

hiit workouts for weight loss male

The Ultimate Guide to HIIT Workouts for Weight Loss for Men

Introduction to HIIT Workouts for Weight Loss for Men

hiit workouts for weight loss male are an exceptionally effective strategy for men looking to shed pounds and sculpt a leaner physique. High-Intensity Interval Training (HIIT) involves short bursts of intense anaerobic exercise with brief recovery periods. This method significantly elevates your heart rate, leading to a substantial calorie burn not only during the workout but also in the hours that follow, thanks to the phenomenon known as the afterburn effect or EPOC (Excess Post-exercise Oxygen Consumption). This article will delve deep into the science behind HIIT for male weight loss, explore the most effective HIIT exercises, provide sample workout routines, and offer essential tips for maximizing results and staying motivated. Whether you are a beginner or an experienced athlete, understanding how to integrate HIIT into your fitness regimen can be a game-changer for achieving your weight loss goals.

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Understanding the Science: Why HIIT Works for Male Weight Loss

HIIT workouts are a powerhouse for fat loss, particularly for men, due to their ability to dramatically increase metabolic rate. The core principle is alternating between maximal or near-maximal effort intervals and short recovery periods. This intensity spikes your heart rate into a higher zone, demanding significant energy. Consequently, your body continues to burn

calories at an elevated rate for hours after the session is complete as it works to restore oxygen levels and repair muscle tissue. This EPOC effect means you are burning more fat even when you are resting.

For men, the hormonal response to intense exercise also plays a crucial role. HIIT can stimulate the release of growth hormone and testosterone, both of which are vital for muscle building and fat metabolism. Higher muscle mass, in turn, increases your resting metabolic rate, making it easier to burn more calories throughout the day, even without exercise. The short, intense nature of HIIT also makes it time-efficient, a significant advantage for busy male professionals.

Benefits of HIIT for Men Beyond Weight Loss

While weight loss is a primary driver for many men incorporating HIIT, the benefits extend far beyond the number on the scale. HIIT is renowned for its ability to improve cardiovascular health significantly. Regular sessions can lead to lower blood pressure, improved cholesterol levels, and a stronger, more efficient heart. This cardiovascular enhancement is crucial for overall health and longevity.

Furthermore, HIIT is excellent for building lean muscle mass. Although it's primarily a cardio-focused training method, the explosive nature of the movements and the high energy expenditure can contribute to muscle preservation and even growth, especially when combined with appropriate strength training. This is particularly appealing to men who want to achieve a toned physique rather than just become thinner. Improved insulin sensitivity is another key benefit, reducing the risk of type 2 diabetes. The mental benefits are also substantial, including stress reduction and a boost in mood due to the release of endorphins.

Key Principles of Effective HIIT Workouts

To maximize the effectiveness of HIIT workouts for weight loss in men, several core principles must be adhered to. Firstly, intensity is paramount. The "high-intensity" aspect is non-negotiable; you should be pushing yourself to your limits during the work intervals, feeling breathless and unable to hold a conversation. This means truly giving it your all for those short bursts.

Secondly, the work-to-rest ratio is critical. While there's no one-size-fits-all ratio, common starting points include 1:1 (e.g., 30 seconds of work, 30 seconds of rest) or 2:1 (e.g., 40 seconds of work, 20 seconds of rest). As fitness improves, you can increase the work time or decrease the rest time. Consistency is also vital; aim for 2-3 HIIT sessions per week, allowing adequate recovery days in between to prevent overtraining and injury.

Finally, progression is key to continued results. Once workouts become easier, you need to increase the duration of work intervals, decrease rest periods, increase the number of rounds, or choose more challenging exercises. Listening to your body is also essential; while pushing hard is important, it should not come at the expense of proper form or lead to injury.

Top HIIT Exercises for Men Seeking Weight Loss

A variety of exercises can be incorporated into HIIT routines to target different muscle groups and maximize calorie expenditure. Bodyweight exercises are highly accessible and require no equipment, making them ideal for home workouts. Examples include burpees, jump squats, mountain climbers, and high knees. These movements engage multiple muscle groups simultaneously, increasing the overall energy demand.

