

hiit workouts good or bad

HIIT Workouts: Good or Bad? A Comprehensive Analysis

hiit workouts good or bad is a question that echoes through fitness communities, online forums, and personal training sessions alike. High-Intensity Interval Training, or HIIT, has surged in popularity due to its promise of efficient fat burning and improved cardiovascular health in minimal time. However, with such an intense approach, concerns naturally arise regarding its safety and long-term viability. This article aims to provide a balanced and in-depth examination, exploring the myriad benefits of HIIT, the potential risks and drawbacks, and who might benefit most from incorporating it into their fitness regimen. We will delve into the science behind its effectiveness, discuss proper implementation, and offer guidance on how to maximize results while minimizing adverse effects, ultimately helping you determine if HIIT is the right fit for your health and fitness goals.

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Understanding High-Intensity Interval Training (HIIT)

High-Intensity Interval Training, or HIIT, is a training strategy that involves short bursts of intense anaerobic exercise alternated with brief recovery periods. The defining characteristic of HIIT is the sheer intensity during the work intervals. These periods push your body to near-maximal effort, typically lasting between 20 seconds and 2 minutes.

Following these intense efforts are active recovery periods or complete rest, which allow your heart rate to slightly decrease before the next bout of high-intensity work. This structured pattern distinguishes HIIT from other forms of cardiovascular exercise.

The concept is simple yet powerful: maximize calorie expenditure and metabolic impact in a condensed timeframe. Unlike traditional steady-state cardio, where you maintain a consistent moderate intensity for an extended duration, HIIT involves cycling through peaks of extreme effort followed by moments of recuperation. This approach triggers a cascade of physiological responses that contribute to its renowned efficiency for fat loss and fitness enhancement. The specific exercises can vary widely, encompassing everything from sprinting and cycling to bodyweight movements like burpees and jump squats, all performed at a very high intensity.

The Science Behind HIIT's Effectiveness

The remarkable efficacy of HIIT stems from its ability to significantly elevate your metabolism, a phenomenon often referred to as the "afterburn effect" or EPOC (Excess Post-exercise Oxygen Consumption). During the intense bursts, your body consumes a large amount of oxygen. After the workout, your body continues to consume oxygen at an elevated rate to restore itself to its pre-exercise state, burning additional calories for hours post-exercise. This heightened metabolic state contributes to greater overall calorie expenditure compared to longer, lower-intensity workouts.

Furthermore, HIIT is highly effective at improving both aerobic and anaerobic capacity. The intense intervals challenge your cardiovascular system, forcing it to adapt and become more efficient at delivering oxygen. Simultaneously, these bursts push your anaerobic systems, which are responsible for short, powerful movements. This dual improvement leads to enhanced endurance, increased power, and a greater ability to perform strenuous activities. Research has consistently shown that HIIT can lead to similar or even greater improvements in VO2 max (a measure of cardiovascular fitness) compared to traditional endurance training, but in a significantly shorter duration.

Metabolic Adaptations Induced by HIIT

HIIT triggers several key metabolic adaptations that make it so effective. It significantly improves insulin sensitivity, meaning your body becomes better at using glucose for energy, which is crucial for preventing type 2 diabetes. Studies also indicate that HIIT can enhance mitochondrial function, the powerhouses of your cells responsible for energy production. This means your body becomes more efficient at utilizing energy. Moreover, HIIT has been shown to influence hormonal responses that promote fat breakdown and muscle growth, further contributing to a favorable body composition.

Hormonal Responses and Fat Mobilization

The hormonal milieu created by HIIT is particularly conducive to fat loss. High-intensity exercise stimulates the release of catecholamines like adrenaline and noradrenaline, which play a critical role in mobilizing stored fat for energy. Additionally, HIIT can influence growth hormone levels, which are important for muscle repair and growth, as well as fat metabolism. The combination of these hormonal signals, coupled with the increased EPOC, makes HIIT a potent tool for body composition changes, aiding in both fat reduction and lean muscle preservation.

