

how often hiit workouts

How Often HIIT Workouts: Your Comprehensive Guide to Optimal Frequency

how often hiit workouts are performed is a critical factor in maximizing their benefits while minimizing the risk of overtraining and injury. High-Intensity Interval Training (HIIT) has exploded in popularity due to its efficiency and remarkable results, but understanding the right frequency is key to unlocking its full potential. This article delves deep into the optimal scheduling of HIIT, exploring how to determine the best frequency based on individual factors, the science behind recovery, and how to integrate HIIT into a well-rounded fitness regimen. We will also examine the potential downsides of doing too much HIIT and offer practical advice for crafting a sustainable workout plan.

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Understanding HIIT and Its Benefits

High-Intensity Interval Training, or HIIT, is a training method that involves short bursts of intense anaerobic exercise followed by brief recovery periods. This alternating pattern of exertion and rest is designed to push your cardiovascular system and metabolic rate to their limits. The effectiveness of HIIT stems from its ability to elicit significant physiological adaptations in a compressed timeframe. Compared to traditional steady-state cardio, HIIT can burn more calories in less time and continues to burn calories at an elevated rate for hours after the workout has ended, a phenomenon known as the "afterburn effect" or EPOC (Excess Post-exercise Oxygen Consumption).

The benefits of incorporating HIIT into a fitness routine are numerous and well-documented. Beyond its exceptional calorie-burning capabilities, HIIT is highly effective at improving cardiovascular health, enhancing insulin sensitivity, and boosting overall athletic performance. It can lead to significant improvements in VO2 max, the maximum amount of oxygen your body can utilize during intense exercise, which is a key indicator of cardiovascular fitness. Furthermore, HIIT can contribute to building lean muscle mass, improving muscular endurance, and enhancing fat loss. Its time-efficient nature makes it an attractive option for individuals with busy schedules who are looking for maximum results in minimal workout time.

The Science of Recovery and Overtraining

Recovery is the cornerstone of any effective training program, and for HIIT, it is particularly crucial due to the high physiological demands placed on the body. During intense exercise, muscle fibers experience micro-tears, and the body's energy stores are depleted. Recovery is the period during which the body repairs these muscle tissues, replenishes energy reserves, and adapts to the stress of the workout, becoming stronger and more resilient. Adequate rest allows the nervous system to recover, preventing fatigue and maintaining performance levels.

Overtraining occurs when the body is subjected to excessive training stress without sufficient recovery. This state can lead to a decline in performance, persistent fatigue, increased susceptibility to illness and injury, and mood disturbances. The hallmarks of overtraining syndrome include prolonged muscle soreness, a plateau or decline in strength and endurance, disrupted sleep patterns, irritability, and a general feeling of being run down. For HIIT, the intense nature of the workouts means that pushing too hard, too often, without adequate rest can quickly lead to overtraining, negating the potential benefits and leading to negative health outcomes.

Factors Influencing HIIT Frequency

Determining the optimal frequency for HIIT workouts is not a one-size-fits-all equation. Several individual factors play a significant role in dictating how often you can safely and effectively incorporate HIIT into your routine. Understanding these variables is paramount to creating a personalized training schedule that promotes progress without compromising health.

Fitness Level and Experience

Beginners to HIIT should start with a much lower frequency than seasoned athletes. Someone new to high-intensity training will require more recovery time as their body adapts to the new demands. Initially, one to two HIIT sessions per week might be sufficient, allowing the body to adjust. As fitness levels improve and the body becomes more conditioned to the stress of HIIT, the frequency can gradually be increased. Experienced individuals, particularly those with a solid base of cardiovascular fitness and strength, may be able to tolerate three to four HIIT sessions per week, provided they are managed carefully.

Workout Intensity and Duration

The intensity and duration of your HIIT sessions directly impact the required recovery. A longer and more intense HIIT workout will necessitate more rest days than a shorter, less demanding session. For example, a 30-minute all-out HIIT session with minimal rest between intervals will require more recovery than a 15-minute session with longer rest periods. It's essential to be honest about the true intensity of your workouts and adjust your frequency accordingly. If you are consistently pushing yourself to your absolute limit, more recovery is likely needed.

