

why does jillian believe in using hiit workouts

Unlocking the Jillian Michaels HIIT Philosophy: Why High-Intensity Interval Training Reigns Supreme

why does jillian believe in using hiit workouts? The answer lies in a deep understanding of physiological benefits, sustainable fat loss, and efficient time management, all cornerstones of her transformative fitness approach. Jillian Michaels, a renowned fitness icon, consistently advocates for High-Intensity Interval Training (HIIT) as a powerful tool for achieving significant health and physique improvements. This article delves into the core reasons behind her unwavering endorsement, exploring how HIIT's unique structure delivers exceptional results for a wide range of individuals. We will examine the science behind its effectiveness, the specific advantages it offers over traditional cardio, and how its versatility makes it an accessible and impactful training method.

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The Science Behind HIIT's Efficacy

Jillian Michaels' belief in HIIT is firmly rooted in its scientifically validated ability to elicit profound physiological adaptations in a condensed timeframe. Unlike steady-state cardio, which primarily focuses on sustained elevated heart rate, HIIT involves short bursts of maximal or near-maximal effort interspersed with brief recovery periods. This intense stimulus forces the body to work harder, leading to a cascade of beneficial responses that contribute to overall fitness and body composition changes. The underlying principle is to push the body beyond its comfort zone, triggering a more robust training adaptation.

The physiological demand of HIIT stimulates various metabolic pathways. During the high-intensity intervals, the body relies heavily on anaerobic energy systems, which are highly efficient for short, explosive efforts. This anaerobic work demands significant oxygen, and even after the intense bout ends, the body continues to consume oxygen at an elevated rate to restore homeostasis - a phenomenon known as excess post-exercise oxygen consumption (EPOC), or the afterburn effect. This elevated oxygen consumption translates directly into increased calorie expenditure even when the individual is at rest.

Time Efficiency: Maximizing Your Workout

One of the most compelling reasons why Jillian champions HIIT is its unparalleled time efficiency. In today's fast-paced world, finding ample time for exercise can be a significant barrier for many. HIIT workouts, typically ranging from 10 to 30 minutes, deliver a comprehensive and potent training stimulus that often surpasses the results of much longer, traditional cardio sessions. This makes it an ideal solution for individuals with busy schedules who want to maximize their fitness gains without dedicating hours to the gym.

The structure of HIIT, with its alternating periods of intense work and short rest, ensures that every minute of the workout is highly productive. This intensity prevents the mind from wandering and keeps the focus sharp, leading to a more engaged and effective training session. The short duration also means that fatigue can be managed strategically, allowing for higher intensity during the work intervals, which is crucial for eliciting the desired adaptations.

Metabolic Boost: The Afterburn Effect

The concept of the "afterburn effect," or EPOC, is a cornerstone of Jillian Michaels' HIIT philosophy. After a strenuous HIIT session, the body requires a significant amount of energy to recover and return to its resting state. This recovery process involves replenishing oxygen stores, clearing metabolic byproducts, and repairing muscle tissue. Consequently, your metabolism remains elevated for an extended period after the workout, meaning you continue to burn calories long after you've finished exercising.

This sustained calorie expenditure is a key factor in effective and sustainable fat loss. While traditional cardio burns calories primarily during the activity itself, HIIT amplifies calorie burning both during and after the workout. This makes HIIT a particularly potent tool for individuals looking to reduce body fat and improve their body composition. The greater the intensity of the HIIT intervals, the larger the EPOC response, leading to a more significant metabolic boost.

Cardiovascular Health Enhancements

Beyond fat loss, HIIT provides substantial benefits for cardiovascular health. The intense bursts of activity push the heart to work harder, strengthening the cardiovascular system over time. This leads to improvements in aerobic capacity, allowing the body to deliver oxygen more efficiently to working muscles. Regular HIIT training can help to lower resting heart rate, improve blood pressure, and enhance overall heart function.

The alternating nature of work and rest in HIIT also trains the cardiovascular system to recover quickly. This improved recovery ability is a marker of good cardiovascular fitness. By challenging the heart in this manner, HIIT promotes adaptations that make everyday activities feel easier and reduces the risk of cardiovascular disease.