Benefits of Incorporating HIIT Workouts

The advantages of integrating HIIT into a fitness routine are numerous and extend beyond simple calorie burning. One of the most compelling benefits is its time efficiency. In as little as 20-30 minutes, you can achieve a highly effective workout that provides significant health and fitness improvements. This makes it an ideal option for individuals with busy schedules who struggle to dedicate long hours to exercise. The variety of exercises that can be performed within a HIIT framework also means workouts can remain engaging and challenging, preventing plateaus.

Beyond time savings, HIIT is a powerful tool for improving cardiovascular health. It significantly enhances VO2 max, which is a strong indicator of aerobic fitness and longevity. Regular HIIT can also lead to improvements in blood pressure, cholesterol levels, and reduced risk factors for heart disease. Furthermore, the intense nature of HIIT can lead to substantial improvements in muscular endurance and strength, depending on the exercises chosen, providing a well-rounded approach to physical conditioning.

Time Efficiency and Convenience

The primary draw for many people considering HIIT is its exceptional time efficiency. Unlike traditional cardio sessions that might require 45-60 minutes or more to yield similar metabolic benefits, a HIIT workout can be completed in under 30 minutes, including warm-up and cool-down. This allows individuals with demanding jobs, family commitments, or limited free time to still achieve significant fitness gains. The ability to get a highly effective workout in a short period makes HIIT a practical and accessible fitness solution for a broad range of individuals.

Cardiovascular Health Improvements

Regular HIIT has been consistently shown to enhance markers of cardiovascular health. It is highly effective at improving the heart's ability to pump blood, leading to a lower resting heart rate and improved blood pressure regulation. The increase in VO2 max is a testament

to the improved efficiency of the cardiovascular system. Moreover, studies have demonstrated that HIIT can positively impact lipid profiles, reducing LDL ("bad") cholesterol and triglycerides while increasing HDL ("good") cholesterol, thereby contributing to a reduced risk of cardiovascular diseases.

Enhanced Fat Loss and Body Composition

HIIT is a particularly effective strategy for fat loss due to its potent ability to boost metabolism. The significant EPOC effect means your body continues to burn calories at an accelerated rate long after the workout has ended. This makes it highly efficient for reducing body fat percentage. Combined with its role in preserving lean muscle mass, which is crucial for a healthy metabolism, HIIT helps to sculpt a leaner physique. When combined with a balanced diet, HIIT can be a cornerstone of a successful weight management program.

Improved Insulin Sensitivity and Blood Sugar Control

One of the significant, albeit often overlooked, benefits of HIIT is its positive impact on insulin sensitivity. By improving how your cells respond to insulin, HIIT helps your body more effectively clear glucose from the bloodstream, which is critical for maintaining stable blood sugar levels. This is particularly beneficial for individuals at risk of or managing type 2 diabetes. Enhanced insulin sensitivity can lead to better energy regulation and a reduced risk of metabolic syndrome.

Potential Risks and Downsides of HIIT

While the benefits of HIIT are substantial, it's crucial to acknowledge its potential downsides and risks. The high intensity demands significant physical exertion, which, if not approached correctly, can lead to injuries. Overdoing HIIT, neglecting proper warm-ups and cool-downs, or performing exercises with poor form are common culprits for sprains, strains, and other musculoskeletal issues. Individuals with pre-existing health conditions, particularly cardiovascular problems, should consult with a healthcare professional before embarking on a HIIT program.

Another consideration is the recovery required. Because HIIT is so demanding, your body needs adequate time to repair and adapt. Insufficient rest between sessions can lead to overtraining syndrome, characterized by persistent fatigue, decreased performance, mood disturbances, and an increased susceptibility to illness and injury. Pushing too hard too soon can also lead to burnout and a loss of motivation, making consistency difficult to maintain.

Risk of Injury

The explosive and high-impact nature of many HIIT exercises can put significant stress on the joints, muscles, and connective tissues. Improper form, inadequate conditioning, or pushing too hard too quickly are primary contributors to injuries like muscle tears, ligament sprains, and tendinitis. For beginners, the transition to HIIT should be gradual, focusing on mastering movement patterns before increasing intensity or complexity. Listening to your body and not pushing through pain is paramount.