For men who have access to gym equipment, exercises like kettlebell swings, battle ropes, and sprint intervals on a treadmill or outdoors can elevate the intensity further. Sprints are particularly effective for fat burning and improving anaerobic capacity. Resistance-based HIIT, using weights, can also be highly effective for building muscle while burning fat. Examples include dumbbell thrusters, medicine ball slams, and jump lunges with dumbbells.

Here are some highly effective HIIT exercises for men:

- **Burpees:** A full-body explosive movement that combines a squat, plank, push-up, and jump.
- **Jump Squats:** Amplifies the traditional squat by adding an explosive upward jump.
- **Mountain Climbers:** A core-engaging exercise that mimics a running motion in a plank position.
- **High Knees:** A dynamic drill that involves rapidly bringing the knees towards the chest while pumping the arms.
- **Kettlebell Swings:** A powerful hip-hinge movement that works the posterior chain and core.
- **Sprints:** Short, all-out bursts of running, cycling, or rowing.
- **Battle Ropes:** A full-body cardiovascular and muscular endurance workout.
- **Medicine Ball Slams:** A dynamic exercise that works the core, shoulders, and back.

Sample HIIT Workout Routines for Men

Creating effective HIIT routines for men involves selecting exercises and structuring them with appropriate work and rest intervals. A beginner routine might focus on fewer exercises and longer rest periods, gradually progressing to more complex movements and shorter recoveries. For example, a 20-minute beginner HIIT workout could include four exercises, performed for 30 seconds each with 30 seconds of rest between exercises, and 90 seconds of rest between rounds, completing 3-4 rounds.

An intermediate routine could incorporate more challenging exercises and a higher work-to-rest ratio. A 30-minute intermediate workout might involve 5 exercises performed for 40 seconds each with 20 seconds of rest between them. After completing one round, rest for 60-90 seconds before starting the next round. Aim for 4-5 rounds. An advanced routine could feature more complex movements, even shorter rest periods, and more rounds.

Here's a sample intermediate HIIT workout:

1. Round 1:

- Burpees: 40 seconds
- Rest: 20 seconds
- Jump Squats: 40 seconds
- Rest: 20 seconds
- Mountain Climbers: 40 seconds
- Rest: 20 seconds
- Kettlebell Swings: 40 seconds
- Rest: 20 seconds
- High Knees: 40 seconds
- Rest: 90 seconds

2. Repeat for 4-5 rounds.

Structuring Your HIIT Training for Optimal Fat Loss

Structuring your HIIT training for optimal fat loss involves more than just picking exercises. Frequency, intensity, and recovery are crucial elements. Aim for 2-3 HIIT sessions per week. This allows for sufficient recovery, which is essential for muscle repair and preventing burnout. Overtraining can hinder progress and increase the risk of injury. Incorporating active recovery days, such as light walking or stretching, can also be beneficial.

The intensity of your work intervals should be at 85-95% of your maximum effort. This means you should be gasping for air and find it difficult to speak during these periods. The rest periods are just long enough to catch your breath and prepare for the next intense burst, typically ranging from a 1:1 to a 1:2 work-to-rest ratio. As your fitness improves, gradually increase the duration of your work intervals or decrease your rest periods to continue challenging your body.

Consider periodization in your training. This means varying your workouts over weeks and months to prevent plateaus. You could focus on different exercise modalities, change your work-to-rest ratios, or adjust the number of rounds and frequency. Combining HIIT with other forms of training, like steady-state cardio or strength training, can also create a well-rounded fitness program that supports long-term fat loss and overall health for men.

Nutrition and Lifestyle Tips to Complement HIIT

Workouts

While HIIT workouts are highly effective for weight loss, they are most potent when combined with a balanced and strategic nutritional approach. For men aiming to lose fat, a slight caloric deficit is necessary, meaning you consume fewer calories than you burn. Prioritize whole, unprocessed foods such as lean proteins, complex carbohydrates, and healthy fats. Protein is particularly important as it aids in muscle repair and satiety, helping you feel fuller for longer.

Hydration is also paramount. Drink plenty of water throughout the day, especially before, during, and after your HIIT sessions. Proper hydration supports metabolic functions and can help manage hunger. Limiting processed foods, sugary drinks, and excessive alcohol intake will significantly impact your weight loss results. Focus on nutrient-dense foods that provide sustained energy and support muscle recovery.

