

# High Intensity Training

More than 100 all-new, Tabata-style high intensity interval training workouts (HIIT) for all fitness levels. A long-time favorite of athletes looking to reach their peak and stay competitive, high intensity interval training (HIIT) helps you achieve new levels of physical fitness—all in just a few minutes a day. Tabata Workout Handbook Volume 2 includes:

- Over 100 all-new Tabata workouts • Barbell, dumbbell and body weight Tabatas • Sports-specific Tabatas including tennis and golf • Aquatic Tabatas for the pool • Strength-building Tabata programs for power • Fat-burning Tabatas for weight loss • Easy-to-understand exercise descriptions

Tabata lets you push your body to its physical limits—getting the results you want while avoiding stress-based injuries and unwanted setbacks. Requiring little to no equipment, Tabata is as affordable as it is effective. Tabata Workout Handbook Volume 2 features all-new workouts, with programs perfect for beginners and experts alike.

- **NO GYM REQUIRED.** With little to no equipment investment, tabata represents one of the most affordable, effective workout regimens on the market today.
- **ACCESSIBLE TO ALL FITNESS LEVELS.** With customized and customizable workouts perfect for anyone from beginners to experts, Tabata Workout Handbook, Vol. 2 allows athletes to jump right in at their personal fitness level, making the workouts quick and easy to include in your existing routines.
- **ONLINE SUPPORT THROUGH GETFITNOW PLATFORM.** Comprehensive online support via social media,

community forums, and website featuring additional content such as exclusive exercise videos, nutritional tips, live updates from authors, and more. • REACH YOUR ABSOLUTE PHYSICAL PEAK. Designed to help athletes maximize their results in the most effective, efficient way possible, Tabata Workout Handbook, Vol. 2 lets athletes break through personal barriers and set new standards of fitness for themselves. Whether you're looking to intensify an existing workout, increase your fitness results, or overcome your personal fitness plateau and reach new heights, Tabata Workout Handbook Volume 2 shows you how!

No publisher description

High Intensity Training (HIT) is the most efficient training method for building lean muscle mass and improving fitness and health. This book gives an overview on the scientific background of High Intensity Training and explains why less is sometimes more. Two or three short but intense workouts per week are all it takes to gain muscles, reduce body fat and improve overall fitness. The book includes several illustrations and sample training routines that can be adapted to each person's needs.

Building muscle has never been faster or easier than with this revolutionary once-a-week training program In Body By Science, bodybuilding powerhouse John Little teams up with fitness medicine expert Dr. Doug McGuff to present a scientifically proven formula for maximizing muscle development in just 12 minutes a week. Backed by rigorous research, the authors prescribe a weekly high-intensity program for increasing strength, revving metabolism, and building

muscle for a total fitness experience.

The cheekiest way to stay fit without leaving your home! On your marks, get set ... shag! No need for a PT, gym or bootcamp, swap the gym ball for your partner's balls and embrace the horn. Features 60 sexercises with easy to follow instructional diagrams and tips to make getting fit much more fun. All you need is a willing housemate and a mountain of contraception. Select your favourite positions, repeat until you feel the burn.

High Intensity Workout

High Intensity Training

How to Race Strong for the Rest of Your Life

Advanced Personal Training

(Is for Dummies) a Must Read for All Fitness Enthusiasts

The Time-Saver's Workout

The Modern Art of High Intensity Training

Do you ever feel like a hamster, spinning on a wheel in an endless loop and getting nowhere when it comes to your health and fitness? Are you working out regularly and cutting calories but seeing no real improvements? Does it feel like you will never lose those last 10 or 20 pounds? Or do you feel as if you simply don ' t have the time required to lose the fat and get into shape? Imagine if you could have the blueprint for the most efficient form of exercise to keep your body healthy and fit and an eating plan to satisfy hunger, taste,

and health. Well, now you can. The best part? It will only require 15 minutes of exercise, twice a week, paired with a controlled-carb diet, and on the average, you will lose 10 pounds of fat within five weeks. It ' s hard to believe, but it works—and 15 Minutes to Fitness:Dr. Ben's SMaRT plan for total Fitness will not only show you how to do it but also explain why it works. If this sounds like just another “ new exercise secret, ” please be assured that it is most certainly not. The foundation of this program is based on years of study, observation, and practice, and it has delivered real, measurable results in the overwhelming majority of those who have tried it. Dr. Vincent “ Ben ” Bocchicchio has spent the last 40 years in the fitness and health field, and as he approaches 70, people are still shocked to hear that he only spends 14 minutes twice a week on working out. But it ' s true. With only 7 percent body fat, he is often asked what the secret is and if there's a “ magic bullet. ” The answer would be that the magic bullet is knowledge. And now with this book you will understand why genetically our bodies require simple and limited exercise exposure and how you can follow this optimal pattern yourself. The fact is that as humans we are hard-wired to exercise our bodies in very specific ways to reap the highest level of health benefits. I will provide the simple scientific argument for why my combination of high intensity exercise and controlled carbohydrate eating is the most effective means for burning fat,