Type of HIIT Workout

Different forms of HIIT place varying levels of stress on the body. For instance, a full-body HIIT

workout that involves compound movements like burpees, jumping squats, and high knees will be more taxing than a HIIT session focused on a single muscle group or a less metabolically demanding activity like cycling intervals. If your HIIT workouts are comprehensive and target multiple major muscle groups, you may need more recovery days between sessions compared to a more localized or less strenuous form of HIIT. Consider the primary energy systems being challenged and the muscle groups involved when planning your frequency.

Other Training Activities

The frequency of your HIIT workouts must also be considered in the context of your overall training program. If you engage in other strenuous activities, such as heavy weightlifting, long-distance running, or demanding sports, you will need to reduce the number of HIIT sessions you perform to avoid overtraining. HIIT is highly taxing, and adding it on top of other intense training can quickly lead to excessive fatigue. A balanced approach is key, where HIIT complements rather than competes with other fitness pursuits. For example, if you lift weights three times a week, you might only schedule one or two HIIT sessions on non-lifting days.

Individual Recovery Capacity

Everyone's body is different, and so is their capacity for recovery. Factors such as age, sleep quality, nutrition, stress levels, and genetics all influence how quickly your body can bounce back from intense exercise. Individuals who consistently get 7-9 hours of quality sleep, eat a nutrient-dense diet, and manage their stress effectively will generally recover faster and can potentially handle more frequent HIIT sessions. Conversely, those with poor sleep, inadequate nutrition, or high stress levels may need to limit their HIIT frequency even if their fitness level is high.

General Recommendations for HIIT Frequency

Based on the interplay of the factors discussed, general recommendations for HIIT frequency can be established. However, it's crucial to reiterate that these are guidelines and should be adapted to individual circumstances. The goal is to provide enough stimulus for adaptation without causing undue fatigue or increasing injury risk.

For Beginners

Individuals new to HIIT should err on the side of caution. Starting with one to two sessions per week is a prudent approach. This allows the body to gradually adapt to the high intensity and learn proper form, reducing the risk of injury. After several weeks of consistency and observing how the body responds, the frequency can be slowly increased if desired and tolerated. Focus on mastering the movements and building a foundational level of fitness before increasing the volume or intensity of HIIT.

For Intermediate Exercisers

Once you have established a consistent HIIT routine and your body has adapted, you may be able to increase the frequency to two to three sessions per week. At this stage, you should have a better understanding of your recovery needs and be able to gauge the intensity of your workouts more accurately. It's still important to strategically place rest days between HIIT sessions, especially if your workouts are particularly demanding. Alternating HIIT with other forms of exercise is highly recommended.

For Advanced Exercisers

Highly conditioned individuals may be able to perform up to three to four HIIT sessions per week. However, this frequency requires a very diligent approach to recovery, nutrition, and sleep. It is also essential that these advanced exercisers are skilled at modulating intensity and not pushing to absolute maximal effort in every session. Incorporating active recovery days and varying the intensity and duration of HIIT workouts becomes even more critical at this higher frequency to prevent burnout and injury.

How to Structure Your HIIT Week

Structuring your HIIT week effectively involves strategically placing your workouts to allow for adequate recovery and to prevent overtraining. This means not performing HIIT every single day, and often not on consecutive days, especially if the sessions are intense.

Spaced-Out Sessions

The most common and recommended approach is to space out HIIT sessions with at least one, and preferably two, rest or active recovery days in between. For example, a schedule might look like Monday (HIIT), Wednesday (HIIT), Friday (HIIT). This allows the body sufficient time to repair and rebuild muscle tissue and replenish energy stores.