Beyond diet, sufficient sleep is a critical, yet often overlooked, component of weight loss and recovery. Aim for 7-9 hours of quality sleep per night. During sleep, your body repairs muscle tissue and regulates hormones that influence appetite and metabolism. Managing stress through techniques like meditation or mindfulness can also prevent stress-induced weight gain and improve overall well-being, further supporting your weight loss journey.

Common Mistakes to Avoid with HIIT for Men

Several common mistakes can derail men's weight loss efforts when incorporating HIIT. One of the most frequent errors is insufficient intensity during the work intervals. If you aren't pushing yourself to near maximal effort, you're not reaping the full benefits of EPOC and calorie expenditure. Another mistake is neglecting recovery; performing HIIT too frequently without adequate rest can lead to overtraining, fatigue, and increased injury risk.

Poor form is another significant pitfall. Performing exercises with incorrect technique not only reduces their effectiveness but also drastically increases the likelihood of injury. Always prioritize proper form over speed or the number of repetitions. Beginners often jump into advanced routines too quickly, leading to discouragement or injury. It's crucial to start with a manageable intensity and gradually progress.

Finally, relying solely on HIIT without addressing nutrition is a common oversight. While HIIT burns a lot of calories, a consistent caloric surplus will prevent weight loss. Men often underestimate their calorie intake or overestimate their calorie expenditure. A comprehensive approach that includes a controlled diet and adequate recovery alongside HIIT is essential for sustainable fat loss and overall fitness improvements.

Maximizing Results and Staying Motivated

To maximize the results from HIIT workouts for weight loss in men, consistency and progression are key. Regularly track your workouts, noting the exercises performed, duration, intensity, and any perceived difficulty. This data allows you to see your progress and identify areas where you can increase the challenge. Gradually increasing the duration of work intervals, decreasing rest periods, adding more rounds, or incorporating more complex exercises will ensure you continue to stimulate your body and achieve

results.

Motivation can wane, so finding ways to keep your HIIT workouts engaging is crucial. Variety is your ally; switch up your exercise selection regularly to prevent boredom and challenge different muscle groups. Consider training with a partner or joining a group class for added accountability and a social aspect. Setting realistic, achievable short-term and long-term goals can also provide a strong sense of purpose and motivation. Celebrating milestones, no matter how small, can reinforce positive habits.

Remember that sustainable weight loss is a journey, not a race. Embrace the process, listen to your body, and be patient with yourself. The combination of effective HIIT, a balanced diet, and consistent lifestyle habits will lead to significant and lasting changes for men looking to achieve their weight loss and fitness aspirations.

Frequently Asked Questions

Q: How often should men do HIIT workouts for weight loss?

A: For optimal results and to prevent overtraining, men should aim for 2-3 HIIT sessions per week. Ensure you have at least one rest day between HIIT workouts to allow your body to recover and repair.

Q: What is the ideal duration for a HIIT workout for weight loss?

A: HIIT workouts are designed to be intense and efficient. Sessions typically range from 10 to 30 minutes. Even short, 15-minute HIIT sessions can be highly effective if performed at the correct intensity.

Q: Can HIIT help men build muscle while losing fat?

A: Yes, HIIT can help men preserve or even build lean muscle mass while losing fat. The high-intensity nature of the exercise stimulates muscle protein synthesis, and adequate protein intake in the diet supports muscle growth and repair. However, for significant muscle gain, incorporating dedicated strength training is also recommended.

Q: What are the best HIIT exercises for men to target belly fat?

A: While you cannot spot-reduce fat from specific areas like the belly, HIIT workouts are excellent for overall fat loss, which will include abdominal fat. Exercises that engage the core and involve large muscle groups, such as burpees, mountain climbers, and kettlebell swings, are particularly effective.

Q: Is it okay for beginners to start with HIIT for weight loss?

A: Beginners can certainly start with HIIT, but it's crucial to begin with a lower intensity, fewer exercises, longer rest periods, and fewer rounds. Focus on mastering proper form before increasing the intensity or duration. Gradually progressing is key to avoiding injury and burnout.

Q: How long does it take to see results from HIIT workouts for weight loss in men?

A: Results vary based on individual factors like starting fitness level, diet, consistency, and intensity. However, many men start to notice positive changes in as little as 2-4 weeks, with more significant results appearing within 8-12 weeks of consistent training and a proper diet.