so that you can better understand exactly why this works. Exercise and diet are the two most powerful tools available for attaining high levels of health and function, and 15 Minutes to Fitness will show you just how little it actually takes to achieve a maximum response.

A Workout to Reverse Aging Professional trainers know that high-intensity interval training is a super-effective way to burn fat and get ripped. However, research shows that this popular exercise approach also improves heart and cellular health, prevents disease and enhances athletic performance for older adults—regardless of age. The scientifically proven fitness routines in *Staying Young with Interval Training* take much less time than conventional workouts, so you can quickly gain:

- Greater flexibility for an active lifestyle
- Muscle and core strength to stay in the game
- Increased energy for the things you love
- Optimal health to live longer and fitter
- A leaner physique with fat-burning stamina

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*

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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.

This training system teaches how to perform the perfect rep, minimizing momentum and maximizing muscle tension to develop optimal strength in the targeted muscles. Triple progressive overload and other advanced training techniques will push you beyond muscle failure to help you reach your next level of performance, boost power and strength, and break through plateaus. Also learn to manipulate rest, recovery, time under tension, and load to match the demands of your sport.

Fast After 50 is for every endurance athlete who wants to stay fast for years to come. For runners, cyclists, triathletes, swimmers, and cross-country skiers, getting older doesn't have to mean getting slower. Drawing from the most current research on aging and sports performance, Joe Friel--America's leading endurance sports coach--shows how athletes can race strong and stay healthy well past age 50. In his groundbreaking book Fast After 50, Friel offers a smart approach for athletes to ward off the effects of age. Friel shows athletes how to extend their racing careers for decades--and race to win. Fast After 50 presents guidelines for high-intensity workouts, focused strength

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training, recovery, crosstraining, and nutrition for high performance. You'll learn: How the body's response to training changes with age, how to adapt your training plan, and how to avoid overtraining How to shed body fat and regain muscle density How to create a progressive plan for training, rest, recovery, and competition Workout guidelines, field tests, and intensity measurement In *Fast After 50*, Joe Friel shows athletes that age is just a number--and race results are the only numbers that count. With contributions from: Mark Allen, Gale Bernhardt, Amby Burfoot, Dr. Larry Creswell, John Howard, Dr. Tim Noakes, Ned Overend, Dr. John Post, Dr. Andrew Pruitt, and Lisa Rainsberger.

*Science Shows a Way to Get Fit That's Smarter, Faster, Shorter*

A Research Based Program to Get the Results You Want in 12 Minutes a Week  
10, 20 & 30-minute high-intensity interval training workouts for every fitness level

15 Minutes to Fitness

Hiit

High Intensity Interval Training for Women (HIIT)

Tabata Workout Handbook, Volume 2

High intensity exercise, low time commitment--interval training for every woman  
To crush your fitness goals, you don't need a gym membership, hours of free

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time, or complex equipment. Do it all with 15-Minute HIIT for Women, your essential guide to simple high intensity interval training workouts that you can do anywhere in just 15 minutes. These HIIT exercises can increase your strength, stamina, and metabolism while promoting bone and heart health--and you can adapt them to your age, ability, and body type. This beginner-friendly guide sets you up for success with results-proven HIIT routines, including the Arm and Abs Shredder, Power Legs Workout, and The Whole Package Strength Workout, that use minimal to no equipment. Optimize your workouts using strategic periods of hard work followed by periods of rest--all in less than half an hour, including warm-up and cooldown. Find nutrition tips and advice for fueling your body pre- and post-workout. Learn the proper form so these safe body-weight exercises can take the stress off of your joints--and take the stress out of working out. 15-Minute HIIT for Women features: Building blocks--Learn individual exercises like the Reverse Lunge, Side Plank, and Triceps Extension before combining them into HIIT workout routines, some geared toward major muscle groups and some full-body. Easy to follow--Illustrated instructions show you the steps as they apply to your body--plus, the exercises include tips for avoiding common mistakes, reducing impact, and upping the challenge. Track your progress--A built-in fitness tracker helps you record your daily HIIT workouts, giving you an overview of your achievements toward your health and fitness goals. HIIT for



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women is now easier and more comprehensive than ever--the results you're chasing are finally in reach.