Muscle Preservation and Building

A common misconception is that HIIT leads to muscle loss. However, when incorporated correctly, HIIT can actually help to preserve and even build lean muscle mass, especially when combined with adequate protein intake and resistance training principles. The high-intensity nature of the exercise signals the body to maintain and strengthen muscle tissue, particularly when compound movements are utilized within the HIIT routines. This is in contrast to prolonged, low-intensity cardio, which, in some cases, can contribute to muscle catabolism if not balanced appropriately.

The stimulation of muscle fibers during the intense intervals, coupled with the subsequent recovery and repair processes, can lead to hypertrophy (muscle growth) or at least muscle preservation. This is crucial for maintaining a healthy metabolism, as muscle tissue is metabolically active, meaning it burns more calories at rest than fat tissue. Jillian's approach often integrates bodyweight exercises and plyometrics within HIIT, which are excellent for building functional strength and muscular endurance.

Mental Fortitude and Motivation

The challenges presented by HIIT workouts extend beyond the physical realm; they also cultivate mental resilience and discipline. Completing intense intervals requires focus, determination, and the ability to push through discomfort. This consistent effort builds mental toughness, which can translate into other areas of life. Furthermore, the short duration and varied nature of HIIT workouts can help to combat exercise boredom, a common reason for people abandoning fitness programs.

The sense of accomplishment after successfully completing a challenging HIIT session can be incredibly motivating. Witnessing progress in terms of increased intensity, shorter recovery times, or improved endurance fuels a positive feedback loop, encouraging individuals to stick with their training. Jillian's ability to create engaging and effective HIIT programs often taps into this psychological aspect, making fitness feel less like a chore and more like an empowering journey.

Accessibility and Adaptability of HIIT

Another significant factor in Jillian's endorsement of HIIT is its inherent adaptability. While it involves high intensity, HIIT is not a one-size-fits-all program. It can be tailored to suit various fitness levels, from beginners to advanced athletes. Beginners can start with shorter work intervals, longer rest periods, and less complex movements. As fitness improves, they can gradually increase the intensity, duration, and complexity of the exercises.

HIIT can also be performed with minimal or no equipment, making it highly accessible regardless of location or access to a gym. Bodyweight exercises, such as jumping jacks, burpees, high knees, and mountain climbers, are excellent for creating effective HIIT circuits. This accessibility removes

many common barriers to exercise, allowing more people to experience the benefits of this powerful training modality. The variety of exercises that can be incorporated ensures that workouts remain engaging and target different muscle groups, promoting balanced fitness.

FAQ

Q: Why is Jillian Michaels a big proponent of HIIT for fat loss?

A: Jillian Michaels strongly advocates for HIIT for fat loss due to its ability to significantly boost metabolism through the "afterburn effect" (EPOC). The intense bursts of activity elevate calorie expenditure not only during the workout but for hours afterward, making it a highly efficient method for shedding excess body fat.

Q: How does HIIT contribute to improved cardiovascular health according to Jillian's philosophy?

A: Jillian believes HIIT strengthens the cardiovascular system by challenging the heart to work at higher intensities during work intervals. This leads to improved aerobic capacity, a lower resting heart rate, and better overall heart efficiency, making the cardiovascular system more resilient.

Q: Can HIIT be too intense for beginners, and what is Jillian's approach to this?

A: Jillian's approach to HIIT for beginners focuses on scalability. Beginners can start with shorter work intervals, longer rest periods, and modified exercises. The intensity is gradually increased as fitness levels improve, ensuring that HIIT remains challenging yet achievable and safe.

Q: Does Jillian believe HIIT can lead to muscle loss, and if not, why?

A: No, Jillian does not believe HIIT inherently leads to muscle loss. When performed with appropriate exercises and balanced with nutrition, the high intensity of HIIT can actually stimulate muscle preservation and even growth, which is beneficial for maintaining a healthy metabolism.