Overtraining and Burnout

Given its intensity, HIIT requires careful management of training frequency and recovery. Engaging in HIIT too many days in a row without sufficient rest can lead to overtraining. Symptoms of overtraining include chronic fatigue, decreased athletic performance, elevated resting heart rate, disrupted sleep patterns, irritability, and a weakened immune system. It's essential to incorporate active recovery days and listen to your body's signals to prevent burnout and ensure sustainable progress.

Not Suitable for Everyone

HIIT is not a one-size-fits-all approach. Individuals who are new to exercise, have chronic health conditions (such as heart disease, uncontrolled high blood pressure, or certain musculoskeletal disorders), are pregnant, or are recovering from injuries may find HIIT too demanding and potentially unsafe. A thorough medical evaluation and a gradual progression are often necessary before attempting high-intensity training. For these individuals, lower-intensity cardio or strength training might be more appropriate starting points.

Who Should (and Shouldn't) Do HIIT Workouts?

HIIT can be a highly effective tool for a wide range of individuals looking to improve their fitness efficiently. It is particularly beneficial for those seeking to lose weight, improve cardiovascular endurance, and boost their overall metabolism. Athletes looking to enhance their performance, especially in sports requiring bursts of power and speed, can also benefit significantly. People with limited time who want to maximize their workout effectiveness will find HIIT an ideal solution. The key for these individuals is to have a baseline level of fitness and to approach HIIT progressively.

Conversely, individuals who are new to exercise, have significant underlying health issues (especially cardiovascular or orthopedic problems), or are recovering from injuries should exercise caution. Pregnant women and individuals with very low fitness levels should also avoid HIIT until they have built a sufficient base of fitness and, in the case of health

conditions, consulted with their doctor. The goal is always to enhance health, not to compromise it, so suitability is paramount.

Ideal Candidates for HIIT

The ideal candidates for HIIT are generally individuals who have some prior experience with exercise and a decent baseline level of cardiovascular fitness. This includes:

- Individuals aiming for rapid fat loss and improved body composition.
- Athletes seeking to enhance anaerobic power and endurance.
- Busy professionals who need highly time-efficient workouts.
- Fitness enthusiasts looking to break through plateaus and challenge their bodies.
- People who enjoy high-intensity activities and find steady-state cardio monotonous.

Individuals Who Should Exercise Caution or Avoid HIIT

There are specific populations for whom HIIT might not be the best choice, or at least requires significant modification and medical clearance:

- Beginners with little to no exercise experience.
- Individuals with diagnosed heart conditions or uncontrolled hypertension.
- People with current or recent injuries, especially to the joints or back.
- Pregnant women (unless cleared and modified by a healthcare provider).
- Individuals experiencing chronic fatigue or burnout.
- Those with certain chronic illnesses that could be exacerbated by high exertion.

Optimizing HIIT Workouts for Safety and Efficacy

To harness the full benefits of HIIT while minimizing risks, proper implementation is key. This begins with a thorough warm-up designed to gradually increase heart rate, blood flow, and muscle temperature, preparing the body for intense activity. Dynamic stretching and light cardio are essential components. Similarly, a cool-down phase, including static

stretching, is crucial for gradually lowering heart rate and aiding muscle recovery.

Choosing appropriate exercises that match your current fitness level is also vital. Start with bodyweight exercises that you can perform with excellent form before progressing to more complex or weighted movements. Listening to your body is paramount; distinguishing between muscle fatigue and pain is essential to prevent injury. Adequate hydration and proper nutrition support recovery and performance, ensuring your body can handle the demands of HIIT.

The Importance of Proper Warm-up and Cool-down

A comprehensive warm-up typically lasts 5-10 minutes and includes light aerobic activity (like jogging in place or jumping jacks) followed by dynamic stretches (such as arm circles, leg swings, and torso twists). This primes the muscles and cardiovascular system for the high-intensity demands ahead. A cool-down, also 5-10 minutes, involves gradual deceleration with light movement and static stretching held for 20-30 seconds each to promote flexibility and aid in reducing muscle soreness.

