2017-12-28 Like many of us, Toni Terry has tried out every fitness and diet fad going. From gym memberships to detoxes, her characteristic determination got her through the punishing workouts and regimes. And yet, after a month or a year, she always got bored; something was missing and she wasn't quite achieving the results she'd hoped for. What changed and turned her into the social media phenomenon she is today was a whole new approach to fitness and eating well. And what was the magic ingredient? People. Feeling intimidated at the thought of working out on her own with a personal trainer, she hit on the idea of asking her friends to join her. As soon as she started exercising with friends and family, Toni not only started enjoying herself, she also grew more motivated, got the body she always wanted, and felt healthier and happier than ever before. The Buddy Workout will chronicle Toni's journey from her battle with a serious back condition as a teenager, to busy family life with world-class footballer John Terry and her passion for fitness and maintaining a healthy lifestyle. Toni's easy-to-follow fitness programme includes workouts she does on a regular basis with her trainer Bradley Simmonds, and she'll also provide ideas for 5-minute workouts you can build into your busy life, top tips for keeping motivated and looking your best, as well as delicious and nutritious recipes you can share with family and friends.

hiit workouts london: CLASS 12 PHYSICAL EDUCATION NARAYAN CHANGDER, 2023-04-23 Note: Anyone can request the PDF version of this practice set/workbook by emailing me at cbsenet4u@gmail.com. I will send you a PDF version of this workbook. This book has been designed for candidates preparing for various competitive examinations. It contains many objective questions specifically designed for different exams. Answer keys are provided at the end of each page. It will undoubtedly serve as the best preparation material for aspirants. This book is an engaging quiz eBook for all and offers something for everyone. This book will satisfy the curiosity of most students while also challenging their trivia skills and introducing them to new information. Use this invaluable book to test your subject-matter expertise. Multiple-choice exams are a common assessment method that all prospective candidates must be familiar with in today's academic environment. Although the majority of students are accustomed to this MCQ format, many are not well-versed in it. To achieve success in MCQ tests, quizzes, and trivia challenges, one requires test-taking techniques and skills in addition to subject knowledge. It also provides you with the skills and information you need to achieve a good score in challenging tests or competitive examinations. Whether you have studied the subject on your own, read for pleasure, or completed coursework, it will assess your knowledge and prepare you for competitive exams, quizzes, trivia, and more.

hiit workouts london: Workstyle Alex Hirst, Lizzie Penny, 2022-10-13 Workstyle is the freedom to choose when and where you work. It is only now, after centuries of formal and inflexible working hours, that such an opportunity is on the horizon. It is an opportunity that will have far reaching and profoundly positive implications, levelling the playing field and helping to create true inclusivity and accessibility in our society. This inspiring book will explain the history of work, where the 9-5 came from, and why the time is right for change. You'll learn how workstyle differs from flexible, hybrid, or remote working, and why it matters. Most importantly, you'll explore and design your own workstyle, by reflecting on the things that matter to you, acting to change your life and inspiring others to do the same, all underpinned by research that proves that this is a better way to work for us all. This book is for everyone who has had to take a day off work to receive a delivery or go to a doctor's appointment. It is for anyone who has caring responsibilities, for parents, for those with illnesses, with mental health issues, who feel burnt out, or who are living with disabilities. It is for those who are older, who identify as neurodiverse or who consider themselves different in any way. It is for people who feel disenchanted with work and want to live a meaningful, fulfilled life. It is for anyone who questions why they need to commute to an office to be productive. It is for every person who has a life outside of work. This book is for everyone. This book is for you!

hiit workouts london: Clean Eating Alice Spring *Clean: Recipes and Workouts for a Healthier You* Alice Liveing, 2016-03-24 Instagram sensation Clean Eating Alice shares 8 new recipes and a HIIT workout in this new e-book to help you get into shape for Spring. Full of sound advice that will

appeal to her legions of fans.