Whatever your exercise of choice may be, chances are pretty good you've heard of the term high-intensity interval training or HIIT. But what is HIIT really, and how can you use it to make the most out of your workouts? It's a common-and legit question-whether you're a fan of cardio like running or indoor cycling, or prefer to lift weights or strength train. While you might not know exactly what HIIT is, you may have an idea in your mind about what it entails. Burpees, anyone? But like many workout protocols in the fitness field, there are some misconceptions about what HIIT really is, and what it can do for your fitness routine. This book will help you find out just how effective interval training is and how it can be used in only a fraction of the time when compared to continuous training such as jogging at the same speed for up to an hour at a time. you will discover the different forms of HIIT training such as Tabata, Fartlek, the Little Method, and how best to use them. What is more, you will learn how to craft and make use of your own HIIT training designs, specifically to help you achieve your exercise goals in an incredibly quick time.

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. High Intensity Interval Training (HIIT) is now widely acknowledged to be the single most advantageous form of exercise for a wide range of fitness goals.

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When compared side by side to other forms of cardiovascular training, HIIT repeatedly comes out on top. Not only that, but it does so in a fraction of the time when compared to continuous cardio training or steady state cardio. With HIIT, you will achieve superior gains over other forms of training in all 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 (VO<sub>2</sub> max), a popular indicator of fitness - Improving athletic performance - Releasing beta-endorphins, providing a feeling of well-being - Exercise enjoyment - And much more HIIT works by using short duration high intensity sprints together with nice and easy recovery periods such as walks or slow jogs. This makes the sprints extremely tolerable and enjoyable. Yet few people use or even know about HIIT and its incredible power! Find out just how effective interval training is and how it can be used in only a fraction of the time when compared to continuous training such as jogging at the same speed for up to an hour at a time. Discover the different forms of HIIT training such as Tabata, Fartlek, the Little Method and how best to use them. For the first time - Learn a range of high intensity exercises and training modes which are perfect for HIIT - Exercises you can perform either at the gym, in the park or at home. Learn how to craft and make use of your own HIIT training designs, specifically to help you achieve your exercise goals in an incredibly quick time.

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The science is conclusive - HIIT will change your life!

Astonishingly, not many people are truly aware of HIIT and what it can do for them! Don't be one of them - read this guide and learn just what HIIT can do for you, how effective it is and how you can slash your exercise times but get far better results. Learn how to exercise effectively with a sample training plan, including exercises that you can do anywhere, anytime. In This Book, Here Is A Preview Of What You'll Learn... - What is High Intensity Interval Training? - HIIT Workouts You Can Do Anywhere - An Ideal Physical Activity Program - Creating a Physical Activity Program - Getting Started - Workout Routines 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.

High Intensity Interval Training - Hiit

Ageless Intensity

Dr. Ben's SMaRT Plan for Diet and Total Health

High-intensity Interval Training (HIIT)

Burn More Fat in Less Time with HIIT Workouts You Can Do Anywhere

The Best Muscle-Building System You've Never Tried  
Everything You Need to Know About High Intensity Interval Training (The Secret to Losing Weight Every Person Need)

*"To perform at your best at any sport or athletic event you may encounter, being able to compete hard for an extended period of time is a must. Any athlete can come out of the gate strong, performing well before fatigue sets in. One trait that sets the greatest competitors apart from the pack is the ability to bring the same intensity over and over again until the final whistle. While there are certainly benefits to dividing your workouts into periods of weight training with extended rest breaks and lightweight, rapid movements, both of these tend to occur simultaneously on the field of play. In this chapter, we will define high-intensity interval training (HIIT) and how this technique translates directly to competition"--*

*Are you looking to burn fat and get lean and strong, and do it all in less time? HIIT, or High-Intensity Interval Training, involves workouts with short bursts of high-intensity, heart-pumping exercise followed by short periods of rest. This dynamic, fat-burning training strategy has been proven to strengthen the whole body and improve cardiovascular health, and the workouts take less time compared to traditional training methods. From the official trainer to the Indianapolis Colts cheerleaders comes Idiot's Guides: High-Intensity Interval Training, a comprehensive guide to HIIT, featuring beautiful, full-color photos and detailed step-by-step instructions. Here's what you'll find inside: Over 60 step-by-step exercises and beautiful photography to help you train smarter and faster 90 structured workout routines to target every area of your body and ensure that you never grow bored with your workouts 10 comprehensive training programs that can be done anywhere and anytime to help you transform your health and train your entire body Detailed, visual instruction from a*