Q: Should men combine HIIT with other forms of exercise for weight loss?

A: Yes, combining HIIT with other forms of exercise, such as steady-state cardio and strength training, can create a more comprehensive and effective fitness program for weight loss. Strength training helps build muscle, which boosts metabolism, while steady-state cardio can contribute to overall calorie expenditure.

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hiit workouts for weight loss male: *The Men's Health Big Book of 15-Minute Workouts* Selene Yeager, Editors of Men's Health Magazine, 2011-10-25 Men love shortcuts. If there's a way to accomplish a job quicker and more efficiently, they're all for it. That goes for work and working out. Now, new research shows that as little as 15 minutes of resistance training is just as effective in spiking a man's metabolism—his fat-burning furnace—as a workout lasting more than twice as long. All it takes is 15 minutes to achieve lifelong results—and men are more likely to stick to an exercise plan if it's chopped down to those 15 minutes. The Men's Health Big Book of 15-Minute Workouts contains fast-paced circuit training and interval workouts that boost calorie burn, build muscle, and fry belly fat in half the time of regular workouts. Readers can choose from at-home, body-weight-only workouts and total-body barbell programs to exercises that target major muscle groups—the chest, arms, legs, and back—and sport-specific workouts. Other highlights include: - a special section of 15-minute core workouts to build a rock-hard six-pack - an eating plan with delicious meals that take 15 minutes or less to prepare - workouts for the office or when you're traveling and can't make it to the gym - hundreds of tips from America's best trainers, nutritionists, and exercise scientists

hiit workouts for weight loss male: *101 Fat-Burning Workouts and Diet Strategies for Men*

Michael Berg, Michael Berg Nsca-Cpt, 2008-12 Following on the heels of the successful 101 Workouts and 101 Workouts for Women, these titles deliver even more breakthrough fitness advice. The editors of Muscle & Fitness magazine provide expert workouts, high-energy cardio routines, and tasty low-fat recipes. Color photos throughout.

hiit workouts for weight loss male: Beginners Guide to HIIT Workouts High Intensity Interval Training M. Usman, John Davidson, 2015-06-09 Table of Contents Introduction Chapter 1 - How to Use This Book Chapter 2 - The Basics of HIIT Chapter 3 - Is HIIT The Right Workout for Me? Chapter 4 - Simple HIIT Workouts Conclusion Author Bio Introduction So, you've tried out various workouts, weight loss programs, and gym rituals and things are working out all right, but you're not seeing results that satisfy you completely. That's exactly where a HIIT workout can help you. Cast aside the belief that a jog or brisk walk is a good enough daily dose of exercise for you, because sure, they help, but if you want to see real and sustained positive change with your body, a toned physique, and a slender figure, you need to step up the game to a whole new level. The most fundamental problem when it comes to weight loss, working out, and seeing positive change in our bodies, is that we often doubt ourselves. We hesitate or give up too early before we are able to notice the benefits that exercise can have on our lives. You see, exercise isn't just about shaping your body. It's a workout that affects your physical, emotional, and mental wellbeing. Without regular exercise and without looking after our physical health, we may as well kiss all other forms of health goodbye. Exercise is proven to be a truly powerful force in terms of fighting off the symptoms and onset of depression. Working out can have this beneficial effect on your brain by encouraging the release of serotonin, a chemical that can lift our mood and feelings of self-appreciation and confidence. It is this chemical that forms the basis of our self-esteem. Regular exercise and working out thoroughly, on a daily basis, will not only whip your body into shape and mold fatty tissue into lean muscle, but it also reduces your risk of developing a manner of nasty health problems in the future. You're probably already aware of the growing obesity and heart disease crisis. The simple fact is that both of these health complications can be fought off with the successful and determined implementation of regular exercise and fitness training. With HIIT workouts in particular, your heart and circulatory system are given a real run for their money. You will be strengthening your vital organ and improving your heart's ability to cope with stress and pressure - both in a physical and emotional sense. Now of course, working through a HIIT workout isn't a walk in the park. It takes real strength, persistence, and resilience and is certainly not for the faint hearted. If you're up for a real challenge, in terms of fitness and working out, then you're certainly in the right place. This book will provide a guide that walks through the basics of what a HIIT workout is, the benefits in terms of physical and mental health, the risks and precautions, and a number of helpful tips when undergoing a HIIT workout. This book will also present a number of simple and quick HIIT workouts and exercise activities that can be carried out at home or in thy gym. So, if you're ready to step up your game and head straight down the path to a stronger, leaner, and healthier body - read on. This is the beginning of crafting the body that you're striving for, the reflection in the mirror that will make you proud, confident, and even more optimistic about your health than ever before. It all starts here and it all starts now.