Q: What makes HIIT so time-efficient according to Jillian Michaels?

A: Jillian emphasizes that HIIT's time efficiency comes from its concentrated bursts of high-intensity effort. A short, 15-30 minute HIIT session can deliver comparable or superior results to much longer sessions of traditional cardio, making it ideal for busy schedules.

Q: How does Jillian incorporate variety into her HIIT workouts to keep them engaging?

A: Jillian often designs HIIT workouts that incorporate a wide range of exercises, including bodyweight movements, plyometrics, and functional training. This variety prevents boredom, challenges different muscle groups, and keeps workouts fresh and motivating.

Q: Beyond physical benefits, what psychological advantages does Jillian associate with HIIT?

A: Jillian believes HIIT builds significant mental fortitude and discipline. The act of pushing through intense intervals fosters determination, resilience, and a strong sense of accomplishment, which can positively impact an individual's mindset and motivation.

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why does jillian believe in using hiit workouts: *Hit It Hard With Hiit!* Ron Kness, 2017-03-26
Think working out and getting in shape requires spending hours in the gym each day? It doesn't... Discover how to quickly melt your extra fat, build muscle, and get in the best shape of your life with short workouts that take just minutes... The fact is this... You DON'T have to spend countless hours in the gym each week to get results. Did you know that working out too much can actually slow down your results with working out? It's true. Over-exercising is one of the big reasons people struggle to get results and in some cases even end up injured from it. - Forget about fad diets... - Forget about long, grueling gym sessions... - Forget about working out for hours each day... If you're serious about melting fat, building muscle, and getting stronger faster than ever... You need to focus on High Intensity Interval Training (HIIT)... If you're not familiar with high intensity interval training or HIIT, you need to pay very close attention... Here's why HIIT is superior to almost any weight loss or muscle-building program out there... - Anyone can do it and get results regardless of current fitness levels - You don't have to spend a crazy amount of time at the gym each day... you can do HIIT in just minutes per day - Research shows us that results with HIIT are better than traditional exercise and fitness programs - Not only is it fun and rewarding, you'll feel a lot better after your workouts and avoid overtraining - You'll begin seeing noticeable results EXTREMELY quickly... forget about waiting weeks or months... most people start getting results in as little as a week or two (sometimes even days) Introducing The Ultimate Step-By-Step Guide To High Intensity Interval Training Here's what you'll discover inside... - The old way of doing cardio training, why it's not all that effective, and how to do cardio the HIIT way for faster, better results... - The science behind HIIT, why it's so powerful, and how to understand your own body to get the most out of it... - The power of energy systems is revealed in detail inside and how we progress through energy systems for max results... If you're starting from scratch and haven't worked out in a long time, you'll discover how to build a basic level of fitness... Should you use machines in your HIIT training? The

answer is revealed inside... - How to maximize your results with kettlebells... - The power of the -kettlebell swing- and how to do it the right way for amazing results... - Advanced HIIT methods such as Tabata, cardio acceleration, Fartlek, and MetCon... - Create whole-body circuit routines and the exact steps to design the PERFECT circuit routine... - Why you may be working out too much and how to work out less and lose more fat and gain more muscle... - And, how to incorporate HIIT with an overall healthy lifestyle... - Plus, a whole lot more... This is the ultimate step-by-step guide for using high intensity interval training to get into the best shape of your life. Who Should Get This? If you answer YES to any of the below, you need this... - You're looking to get in the best shape possible - You've tried fitness programs in the past that didn't get you the results you were looking for - You're busy or you travel a lot, so it's hard to get to the gym every single day (and then spend tons of time there) - You're looking for a workout plan that is fast, fun, and extremely effective - You're looking for a PROVEN method for losing weight and building muscle without sacrificing your health - You're looking for something that actually works and will give you the best results possible... as quickly as possible... Get Your HIIT Guide now (really, within minutes) and start getting in the best shape of your life tomorrow!