Alternating with Other Training

A well-rounded fitness plan often includes a mix of training modalities. Integrating HIIT with strength training, steady-state cardio, or flexibility work can provide comprehensive fitness benefits. You might perform HIIT on days you aren't doing heavy lifting, or follow a shorter HIIT session with a lighter strength training workout if your energy levels permit. For instance, you could have two days of strength training, two days of moderate-intensity cardio, and one or two days of HIIT, ensuring at least one full rest day.

Consider Intensity Variations

Not every HIIT workout needs to be an all-out sprint. You can vary the intensity and duration of your

HIIT sessions throughout the week. For example, one day might be a shorter, very high-intensity session, while another might be a slightly longer session with slightly longer rest intervals. This variety can help manage cumulative fatigue while still providing a strong stimulus.

Signs You Might Be Doing Too Much HIIT

Recognizing the signs of overtraining is crucial for adjusting your HIIT frequency and preventing negative consequences. Your body will often send signals when it's not recovering adequately from intense exercise. Paying attention to these signals is vital for long-term fitness success.

- Persistent fatigue that doesn't dissipate with rest.
- Soreness that lasts for more than 48-72 hours after a workout.
- Decreased performance in subsequent workouts (e.g., you can't lift as much weight or run as fast).
- Increased resting heart rate, especially upon waking.
- Irritability, mood swings, or difficulty concentrating.
- Sleep disturbances, such as insomnia or restless sleep.
- Increased susceptibility to illness, such as frequent colds.
- Loss of appetite or changes in weight.
- A feeling of dread or lack of motivation for workouts.

If you experience several of these symptoms, it's a strong indication that you are overtraining and need to reduce the frequency or intensity of your HIIT workouts, or increase your recovery time. Sometimes, a complete rest week might be necessary to allow your body to fully recover.

Integrating HIIT with Other Training Modalities

The true power of a fitness program often lies in its variety and balance. Integrating HIIT with other forms of exercise can lead to more holistic fitness improvements and help prevent plateaus. The key is to ensure that each type of training complements the others without leading to overtraining.

Strength Training and HIIT

Combining strength training with HIIT can be highly effective for body composition goals. HIIT can improve cardiovascular endurance, which can translate to better performance in strength training sessions. Conversely, strength training builds muscle, which can boost your metabolism and aid in recovery from HIIT. It's generally advisable to separate intense HIIT sessions from heavy leg days, or to perform HIIT after a strength training session when your muscles are already fatigued. For instance, you might have dedicated strength days and then add one or two HIIT sessions on separate days or after a lighter strength workout.

Cardiovascular Training and HIIT

While HIIT is a form of cardiovascular training, it's different from steady-state cardio. Including both can offer a broader range of cardiovascular benefits. Steady-state cardio, like jogging or cycling at a moderate pace, is excellent for building aerobic base and aids in active recovery. It's less taxing on the body than HIIT and can be performed more frequently. A good strategy is to use steady-state cardio on recovery days or on days you don't do HIIT to promote blood flow and aid muscle repair without adding significant stress.

Flexibility and Mobility Work

Don't overlook the importance of flexibility and mobility work, such as stretching, yoga, or foam rolling. These practices are crucial for maintaining range of motion, preventing injuries, and aiding in recovery. Incorporating these into your routine on rest days or as part of your warm-up and cool-down can enhance your ability to perform HIIT effectively and safely by ensuring your muscles are supple and ready for intense work.

Ultimately, the most effective way to integrate HIIT is to listen to your body and adjust your schedule based on how you feel and your progress. A well-designed fitness plan is dynamic and should evolve with your fitness journey.

FAQ

Q: How many times a week should a beginner do HIIT workouts?

A: For beginners, it is recommended to start with one to two HIIT workouts per week. This allows the body to adapt to the high intensity and helps prevent overtraining and injury. It's crucial to allow at least one full rest day between HIIT sessions.

Q: Can I do HIIT every day?

A: No, it is generally not recommended to do HIIT workouts every day. HIIT is very demanding on the body, and daily sessions do not allow for adequate recovery. This can lead to overtraining, increased injury risk, and diminished results. Aim for 1-4 sessions per week, depending on your fitness level and

recovery.