*professional that's organized by level of fitness, so it's suitable for the beginner or the pro Get ready to break a serious sweat as you train your way to a leaner, stronger, calorie-burning body!*

*Exercise is good for just about everything - you stay fitter, younger, stronger. But how should you exercise? And how much? In this book, the authors present the truth about exercise, based on cutting-edge research from the leading sports science team at Loughborough University and other studies from around the world which show that short bouts of high intensity training can be significantly more effective than prolonged periods of low-impact exercise.*

*Achieve new levels of fitness in just minutes a day! Guided instructional videos, community, and expert support for this book available at [GetFitNow.com](http://GetFitNow.com) and on Facebook at [GetFitNowdotcom](http://GetFitNowdotcom)! A long-time favorite of athletes looking to reach their peak and stay competitive, high intensity interval training (HIIT) burns body fat with more efficiency than any other method. By pushing your body close to its exercise limits for very brief periods, HIIT achieves real results in improving both cardiovascular and respiratory functions. Requiring less time than any other method of fitness, tabata, a form of HIIT, is now acknowledged to be the single most advantageous form of exercise for any number of fitness goals. Tabata lets you push your body to its physical limits—getting the results you want while avoiding stress-based injuries and unwanted setbacks. Requiring little to no equipment, tabata is as affordable as it is effective. The Tabata Workout Handbook lets you tailor the intensity of your workout to your starting ability. And since each movement only takes 4 minutes to complete, tabata is perfect for any schedule! The Tabata Workout Handbook includes:*

- Over 100 tabata routines, with endless possible variations*
- Weighted tabata workout drills, letting you work tabata into any strength-building program*
- Detailed, easy-to-understand exercise descriptions to help you master each tabata movement*
- Tips on how to best supplement your existing workout regimen, letting you customize your tabata*

*experience to fit your needs • Tabata Tracker journal pages to help you keep track of your progress  
Whether you're looking to intensify an existing workout, increase your fitness results, or overcome your personal fitness plateau and reach new heights, The Tabata Workout Handbook shows you how! From the Trade Paperback edition.*

*Presents the high intensity training philosophy with key training points, a specialized two-week course for developing certain areas of the body, a nutrition plan for boosting body mass, and stories of well-known HIT users.*

*High-Intensity Workouts for Women*

*Tabata Workout Handbook*

*Science to practice*

*The Revolutionary HIIT Approach to Being Fit, Strong and Healthy at Any Age*

*15-Minute Hiit for Women: High Intensity Workouts You Can Do Anywhere*

*SHIT: Super High Intensity Intercourse Training*

*How to Build Muscles in Minutes - Fast, Efficient, and Healthy*

There is something terribly wrong with the state of exercise as we know it presently. Sales of treadmills, running shoes, gym memberships, and yoga classes are at an all-time high, but so too are our national levels of obesity and type II diabetes. Ever since the 1960s the exercising public has been told to stretch for flexibility and to perform low-intensity steady-state aerobic exercise for their cardiovascular systems and some form of resistance training to keep their muscles strong. With regard to diet, they have been told to restrict or omit macronutrients such as fats and carbohydrates and lots of other advice with regard to calorie-counting. Could it be that this

information, however well intended, was mistaken? And is it really necessary to devote so much time to the pursuit? Fitness researcher and pioneer John Little has spent more than twelve years researching the actual science underpinning our most prevalent beliefs about exercise and has come away from the enterprise convinced that we need an entirely new paradigm, one that would involve reliance on briefer workouts. He presents this revolutionary new approach in *The Time-Saver's Workout*. Among the fascinating revelations presented in this book: □ Certain types of exercise can actually make you less healthy and fatter. □ Taking large doses of food supplements might actually shorten your life and put you at greater risk for disease. □ Stretching to become more flexible or to recover quicker from injury has been found to do neither of these things. □ Resistance training, once considered to be the weak sister of exercise, is now looking like the best form of exercise one should engage in. The new protocols that Little exposes offer a far safer alternative for those looking to become stronger, fitter, and healthier without spending their lives in the gym.