why does jillian believe in using hiit workouts: High Intensity Interval Training - HIIT
Dexter Poin, 2014-07-15 A reminder to all that there is an eBook version of this book as well. Both version are sold exclusively through Amazon. High Intensity Interval Training HIIT is for Dummies This is real weight loss motivation here folks. If you are someone who is looking to find your fitness and get on the road to better overall health, then this is an absolute must read before you decide to dive into any type of workout plan or program. High Intensity Interval Training, or HIIT for short sure does sound cool and exciting am I right? But is HIIT the optimal choice for everyone when it comes to finding their solution for burning off fat? This is why I wanted to write this book. I know that out in the real world where I choose to live, not everyone is healthy enough to even be contemplating adding in HIIT to their arsenal of workout tools when it comes to fat loss. There are so many factors that come into play when it comes to a persons body's ability to burn fat, that to just think that adding in a fresh new acronym to your workout routine will be like magic and make the body fat disappear is ridiculous and only setting a person up for ultimate failure. High Intensity Interval Training the FAD is just another marketing ploy that is hyped up to once again dupe the average everyday bandwagon jumper into believing that this acronym is somehow a cut above all of the rest of the other acronyms. So many people have been utilizing HIIT way before they even invented the hyped up fad, and have benefited from it tremendously. This is because these people fully understand how to utilize High Intensity into their training, and are also fit and healthy enough to reap its rewards. This is very serious business here. High Intensity anything is not something to just be taking lightly. A lot of people tend to get goo goo eyed over a cool phrase or acronym like High Intensity Interval Training and HIIT and forget what the actual meaning of it really is? Seriously, are you fit enough, to even be doing high intensity anything? Do you understand that it takes fuel in order to burn fuel, and a high intensity style of training will require you to more than likely take in more fuel than you are currently taking in. Not only that, but you must know what fuel your own body needs to thrive on, and what fuel your body will need to recover from HIGH INTENSITY WORKOUTS. So many people get fixated on a fad that they tend to overlook all of the things that it actually takes in order to make a workout routine or plan do what it is supposed to do. And that is help YOU get healthier, not break your body down. When you read something that I have written you are getting a true honest opinion based on my own experiences and views. You arent getting a 10th grade science class book report ok. I utilize HIIT or whatever you want to call it myself personally and have for decades actually. I get a tremendous benefit from it as do so many others. I said I utilize it myself. I dont make a profit pushing the fad onto others who are in no way shape or form ready to be utilizing HIIT themselves. There is a big difference here, and I hope that you fully understand what I just said. I invite you to join me on yet another conversation. If you have never joined in on a conversation with me then just prepare to not be spoon fed anything, and dont expect to read a Wikipedia copy and paste job. I look forward to conversing with you all, and I will

see you on the other side! Carpe diem Dexter

why does jillian believe in using hiit workouts: Science of HIIT Ingrid S. Clay, 2022-02-01 Train your way to a leaner, stronger body in half the time or less! Get ready to break a serious sweat with this scientific guide to HIIT training! Discover everything you need to know to achieve the best results from your HIIT workouts by understanding the muscle action needed to perfect each exercise. Inside the pages of this fitness book, you'll explore the physiology of more than 90 essential HIIT exercises! It is packed with: - Specially commissioned CGI artworks depicting all the main HIIT resistance exercises - from burpees to plank jacks and variations that add or reduce the challenge. - CGI artwork features color-coding to highlight how the muscles, ligaments and joints engage, stretch and relax to perform each exercise. - Training programs, tailored to different abilities and goals, provide suggested workouts with a progressive increase in challenges over weeks and months. - Easy-to-follow infographics help explain the hard science behind why HIIT training is so efficient, and what beneficial physical adaptations it can bring. High-intensity interval training is a fantastic way to lose weight and get strong by performing very short bursts of targeted exercise. Recent scientific research shows that HIIT is the most efficient form of exercise for raising fitness levels and increasing cardio-respiratory health. Science of HIIT reveals the facts to help you optimize the benefits of HIIT to your body and mind. The clear CGI artwork details the mechanics of each exercise, correct body posture, the muscles involved and how they engage to perform movements. You'll also learn the knowledge and tools needed to be able to create your own bespoke workouts. This HIIT guide will completely transform your performance and help you smash your goals! DK Publishing's Science of series helps readers discover the research and scientific theories behind exercise and sport. It's perfect for training at home or the gym. Other sport science books in this series include Science of Yoga and Science of Strength Training.