Q: How long should a HIIT workout last?

A: HIIT workouts are designed to be short and intense. Typically, they range from 10 to 30 minutes in duration, including warm-up and cool-down. The high-intensity intervals themselves are usually very brief, often lasting between 20 to 60 seconds, with short recovery periods in between.

Q: What is the optimal rest period between HIIT sessions?

A: The optimal rest period between HIIT sessions is at least 24 to 48 hours. This allows your muscles to repair and your energy systems to recover. For individuals who are particularly sensitive to intense training or are just starting, even longer rest periods of 72 hours might be beneficial.

Q: How often should an intermediate exerciser do HIIT?

A: Intermediate exercisers, who have a solid fitness base and are accustomed to high-intensity training, can typically perform HIIT 2 to 3 times per week. It's still important to schedule rest days between sessions and to listen to your body's recovery signals.

Q: What are the signs that I am doing too much HIIT?

A: Signs of doing too much HIIT include persistent fatigue, prolonged muscle soreness (lasting more than 72 hours), decreased performance in subsequent workouts, increased resting heart rate, sleep disturbances, irritability, and increased susceptibility to illness.

Q: Is it okay to do HIIT on consecutive days if the workouts are different?

A: While doing different types of HIIT workouts might seem like a way to avoid overtraining, it's still generally not advisable to do high-intensity sessions on consecutive days. The overall systemic stress on your body remains high, and recovery is still crucial for adaptation and injury prevention. Spacing out intense sessions is usually more effective.

Q: How does my fitness goal affect how often I should do HIIT?

A: Your fitness goal can influence HIIT frequency. For general fitness and fat loss, 2-3 sessions per week is often sufficient. If your primary goal is to improve athletic performance for a specific sport, you might incorporate more frequent HIIT sessions, but this requires careful programming and a high level of fitness. If your goal is muscle building, HIIT should be supplemental and not interfere with recovery from strength training.

Q: Should I incorporate active recovery on days I'm not doing HIIT?

A: Yes, incorporating active recovery on days you are not performing HIIT is highly beneficial. Activities like light walking, cycling, swimming, or gentle stretching can promote blood circulation, aid in muscle repair, reduce stiffness, and help you feel more recovered for your next intense workout.

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how often hiit workouts: HIIT Training Facts Sophie Carter, AI, 2025-03-14 HIIT Training Facts explores the science behind high-intensity interval training (HIIT), presenting a comprehensive guide for optimizing fitness. It examines HIIT's impact on key areas such as fat loss, endurance, and metabolic health, offering a scientifically validated alternative to traditional cardio. Readers will discover how strategically implemented HIIT protocols can boost VO2 max and improve glucose disposal, leading to enhanced athletic performance and a healthier metabolism. The book distinguishes itself by focusing on evidence-based recommendations and personalized training strategies, rather than a one-size-fits-all approach. It delves into the physiological responses to HIIT workouts, including hormonal changes and adaptations in muscle tissue. Through clear, accessible explanations, the guide bridges the gap between scientific research and practical application. The book progresses from fundamental concepts to the core benefits of HIIT, analyzing existing research and presenting practical workout strategies. Sample HIIT protocols are provided for different fitness levels, along with guidelines for warm-up and cool-down routines, empowering readers to design effective and safe HIIT workouts tailored to their individual needs and goals.

how often hiit workouts: 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.

how often hiit workouts: Hiit: High Intensity Interval Workouts You Can Do at Home (A Simple Clear Cut Guide to Losing Weight With High Intensity Interval Training Today)