Exercise Selection and Progression

The effectiveness and safety of HIIT are heavily influenced by the exercises chosen. For beginners, foundational movements like bodyweight squats, lunges, push-ups (modified as needed), and high knees are excellent starting points. As fitness improves, one can introduce more complex exercises or increase the duration/intensity of intervals. Progression should be gradual, focusing on maintaining proper form and listening to your body's signals rather than simply increasing the intensity prematurely.

Rest and Recovery Strategies

HIIT is demanding, so rest and recovery are not optional; they are integral to the training process. Aim for no more than 2-3 HIIT sessions per week, spaced out to allow for recovery. Active recovery, such as light walking, yoga, or foam rolling on non-HIIT days, can aid muscle repair. Prioritize quality sleep, as this is when the majority of muscle repair and hormonal regulation occurs. Adequate nutrition, particularly protein intake, is also vital for muscle recovery and adaptation.

HIIT vs. Steady-State Cardio: Making the Choice

Deciding between HIIT and steady-state cardio depends heavily on individual goals, preferences, and fitness levels. Steady-state cardio, such as jogging, cycling, or swimming at a consistent moderate intensity for extended periods (30-60 minutes), is excellent for

building aerobic base fitness, improving endurance, and is generally lower impact and more accessible for beginners or those with certain health conditions. It's also highly effective for sustained fat burning during the activity itself.

HIIT, on the other hand, excels in its time efficiency and its ability to dramatically boost metabolism for a prolonged period post-exercise. It's ideal for those looking for rapid improvements in cardiovascular fitness and body composition within limited timeframes. The best approach for many might involve a combination of both. Incorporating HIIT a couple of times a week alongside regular steady-state cardio can offer a well-rounded fitness program that leverages the unique benefits of each training modality.

Choosing the Right Approach for Your Goals

If your primary goal is to improve your aerobic base, build endurance for long-distance events, or you're new to exercise, steady-state cardio might be a more appropriate starting point. If you're pressed for time, looking for significant fat loss and metabolic improvements, and have a solid fitness foundation, HIIT could be a better fit. Ultimately, the "best" approach is the one that aligns with your individual objectives, physical capabilities, and that you can adhere to consistently.

Integrating Both for Optimal Results

For many individuals, a hybrid approach yields the most comprehensive results. Incorporating 1-2 HIIT sessions per week can provide the metabolic boost and time efficiency, while 2-3 sessions of steady-state cardio can build endurance, support recovery, and offer a less taxing form of exercise. This balanced strategy ensures you reap the benefits of both intensity and duration, leading to well-rounded cardiovascular health and fitness, while also managing recovery needs effectively.

FAQ

Q: Are HIIT workouts always safe?

A: HIIT workouts are not inherently unsafe, but they carry a higher risk of injury than lower-intensity exercises if not performed correctly or if individuals have underlying health conditions. Proper form, gradual progression, adequate warm-ups and cool-downs, and listening to your body are crucial for ensuring safety.

Q: How often should I do HIIT workouts?

A: For most individuals, 2-3 HIIT sessions per week are sufficient to see benefits without risking overtraining. Adequate rest days between HIIT workouts are essential for recovery and muscle repair.

Q: Can beginners do HIIT workouts?

A: Beginners can do HIIT workouts, but they should start very cautiously. This involves choosing beginner-friendly exercises, focusing on mastering proper form, using shorter work intervals and longer rest periods, and gradually increasing intensity as their fitness improves. Consulting a fitness professional is highly recommended.

Q: What are the main benefits of HIIT?

A: The main benefits of HIIT include significant time efficiency, enhanced fat loss due to increased metabolism (EPOC), improved cardiovascular fitness (VO2 max), better insulin sensitivity, and increased muscle endurance.

Q: Is HIIT better than traditional cardio for weight loss?

A: HIIT can be more effective for weight loss in a shorter amount of time due to its potent impact on EPOC and metabolic rate. However, the overall calorie expenditure over a longer period with steady-state cardio can also be significant. The best approach often depends on individual adherence and overall diet.

Q: Can HIIT help build muscle?

A: While HIIT is primarily a cardiovascular and fat-burning exercise, some HIIT routines that incorporate strength-based movements can help build or maintain lean muscle mass, especially when combined with adequate protein intake and progressive overload.

Q: What should I do if I experience pain during a HIIT workout?