why does jillian believe in using hiit workouts: High-Intensity Interval Training for Women Sean Bartram, 2015-08-17 Burn fat, lose weight, and reach your fitness goals faster with high-intensity interval training! High-intensity interval training, or HIIT, is a fantastic way to lose weight and get strong by performing very short bursts of targeted exercise. The beauty of HIIT is that it works fast and the workouts are very short — which means you don't have to dedicate a lot of time to working out, but you'll still get great results. High-Intensity Interval Training for Women is a step-by-step, highly visual guide packed with exercises, workouts, and multi-day programs all tailored to help you reach your fitness goals, and help you do it in the time you have. Here's what you'll get with this complete guide: • 60 exercises that can be done anywhere and cover all the major muscle groups, with special emphasis on the core and lower body, where women often look for results first • Clear, step-by-step instructions and beautiful photography to illustrate every exercise • Over 45 routines designed for readers of all fitness levels, plus four multi-day challenges that range from three days all the way up to 28 days • Expert guidance how HIIT works, pre- and post-workout stretching, goal setting, and nutrition to help get you started and keep you on the right track to achieving your fitness goals If you're looking for an incredibly efficient and effective way to get strong and also get the body you want, then HIIT is your answer, and High-Intensity Interval Training for Women is the only guide you'll need!

why does jillian believe in using hiit workouts: No More Aerobics! Paula Williams, 2012-12-06 Forget what you think you know about diet and exercise, all the fads, the latest pills and plans designed to help you lose weight and get fit. Thirty years ago at the beginning of the aerobics revolution we embarked upon a journey towards better health. Although we were taught that if we followed certain rules, engaged in specific activities, and ate in a particular way we would reach the desired destination of optimum health and fitness, unfortunately with the research in, we are now learning the truth and are not only failing to reach that destination but much to our dismay are on a straight path in the opposite direction leading instead to the highest numbers of diet and weight related disease this nation has ever seen. With the percentage of obese Americans rising to rates somewhere in the 30's, and two thirds of this nation measuring in as overweight, it's not rocket science to figure out that maybe, just maybe what we've been doing over these last few decades

might not be the best advice we could have been given. Of course experts will weigh in with this method and that and there is no shortage of diets, pills, machines, programs and thousands of books with the best way, the only way, the right way, the wrong way.....you get the picture, all designed to get you to spend your hard earned money and buy yet another product to make someone else very rich, because everyone's looking for the secret and is usually willing to pay the price in order to find it. As a professional fitness trainer for almost thirty years now, believe me, I've seen it all. Yes, I was right there at the forefront of this fitness revolution which has set many in motion on the proverbial treadmill, spinning their wheels and going absolutely nowhere, spending way too much time, money and energy in their quest for health and fitness. Not only are many of these ways useless and unsuccessful but the sad part is, they can also be dangerous and harmful, promoting hidden levels of internal inflammation leading to life threatening illness, rapid aging, and structural damage including bone and muscle loss, both of which can severely limit our ability to enjoy an active and exciting life as we age. Getting older does not have to be like this. With some knowledge and insight we can begin to undo some of the damage of the last few decades and start over on a new path of true health and fitness which, by the way, does not include hours of boring exercise or starvation diets. In fact, by following my motto "less is more" when it comes to working out, you can learn how to work out less and increase your strength and stamina, keep off unwanted pounds, and best of all fight illness and disease and as you begin to make better, smarter choices regarding the kind of foods you eat, the positive changes in your physical and mental health will be the natural outcome of a better and smarter way of living.