hiit workouts london: *How (Not) to Do It all* Emma Short, 2023-05-25 'A fantastic guide for anyone hoping to improve their well-being. A simple yet comprehensive approach to leading a healthier and calmer life. A wonderful book!' – Dr Gemma Newman, The Plant Power Doctor, Author, GP and Podcast Host 'In this book Dr Emma manages to create a positive, affirming guide that inspires us to evaluate what might not be working for us and how to make changes to improve that, without being overwhelming and therefore offputting. *How (Not) to Do It All* is a helpful, inspiring and practical guide to being healthier.' – Saffia Farr, Editor, JUNO Magazine Dr Emma Short offers a fresh perspective with a simple evidence-based guide to leading a healthier, happier and calmer life. It has a holistic approach to wellbeing, exploring areas as diverse as exercise, nutrition, the impact of the digital and natural environment, sleep, mindset and not taking on too much. 'Energise your life' is a simple evidence-based guide to leading a healthier, happier and calmer life. 'During my PhD, I spent many hours at cancer-related conferences, and it was clear that vast amounts of research time and money are spent on the diagnosis of cancer and its treatment. This is vitally important, but significantly fewer resources are spent on health promotion and cancer prevention. I strongly feel that prevention is better than cure, and I'm very passionate about health promotion and disease prevention. I have also experienced Superwoman Syndrome and am aware of countless other women who are in the same boat. Although there is a wealth of advice about how to achieve a desirable work-life balance, there is a lack of information which addresses why we might take on too much in the first place.'

hiit workouts london: *The Girl Upstairs* Grace Harper, 2021-08-15 What happens when the man you had a one-night stand with moves in across the road? Ellie Newman broke her vow to never leave her hometown for anything and went to Barcelona to a business conference. She broke another of her rules and had a one-night stand with the handsome man who asked to share her table in the busy hotel bar. Drinks turned into a meal, and a meal turned to a nightcap... and then nakedness. They agreed on no names or anything specific that could identify them afterwards. Lewis Mercer didn't need to bother keeping the promise. On his first day at his new business premises, he came face to face with the bombshell he'd spent an unforgettable night with. Not only was she living in the same town, but Ellie also lived directly across the road from him. Lewis saw it as fate throwing them together. However, Ellie wasn't convinced when Lewis's new business venture made her life miserable. Ellie had given up a brilliant career in the city to start her tech business. If she doesn't win the pitch she has to deliver, she'll be back to job hunting. If Lewis doesn't win his contract, he'll go bankrupt and lose his house. Lewis faces a choice when it comes down to the wire. He's spent countless weeks persuading Ellie they are good for each other. So how will Ellie react when he chooses business over love? Enjoy this standalone novel with brand new characters. Get ready for a hilarious small-town romance.

hiit workouts london: *The Super Metabolism Diet* David Zinczenko, Keenan Mayo, 2017-12-26 TORCH FAT, LOOK YOUNGER, AND START LOSING YOUR BELLY—IN JUST 14 DAYS! NBC News health and wellness contributor David Zinczenko, the #1 New York Times bestselling author of Zero Sugar Diet, Zero Belly Diet, the Abs Diet series, and the Eat This, Not That! series, discloses why some of us stay thin and some of us lose weight with ease—and reveals the secret to how you can stay lean for life. The answer lies within your metabolism, the body's crucial, energy-burning engine that for so many of us is revving at less than half speed. With the help of this book, you can quickly and easily turn your metabolism into a fat-melting machine. The Super Metabolism Diet features daily menus, handy shopping guides, a vast trove of amazing (though optional) workouts, and tons of delicious recipes—all designed to get your metabolism firing hotter than ever before! So say goodbye to bloat, harsh dieting, weight-loss fads, and even stress. Say bye-bye to belly fat and hello to a new and improved you. The Super Metabolism Diet is built on five core pillars (captured in a handy acronym) to ensure that your body burns more energy and stores less fat: Super Proteins, Super Carbs, and Super Fats Upping Your Energy Expenditure Power Snacks Essential Calories, Vitamins, and Minerals Relaxing and Recharging As Zinczenko reports: If you're heavier than you

want to be or moving sluggishly through your days, you don't need to cut your favorite foods from your diet. You just need to up your intake of core proteins that will build more energy-burning muscle, consume the healthiest fats that help increase satiety and speed nutrients throughout your body, and reach for plenty of good-for-you carbs—yes, carbs!—that provide essential fiber. The result will be a stronger, leaner, happier you. And you'll be stunned at how good you look and feel in no time at all. "You'll see results almost immediately, never be hungry, and watch the weight keep coming off!"—Michele Promaulayko, editor in chief of *Cosmopolitan* and former editor in chief of *Women's Health*

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