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 person's 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 aren't 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 don't 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 don't 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

Struggling to lose weight and tone muscle no matter how hard you train? Discover a rapid workout strategy for creating your dream body in just 20 minutes a day. Does your ideal body seem like it's a thousand workouts away? Has your expensive gym membership chipped away at your wallet but not at your midsection? Pro trainer and fitness author John Powers will show you how to make rapid gains from a well-structured, high intensity interval training program. HIIT: The 20-Minute Dream Body with High Intensity Interval Training is a complete system packed with incredibly efficient cardiovascular, muscular, and skeletal exercise routines. Through Powers' methods, you'll discover how to use short, powerful workouts to get your body ripped in a hurry. By using the HIIT training program, you'll produce results like never before in 20 minutes a day of work. In HIIT, you'll discover: Proven exercises to strengthen both your

upper and your lower body A fully-illustrated guide to a 20-minute workout program that'll get you stellar results Specific body toning techniques for women The best HIIT workout plans for you to lose weight Optimum training frequencies, nutrition plans, and much, much more! HIIT is the complete A-Z reference guide you need for short workouts that get you fit faster. If you like step-by-step instructions, quick results, and learning from a master at his craft, then you'll love Powers' high-intensity handbook. Buy HIIT to start experiencing rapid results today! Don't forget to claim a FREE Kindle version with your purchase of Paperback!

Effective fitness instruction and training programme design require an exercise specialist trainer to combine professional experience with strategies underpinned by scientific evidence. This is the first comprehensive fitness instruction and training programme design resource to explore the evidence-base of effective programme design, drawing on cutting-edge scientific research to identify optimum training methods and dispel some common myths around fitness training. Putting clients' training goals at the centre of the process by focusing on their most common objectives – such as improving general health, enhancing cardiorespiratory fitness, decreasing body fat and increasing muscle mass – this book helps the reader develop a better understanding of the physiological principles at the core of successful programme design. Simple to navigate and full of helpful features – including applied case studies, example training programmes and guides to further reading – it covers a variety of key topics such as: pre-exercise health screening lifestyle and fitness assessment nutrition cardiorespiratory (endurance), resistance and core training recovery from exercise. An essential text for fitness instructors, personal trainers and

sport and exercise students, this book provides an invaluable resource for fitness courses, exercise science degree programmes and continued professional development for exercise professionals.

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.

Everything You Need To Know: Hiit Exercises

High Intensity Interval Training

The HIIT Advantage

Staying Young with Interval Training

High-Intensity Interval Training for Women

Dr. Jordan Metzl's Workout Prescription

High-Intensity Training

Are you age 40 or over and want to maintain your workout intensity

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even as your body starts to age? Are you not yet ready to give up intense sweat sessions? Ageless Intensity offers a research-backed perspective on how high-intensity exercise can not only maximize health benefits past age 40 but also help minimize the physiological effects of aging. Fitness expert Pete McCall provides straightforward science-based information on how the same high-intensity exercise that provides a number of health benefits—from increased lean muscle mass to burning fat to reduced heart rate—can also influence human physiology in a way that can reduce the biological effects of time. Learn about the impacts of aging on the body and how to keep getting results from working out hard and pushing yourself to your limits while doing it safely, lowering the risk of injury, and building in the needed recovery for a body that may be starting to show signs of aging. You'll gain practical knowledge on the importance of strength and power, mobility work, and recovery as the keys to boosting your efforts to build and maintain muscle, burn calories, and help joints stay mobile as the body ages. The exercises included are designed to be challenging and deliver tangible benefits to middle-aged and older adults. Save time with the predesigned workouts or customize a complete workout plan to maximize your results and combat the effects of aging. Reaching the “over-the-hill” milestone doesn't mean you have to slow down. Ageless Intensity is your guide to maintaining

fitness with high-intensity exercise and workouts to remain active, stay in shape, and enjoy your favorite activities for the rest of your life. CE exam available! For certified professionals, a companion continuing education exam can be completed after reading this book. The Ageless Intensity Online CE Exam may be purchased separately or as part of the Ageless Intensity With CE Exam package that includes both the book and the exam.