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strategy that fits into your lifestyle. Plus, explore medical and surgical options to know what alternatives exist when lifestyle changes aren't enough. With clear explanations of risks and benefits, you can make informed choices with confidence. Beyond the physical, this book addresses the emotional challenges of dealing with body image. Gain insights on building resilience, increasing self-esteem, and finding support, creating a foundation for lasting transformation. Tracking your progress and staying motivated become easier with practical tips that help you overcome setbacks and celebrate victories. Your journey to reclaiming a firmer chest and renewed confidence begins here. Empower yourself with knowledge, practical steps, and encouragement—all in one trusted resource. Start reshaping not just your body, but the way you see yourself every day.

hiit workouts for weight loss male: *Men's Health Workout War* Jim Cotta, 2015-04-07

Competition motivates men. And scientific research proves that competition and rewards motivate people to stick to exercise and diets. Former Los Angeles Lakers strength coach Jim Cotta harnesses men's passion for one-upmanship with an innovative get-in-shape program in *Men's Health Workout War*. This book features a highly effective, 60-day exercise and diet program broken up into quarters and an overtime round. The unique hook is that it makes the fitness instruction much more effective by turning it into a friendly weight-loss war that uses locker-room-style trash talking and cash prizes to drive dramatic results. Basketball great Shaquille O'Neal, who penned the book's foreword, used a shirts off competition against Charles Barkley on national television to spur his own body transformation, and Cotta was his weight-loss coach. That gave Cotta the idea to build a blueprint for grassroots fitness competitions, complete with multiple contest formats and advice on using social media to build excitement.

hiit workouts for weight loss male: *Fit at Forty: The Ultimate Guide to Men's Fitness* Michael Lawrence Taylor, 2024-01-15 Unlock a new chapter of vitality and well-being with *Fit at Forty: The Ultimate Guide to Men's Fitness*. In this comprehensive guide, Michael L Taylor draws on over 30 years of fitness experience to provide actionable insights tailored for men over 40. Discover the secrets to transforming your health, embracing a sustainable fitness routine, and conquering age-related obstacles. What's Inside: Tailored Fitness Strategies: Learn personalized workout plans designed for the unique needs of men in their 40s, focusing on strength, hypertrophy, flexibility, and cardiovascular health. Nutritional Mastery: Uncover the art of balanced and nourishing diets, managing caloric intake, and leveraging nutritional supplements for optimal well-being. Overcoming Challenges: Navigate the hurdles of decreased metabolism, hormonal changes, and joint discomfort with proven strategies for resilience. Mind-Body Connection: Delve into the crucial link between mental well-being and physical fitness, fostering a holistic approach to a healthier lifestyle. Why Choose *Fit at Forty: The Ultimate Guide to Men's Fitness*: Michael's passion for fitness, coupled with real-world experience, makes this guide a beacon for those seeking lasting health transformations. Embrace a journey where fitness isn't just a routine; it's a lifestyle. Maximize Your Potential: Whether you're a seasoned fitness enthusiast or just starting, *Fit at Forty: The Ultimate Guide to Men's Fitness* empowers you to unlock your full potential and redefine what's possible in your 40s and beyond. Embark on a transformative journey today. Your best years are yet to come. Purchase now and redefine your fitness journey!

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and longevity. Bulking Up and Slimming Down is more than a book; it's a partner in your journey to a healthier, stronger you.

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hiit workouts for weight loss male: Men's Health Manual: Strategies for Optimal Wellness Bev Hill, Men's Health Manual: Strategies for Optimal Wellness is a comprehensive guide dedicated to addressing the unique health needs of men at every stage of life. This book covers a wide array of topics from understanding key health differences, nutritional needs, and physical fitness to reproductive health, mental wellness, and managing chronic conditions. Each chapter provides valuable insights and practical advice to help men make informed decisions about their health. Whether you are looking to improve your wellbeing, navigate major life transitions, or advocate for yourself in the healthcare system, this book serves as an essential resource. Empower yourself with the knowledge to thrive and lead a healthier, more fulfilling life.