Cody Olmstead, 101-01-01 You're about to learn everything you need to know about hiit training and how it can improve your health, body, and lifestyle. Hiit is an enhanced method of interval cardio-respiratory exercises. Hiit calls for repetitive bouts of short period, high-intensity drill intervals combined with periods of lower intensity intervals of active recovery. It has been proven to be one of the most effective cardiovascular training methods that allows you to burn fat while maintaining muscle mass. Here is a preview of what you'll learn... • What is high intensity interval training? • Studies on high intensity interval training • How high intensity interval can help you lose weight? • High intensity interval workouts • Tips on how to burn off fat faster with hiit • A two-week meal plan to complement hiit • And much, much more! This book delivers everything you need to know about hiit, but above that, the actual “meat” itself to get you started, the best guidelines for hiit, illustrated, easy to follow samples of various movements, sample hiit workouts and ideas for all fitness levels, beginners to advanced. Nutrition guidance for long term success and much more. Why wait? Take your fitness to another level today and get started with high intensity interval training at the comfort of your own home!

how often hiit workouts: Hiit: High Intensity Interval Workouts You Can Do at Home (Learn How and Why Hiit Shreds Fat and How to Implement Starting Today) Kendrick Smith, 101-01-01 The real magic of hiit training lies in its effect on our metabolism. But that's not all: hiit training not only helps us burn fat but also develop and tone muscles. High-intensity movements engage multiple muscle groups simultaneously, providing a full-body workout. The beauty of hiit training is that it only requires a few minutes a day. It's perfect for anyone with a busy lifestyle and limited time for exercise. In just 5 minutes, you can achieve the same, if not better, benefits as a longer workout. The following areas: • Weight loss • Improving the body's capacity to burn fat • Increasing 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 more The tabata workout has led to the creation of a revolutionary fitness regime; one that has changed lives all over the globe. It's effective, it's doable, and best of all, it yields great results in a short span of time. In this book, you will learn about the origins of the tabata workout, how you do it, and also several important exercises. You will also learn how to maximize your performance and workouts for the best results!

how often hiit workouts: Endurance Mastery Oliver Scott, AI, 2025-03-18 Endurance Mastery offers a science-backed guide for athletes and fitness enthusiasts aiming to maximize their

stamina and athletic performance. It emphasizes that endurance isn't just innate talent but a trainable skill, delving into energy systems training, neuromuscular adaptation, and effective fatigue management. The book uniquely bridges cutting-edge sports science with practical application, enabling readers to design optimized training plans. Understanding how your muscles adapt to sustained effort is critical, and the book reveals how targeted training can significantly delay fatigue. Drawing from exercise physiology, biomechanics, nutrition science, and sports psychology, the book takes an interdisciplinary approach. It begins with the basics of energy metabolism and the physiological mechanisms of fatigue, before moving into detailed training methodologies. Practical examples and case studies illustrate the implementation of these concepts across various sports. Advanced training techniques, recovery strategies, and injury prevention measures round out the discussion. The book progresses logically, offering a progressive learning experience, starting with fundamental concepts and culminating in advanced techniques, making it accessible and beneficial for anyone looking to enhance their endurance.

how often hiit workouts: High-Intensity Interval Training Marie-Therese Miller, 2024-08-01 High-intensity interval training (HIIT) is one of the most popular exercise methods in the world today. This title examines the history of this versatile way to work out. It also explains both the physical and mental benefits HIIT provides, complete with instructions for a variety of HIIT exercises. Features include a glossary, references, websites, source notes, and an index. Aligned to Common Core Standards and correlated to state standards. Essential Library is an imprint of Abdo Publishing, a division of ABDO.

how often hiit workouts: 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.

how often hiit workouts: HIIT Your Limit Len Kravitz, 2018-11-27 Get lean, build muscle, and stay healthy! A Fitness Hall of Fame inductee and world-famous exercise scientist explains high-intensity interval training and the nutrition that complements it, and provides a wealth of workouts, including workouts you can do at home, so you can get and keep the body you've always wanted. High-intensity interval training (HIIT) is an extraordinarily effective form of training that mixes high- and low-impact activities during periods ranging from seconds to eight minutes. In HIIT 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.