why does jillian believe in using hiit workouts: The Women's Health Fitness Fix Jen Ator, Editors of Women's Health Maga, 2017-11-28 It's time to rethink your relationship with food and exercise! The Women's Health Fitness Fix is a refreshing, realistic guide for anyone who wants a better body. You'll find all the tools you need for successful and lasting weight loss—no rigid, inflexible diet rules or demanding, time-consuming workout programs. These easy-to-follow strategies are practiced by the US's leading fitness experts, tested by the world's top researchers, and proven by everyday busy people across the US. Whether you're a beginner or a longtime fitness fanatic, this must-have manual offers hundreds of tips to get you the results you've always wanted—in just minutes a day. Inside, you'll find: • More than 30 exclusive total-body workouts from America's top trainers, including genius 5-minute routines you can do whenever you're in a hurry and stack together when you have time for a serious calorie-blasting sweat session. • Practical solutions for managing your motivation, busting through fitness and weight-loss plateaus, and overcoming the most common diet obstacles and exercise excuses. • Beginner-friendly techniques for healthier cooking at home and meal prep made simple, along with hundreds of fast-and-easy recipe ideas and calorie-saving food swaps. • More than 145 research-based "Quick Tips" for improving everything from your goal setting and grocery shopping list to your sleep habits and stress-management skills. The Women's Health Fitness Fix is more than a diet book: It's the long-term solution you've been searching for and offers the tools and motivation you need to improve your relationship with food and exercise, transform your body, and finally make your healthy lifestyle feel effortless!

why does jillian believe in using hiit workouts: Hiit Your Way to Fit LaKeisha Jeanne Cole Ph.D., 2020-02-29 In, HIIT Your Way to Fit, you will learn about high-intensity interval training, HIIT, and how to improve your overall health and wellness by creating an atmosphere of consistency with health behaviors and practices that will transform your physical body. This quick, easy-to-read book will allow you to get important information in a short period of time without compromising value. You will learn about different exercises, healthy nutrition options, and mindful practices that will help you maintain the focus necessary to reach your health and fitness goals. Get to know yourself better and put an end to buying fitness equipment that you never use, those out-of-reach and failed New Year's resolutions, and the constant procrastination that hinders your success from getting the body you've always dreamed. Whether you are a beginner, intermediate, or advanced-level trainer, have local gym membership, or workout in the privacy of your own home,

this book will motivate, inspire, and give you the tools you need to get better results—faster! Other books by Dr. LaKeisha J. Cole include *From Failure to Success: FAITH Changes the Outcome* (2019), series of children's books—*Learning Letters with Animals: Just for Kids*, *Numbers and Shapes: Just for Kids*, *Learning About Nutrition: Just for Kids*, and *Child, You are a Sower: Plant Seeds of Goodness* (2020).

why does jillian believe in using hiit workouts: *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!

why does jillian believe in using 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.

why does jillian believe in using hiit workouts: *The Ultimate HIIT Workout Routine For Women* Joseph Francisco, 2021-04-28 Not every new fitness trend lives up to the hype. But high-intensity interval training, aka HIIT, has been exactly what its name promises: a big hit. You'll Find Out Everything You Need To Know To Change Your Body and Improve Your Health, by Following This Expert Plan. You could continue wasting hours of your time sifting through websites and videos and never get started. The good news is I've written a handy eBook to help you get started -- no matter whether you're a beginner. I've put it all into one easy-to-understand course. **WHAT YOU'LL DISCOVER IN THIS EBOOK:** ♦The exact number of calories you need to lose fat as fast as possible while keeping hunger at bay. ♦A simple way to track these calories that takes no longer than 2 minutes per day. ♦An effective training program suited perfectly to your schedule to allow you to train as little as twice a week and still torch body fat in as little as 15 minutes. ♦The proven plateau-busting tactics to torch body fat. No matter how stubborn you think it is. ♦What to

do when you finish your diet so you maintain the figure you've worked hard to build. ♦Our 2-step method to discovering how to maximize your carb intake so you can eat bagels, pasta, and pizza to your heart's content and blitz that body fat at the same time. ♦The super supplement stack. Learn what works and what's just designed to leave a hole in your wallet. ♦How to get better results from your cardio sessions in as little as 10 minutes