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hiit workouts for weight loss male: The Women's Health Body Clock Diet Laura Cipullo, Editors of Women's Health, 2015-12-22 The Women's Health Body Clock Diet provides you with round-the-clock calorie control to finally eliminate the guesswork around dieting and the inadvertent cheating that so often sabotages good intentions. Researchers have identified four key times of the day after 11 a.m. when women's hormones cause significant fluctuations in energy and metabolism, revving it high or leaving it sluggish, triggering extreme hunger or allowing satisfaction on fewer calories. Large surveys show that women who understand their hunger cues and can tailor their eating and exercising routines to specific times of the day will lose twice as much weight as those

who don't follow a weight-loss timing plan. The Women's Health Body Clock Diet offers you a 3-step plan to reprogram your metabolism for fast initial weight-loss and the tools to improve blood sugar stability for long-term body shape maintenance. The Women's Health Body Clock Diet also provides an hour-by-hour analysis of hormone-driven fluctuations in hunger and lays out a step-by-step food-based solution: an innovative mindful eating plan that helps you overcome the cravings that lead to high-calorie overeating. The 30-day meal plan offers recipes, shopping lists, and a daily exercise to-do list, virtually guaranteeing compliance and 10 or more pounds of weight-loss, mostly from the tummy and thighs.

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hiit workouts for weight loss male: Optimal Men's Health Myles Spar, 2020-01-02 Optimal Men's Health is a comprehensive yet easy-to-understand guide to everything men (and the women who care about them) need to know about health. Taking an integrative approach, Dr. Myles Spar shows you how to feel young and powerful at any age while minimizing the risk of disease, showing that prevention is just as important as treatment. Using real patient experience, Dr. Spar explains the usefulness of advanced testing; the usefulness of integrative medicine approaches such as mindfulness, an anti-inflammatory diet, how to optimize sleep, and the use of supplements for all of the conditions; and uses various complementary treatments and therapies that can be useful in preventing and treating diseases through acupuncture, yoga, exercise, and more. Dr. Spar provides you with lists of questions to ask your healthcare professional, sidebars of key information, checklists and action plans, lists of resources and suggested further reading for you to take your health journey into your own hands.

hiit workouts for weight loss male: Macro Cookbook for Men Andy DeSantis, 2025-06-17 Meet your macro goals with recipes designed just for men If you want to burn fat and build muscle, you need to properly balance your fat, carb, and protein intake. Otherwise, it's going to be harder and take longer to hit your desired goals. This cookbook delivers the straightforward guidance and flavorful dishes you need to achieve results. What sets this macro cookbook apart: Introductory meal plans—Start things off with a trio of weeklong meal plans customized to help reduce fat, gain muscle, or work on both at the same time. No experience necessary—From satisfying breakfasts to hearty dinners, discover 65 macro-focused recipes perfect for new and experienced home cooks alike. Sample workouts—Maximize the effectiveness of your new, macro-balanced diet with suggested exercise routines for weight loss, strength training, and cardio. Transform your health through better eating with this healthy eating cookbook for men.

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to lose weight, become healthier, improve and stabilize their daily energy levels, and understand and benefits of the complex nutritional sciences of the keto diet, this book has it all.

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Your Limit, Dr. Len Kravitz, a National Fitness Hall of Fame inductee and internationally-renowned exercise scientist for the past thirty-six years, explains what HIIT is and how it effects your entire body (externally and internally), gives 50 workouts and a plan to whip you into shape fast, and presents a wealth of nutritional and other advice to further its impact. HIIT was recently rated the #1 new fitness trend by the American College of Sports Medicine and is the key to staying fit for celebrities like David Beckham, Britney Spears, Hugh Jackman, and Scarlett Johansson. In addition to fat loss, it's been proven to have major health benefits on blood pressure, diabetes, and cholesterol. Through this groundbreaking volume you'll learn why, and see how to get fit quick and have a fun and truly sustainable exercise program, no expensive personal trainer required.

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