how often hiit workouts: Dr. Jordan Metzl's Workout Prescription Jordan Metzl, 2016-12-13 Dr. Jordan Metzl's Workout Prescription is a compressed workout guide designed for busy professionals in today's world who have little time for fitness and want to maximize results. In this book, Dr. Jordan Metzl explains the science of the compressed, high-intensity workout and provides a series of progressive workouts ranging from 10 to 30 minutes that can be done anytime, anywhere, using minimal equipment. This book also guides you through topics like motivation, goals, and the importance of proper recovery. Dr. Metzl's high-intensity workout, combined with a scientifically designed and periodized training schedule, delivers maximum results in minimum time in a unique and compelling way that is equally effective for men and women, children and adults.

how often hiit workouts: Practical Guide to Exercise Physiology Murray, Bob, Kenney, W. Larry, 2016-02-02 Practical Guide to Exercise Physiology gives health and fitness professionals the confidence to design physiologically sound exercise programs and explain to clients the science

supporting the program design.

how often hiit workouts: Core Envy Allison Westfahl, 2016-01-01 Allison Westfahl's Core Envy will tone and sculpt your abs, back, stomach, and sides and build a strong, sexy core you'll love showing off. Her Core Envy program solves the problems other abs programs ignore with a three-part approach to slim down and tone up. You'll clean up your diet, fire up your metabolism, and tighten up all the muscles of your core without a gym or equipment. In just three weeks, you'll start seeing results. Westfahl is an acclaimed personal trainer who developed her effective core sculpting program for women at several of the nation's most prestigious health clubs. Her clients came to her because they were frustrated by traditional abs programs that involved impossible diets, endless cardio and crunches, sketchy supplements, and tedious calorie counting. Allison's 8-week Core Envy program is a better way to tone and sculpt. Core Envy lays out a triple threat of cardio workouts, sculpting routines, and a diet makeover. It's a balanced approach that promotes both fitness and weight loss, and you won't need a gym to make it happen. Allison's cardio and sculpting workouts average just 30 minutes and don't require special equipment. Her high-intensity cardio workouts coupled with full core functional exercises will make sure you slim down while you sculpt all the muscle groups you need for a sleek, toned core. Three levels let you amp it up or tone it down to match your current fitness level. Allison streamlines dieting with healthy, flavorful foods and snacks that will keep you energized as you rev up your metabolism. Her tasty recipes and complete meal plans simplify calorie counting and make weight loss painless. Core Envy will help you get the sleek, sculpted core you want. After Westfahl's 8-week program, you'll look great and feel confident rocking a fit and feminine look.

how often hiit workouts: Trouble Spot Fat Loss Bruce Krahn, 2015-03-17 From health and fitness expert, and author of The Fat-Fighter Diet, comes a guide to dropping the fat from your most stubborn, hard-to-lose trouble spots. We are obsessed with fat. But how much do you really know about it? In Trouble Spot Fat Loss, Bruce Krahn tackles fat-loss myths, explains what fat is, how it works, and how to drop fat from trouble areas in a healthy and sustainable way. This book combines diet and fitness in an accessible manner, without being restrictive or damaging to the body as so many modern fad diets are. Trouble Spot Fat Loss tells you where to start and how to stay motivated to achieve the healthy body you've always wanted. Contributing a foreword to the book is Vince DelMonte, the world-renowned Skinny Guy Saviour, who developed the No-Nonsense Muscle Building program to help people live healthier, happier lives with a more satisfying body. His program has sold tens of thousands of copies across the world. Trouble Spot Fat Loss shows you how to reshape your body in a healthy way and keep fat off those trouble spots for good.

how often hiit workouts: Science and Application of High-Intensity Interval Training Laursen, Paul, Buchheit, Martin, 2019 The popularity of high-intensity interval training (HIIT), which consists primarily of repeated bursts of high-intensity exercise, continues to soar because its effectiveness and efficiency have been proven in use by both elite athletes and general fitness enthusiasts. Surprisingly, few resources have attempted to explain both the science behind the HIIT movement and its sport-specific application to athlete training. That's why Science and Application of High-Intensity Interval Training is a must-have resource for sport coaches, strength and conditioning professionals, personal trainers, and exercise physiologists, as well as for researchers and sport scientists who study high-intensity interval training.

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