why does jillian believe in using hiit workouts: High Intensity Fitness Revolution for Women Pete Cerqua, 2013-01-08 What if you woke up one morning and found out it was all a lie? That long workouts do more damage than good, that the results of expensive workout equipment do not match the claims, that a good workout is not measured by heat exhaustion and sweat, and most importantly, that it is better to work out for four minutes than sixty? This is not a dream, this is reality. Enter The High Intensity Fitness Revolution for Women. In today's world, most women don't have time to get to the gym because of their busy work days, crazy social lives, or responsibilities at home. High Intensity Fitness is about working out smarter, not longer, using scientific principles and an advanced High Intensity workout program that takes only minutes a day, so anyone can add it to their routine. This powerful workout program will change the shape of your body in as little as three minutes, with the longest workouts lasting no more than fifteen. Anyone from the incredibly fit to a couch potato can benefit from High Intensity Fitness, as Pete Cerqua breaks down and simplifies what you do and don't need in your personal exercise program. Women across the country will be rejoicing at how easy the workout is and how quickly they will see results.

why does jillian believe in using hiit workouts: Hiit Devon Samson, 2015-06-08 HIIT The Fastest Way to Get Ripped and Maximize Your Workout Read any fitness magazine, blog, or other health related article claiming to help you lose weight or possibly rev the ole' sex drive up again and you are quite literally bound to come across the word cardio. Cardio, in its literal definition, is any form of activity or exercise which will challenge and therefore strengthen the capabilities and efficiencies of the body's cardiovascular system (that which circulates blood enriched with oxygen and nutrients to all of your organs, muscles, and ahem...favorite extremities, for those unaware). In the fitness and wellness industry however, nothing of any sort is clear cut. Numerous opinions abound on the various methods of which cardio can be performed, and their overall effectiveness in comparison to one another. One such topic of debate is the newly rising to popularity method of High Intensity Interval Training (or HIIT, to save that lazy tongue of yours the time). Within this short eBook that you so luckily happen to be reading, the basics, theory, and science of HIIT will be laid out on a platter for you. HIIT Training Here Is A Preview Of What You'll Learn... What is HIIT HIIT vs Steady State Exercise HIIT Implementation Sample HIIT Workouts for All Levels HIIT Myths and Pitfalls The Importance of Metabolism HIIT Duration and Intensity Introduction to TRX Training Much, much more! Thank You for Choosing This Book

why does jillian believe in using hiit workouts: Fuck Hiit Independently Published, 2017-06-15 High Intensity Interval Training (HIIT) or, as I like to call it 'not mincing on a treadmill training', is finally getting the popularity it deserves. At first glance, it may seem like the fitness industry has found a new fresh way to extort people and sell them more crap as a way of making money, but HIIT actually is the real deal - AS LONG AS YOU DO IT THE WAY IT WAS INTENDED. I know because I've been training people using this method for years. This is where this book comes in (Ta Daaaa) It will explain to you, what HIIT actually is. How and why it will benefit you and how to do it effectively, as well as containing 25 HIIT workouts for you to try for yourself - no matter your current fitness level. Workouts that I have personally used with clients to get them real life, sustainable, #nofilter results that they are proud of. No fancy equipment. No gym fees. No taking an hour out of your day. There really is no excuse to not start implementing HIIT into your life. This book is short, cheeky and straight to the point. It is 'not' hundreds of pages of science and research and tabulated data collection that tries to convince you of why you should do HIIT. If you want that, I suggest buying another book. This book is for those of you willing and ready to make a change ... right now, by getting a basic understanding of HIIT, deciding if it's right for you, then getting out there and getting it done. The less you have to read, the quicker you can start training. The results

from HIIT are second to none. It can, and is, used by numerous fitness enthusiasts the world over, such as Bodybuilders, Endurance athletes, Strength trainers, Cross fit enthusiasts, Martial artists, Weight loss seekers and just about anyone else you can think of. Get the book, get educated and get fit with HIIT.*Disclaimer - Contains bad fucking language*

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