A: If you experience pain during a HIIT workout, you should stop immediately. Pain is your body's signal that something is wrong. Pushing through pain can lead to serious injury. Assess the source of the pain and consider modifying or resting the affected area.

Q: Is HIIT effective for improving endurance?

A: Yes, HIIT is very effective at improving cardiovascular endurance, particularly anaerobic capacity and VO2 max. However, for very long-duration endurance events (like marathons), a solid base of steady-state cardio is still essential.

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hiit workouts good or bad: *12 Week Workout Plan* Scorpio Digital Press, 2025-07-15 Body Building Plan and Scheduled Workout If you go searching, you'll be able to see that the health and fitness trade is full of corporations who promise you fast weight loss or the tested set up hoping to part you from your hard earned money. The truth is, most of those are trifling and you aren't attending to see results. The best results don't come from a drink or a pill; most of the results that you see from these is because the placebo effect and people are willing to work more durable on their diet and exercise program once taking the pill instead of however nice the pill works. Diet and exercise are the foolproof ways in which for you to slim down. It does not matter what your best friend has used, when you eat the right foods and exercise hard enough, you are going to get results. And it's not all regarding count calories, although this is very important. You need to select out the correct varieties of food. A bag of M&M's can have regarding identical calories as 2 apples, however that one does one assume your body can react to the best? This program is the best one no matter what your weight loss or bulking up goals may be. It is a proven plan that is easy to follow, but it is going to take some hard work to keep up. But this is what you need to get results. Walking at a slow pace may be a good way to get yourself started if you have never worked out in the past, but if you really want to see results, you need to push your body to the limits and the program outlined in this book is really successful at helping you out. Don't be scared about the intensity of this program. You can go at your own speed and as a beginner; you'll quickly catch on and see some wonderful results. After simply a couple of weeks, you will feel stronger, see more lean muscle in your body, and even see some amazing weight loss. Just follow the program outlined and go through each phase and the results are yours. In this guidebook, you will get all the workouts that you need to keep busy and see results in just 12 weeks. In addition, we will spend some time talking about stretching, how to get the proper nutrition and some tips to stay safe while working out. This is AN intense program, however it's meant to provide you results. In just a few weeks, you will feel stronger and will start bragging about how great you look Scroll up the page and click on BUY NOW for getting plan scheduled !!!

hiit workouts good or bad: 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.

hiit workouts good or bad: Smarter Workouts McCall, Pete, 2019 Smarter Workouts: The Science of Exercise Made Simple gives you the solution you need with efficient and effective workout programs that use only one piece of equipment. You can work out in a short period of time without spending a lot of money on expensive equipment or gym memberships—all while targeting your personal goals.

hiit workouts good or bad: *Strong Is the New Skinny* Jennifer Cohen, Stacey Colino, 2014-09-16 Strong is sexy. Strong is powerful. Strong is achievable. Two fitness experts show you how to adopt a healthy lifestyle that will embolden and empower you, no matter your body shape—featuring a Foreword by David Kirchoff, former CEO of WW and bestselling author of *Weight Loss Boss* “Strong Is the New Skinny is a field manual for a better, stronger, healthier life.”—David Kirchoff, from the Foreword Sick and tired of hearing what's wrong with you and your body? You're not alone. It's time for a new conversation—and a new plan for treating, feeding, and moving your body in ways that build on your strengths inside and out. With *Strong Is the New Skinny*, you can say goodbye to body-bashing and physical faultfinding, and instead learn to embrace not just how it looks, but what your body can do—from pushups to pull ups and box jumps to rope climbs, nothing is out of your reach. *Strong Is the New Skinny* offers a reality-based diet, lifestyle, and fitness program (the “SINS” plan, for short) so you can:

- Maximize your potential, as well as your energy, vitality, and power.
- Train your brain—develop resilience and mental fortitude in every area of your life.
- Add muscle, increase speed, and enhance flexibility.
- Strengthen your arms, back, core, and legs—and crank up the challenge when you're ready for the next level.
- Torch fat with Strong Moves: a series of heart-healthy H.I.I.T. workouts that take as little as ten minutes.
- Kick-start your Get-Fit, Get-Fierce plan with the Strong Seven—7 days of 7 power foods.

Whether you're just getting started or training for a challenging physical event, this book gives you all the tools you need to become leaner, fitter, and stronger: nutritionally, physically, psychologically, and emotionally.

hiit workouts good or bad: **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.

hiit workouts good or bad: **HIIT** Barrett Williams, ChatGPT, 2024-08-26 ### HIIT Transform Your Body, Mind, and Life with High-Intensity Interval Training Unlock the ultimate fitness revolution with HIIT, the essential guide to mastering High-Intensity Interval Training! Whether you're a fitness newbie or an experienced athlete, this comprehensive eBook is your go-to resource for transforming your body, boosting your health, and invigorating your life. **Discover the Power of

HIIT** In HIIT, you'll dive deep into the world of High-Intensity Interval Training, starting with an engaging introduction that covers what HIIT is, its rich history, and the scientific principles that make it so effective. Learn how this dynamic workout method has revolutionized fitness regimens globally and continues to evolve. ****Uncover Life-Changing Benefits**** Explore the multitude of benefits HIIT offers, from cardiovascular improvements and metabolic boosts to enhanced fat loss and time-efficient workouts. This book breaks down the science behind these benefits, providing you with the knowledge to maximize your workout efficiency. ****Beginner to Advanced â There's Something for Everyone**** Embark on your HIIT journey with sections tailored for beginners, including easy-to-follow exercises, safety tips, and mindset preparation. As you progress, advanced strategies incorporating equipment, high-intensity techniques, and progressive overload will keep your workouts challenging and effective. ****Personalized Workouts and Nutrition**** Learn to design custom HIIT workouts that align with your fitness goals. Dive into specialized chapters on weight loss, muscle building, and cardiovascular health, and discover how proper nutrition and hydration can amplify your results. ****HIIT for Every Lifestyle**** HIIT offers practical advice on integrating this powerful workout into any lifestyle. Whether you have a busy schedule, travel frequently, or want to incorporate HIIT into family life, you'll find actionable tips to keep you on track. ****Mental Health and HIIT**** Unlock the mental rewards of HIIT with sections dedicated to stress reduction, mental resilience, and the positive impact on overall mental well-being. Real-life success stories and testimonials will inspire and motivate you on your fitness journey. ****Embrace the Future of Fitness**** Stay ahead of the curve with insights into the future of HIIT, innovations in the field, and the role of technology. Learn about global trends and research that are shaping the next generation of fitness. HIIT is more than just a workout guideâit's your comprehensive blueprint for a healthier, happier, and more energetic life. Embrace the HIIT lifestyle and start transforming your body and mind today!

hiit workouts good or bad: 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.

hiit workouts good or bad: 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.

hiit workouts good or bad: The One-Minute Workout Martin Gibala, Christopher Shulgan, 2017-02-07 Finally, the solution to the #1 reason we don't exercise: time. Everyone has one minute. A decade ago, Martin Gibala was a young researcher in the field of exercise physiology—with little time to exercise. That critical point in his career launched a passion for high-intensity interval training (HIIT), allowing him to stay in shape with just a few minutes of hard effort. It also prompted Gibala to conduct experiments that helped launch the exploding science of ultralow-volume exercise. Now that he's the worldwide guru of the science of time-efficient workouts, Gibala's first book answers the ultimate question: How low can you go? Gibala's fascinating quest for the answer makes exercise experts of us all. His work demonstrates that very short, intense bursts of exercise may be the most potent form of workout available. Gibala busts myths ("it's only for really fit people"), explains astonishing science ("intensity trumps duration"), lays out time-saving life hacks ("exercise snacking"), and describes the fascinating health-promoting value of HIIT (for preventing and reversing disease). Gibala's latest study found that sedentary people derived the fitness benefits of 150 minutes of traditional endurance training with an interval protocol that involved 80 percent less time and just three minutes of hard exercise per week. Including the eight best basic interval workouts as well as four microworkouts customized for individual needs and preferences (you may not quite want to go all out every time), *The One-Minute Workout* solves the number-one reason we don't exercise: lack of time. Because everyone has one minute.

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