Unlock your athletic potential and get into the best shape of your life with Krista Stryker's HIIT and bodyweight workouts—all of which can be done in just minutes a day! If you've ever thought you couldn't get results without spending hours in the gym, that you'd never be able to do a pull-up, or that it's too late to get in your best shape ever, *The 12-Minute Athlete* will change your mind, your body, and your life. Get serious results with high-intensity interval training (HIIT) workouts that can be done in just minutes a day. Give up the excuses and learn to use your own bodyweight and a few basic pieces of portable equipment for short, incredibly effective workouts. Reset your mindset, bust through mental blocks, and set meaningful goals you'll actually accomplish. You can finally ditch the dieting and enjoy food as fuel with simple eating guidelines to the 80/20 rule. In *The 12-Minute Athlete* you'll also find: —A guide to basic calisthenics and bodyweight exercises for any fitness level

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–Progressive exercises to achieve seemingly “impossible” feats like pistol squats, one-arm push-ups, pull-ups, and handstands –More than a dozen simple and healthy recipes that will fuel your workouts –Two 8-week workout plans for getting fitter, faster, and stronger –Bonus Tabata workouts –And so much more! The 12-Minute Athlete is for men and women, ex-athletes and new athletes, experienced athletes and “non-athletes”–for anyone who has a body and wants to get stronger and start living their healthiest life.

Want to keep in tiptop shape but don't have the time to devote long hours at the gym? This book is a guide to show you how HIIT can work to transform your own body effectively in the least amount of time. HIIT is a training program that minimizes time and equipment. Many of us are busy with our personal or business commitments and have lifestyles that don't lend themselves to spending hours in the gym. We have better things to do right? This book gives you a full 30 day HIIT workout PLUS an additional 50 free resources on where you can get tons of HIIT workouts that will keep you on pace and keep you looking hot in great shape. This is a no brainer! You can have your first HIIT workout under your belt within the next 30 minutes! We'll see you inside!

The most adult fun you can have indoors. Stay fit and happy with the hottest home workout manual. This is HIIT but harder. Want to get fit

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without a gym? Follow the sexercises in this book to maximise your shagging and get the body you've always wanted. Step up your regime with 60 new workouts that make getting fit a pleasure. With easy-to-follow instructional diagrams and the intensity of each workout clearly rated, you can achieve superior gains to cum out on top (if that's your thing) without even leaving the bedroom. All you need is a willing partner, a comfy bed, and a serious stock of contraception. 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.

Visual Easy-to-follow Routines for All Fitness Levels

Science of HIIT

Fast Exercise

High-Intensity Workouts to Slow the Aging Process

Fast After 50

Ultimate Guide to HIIT

### *High-Intensity Training Human Kinetics*

*A complete guide to the most intense interval training you can handle! Your pizza was delivered in 30 minutes or less, why not work off the calories in the same amount of time? High-Intensity Interval Training (HIIT) increases your glucose metabolism, and most of the exercises don't even require equipment. This guide offers step-by-step instructions for highly intense workouts. It will also give you plenty of tips to prevent injury, and pre-planned exercise routines that are sure to help you get fit fast. Modification options allow you to make workouts harder or easier based on your fitness goals. Intensify your workouts and see results!*

*A book on high intensity training should deliver an impact equal to the training itself. Lucky for you, this one does. The Modern Art of High Intensity Training is sport and strength, movement and passion. It is a guide like no other. From the stunning artwork to the 127 workouts, it's designed to be a difference maker. Whether you use this resource as a supplement to an existing training program, or replace a program that has become tired and stale, you'll view and use this book time and time again. See high intensity training in an entirely new light. You'll find 40 exercises, each detailed and depicted with art, photos, and modifications; 127 workouts and circuits to mix things up; warm-up, safety, and injury prevention recommendations; and—if you're up to the challenge—an original 15-week program. The Modern Art of High Intensity Training has everything you need and want in a workout program. Change, variety, inspiration,*

*motivation, challenge, and results—it's rendered and written and delivered to you on every page. So now is the time. Make an impact.*

*In the field of Strength & Conditioning, coaches are always striving to help their athletes display their skills at the highest level with as little drop-off as possible throughout a contest. From the outside looking in, the solution to getting an athlete in shape may seem simple. However, this has been one of the most contentious problems in athletics for some time.*

*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.*

*Get Fitter, Faster, and Stronger Using HIIT and Your Bodyweight  
HIIT Your Limit*

*HIIT High Intensity Interval Training and Agile Periodization*

*High-Intensity Interval Training for Fat Loss, Cardio, and Full Body Health*

*The New High Intensity Training*

*More than 100 All-New, High Intensity Interval Training Workouts (HIIT) for All Fitness Levels*

*High-Intensity Interval Training*

*Burn fat, lose weight, and reach your fitness goals faster with high-intensity interval training!*

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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 on 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!

Get lean, build muscle, and stay healthy in only ten minutes a day! A Fitness Hall of Fame inductee and world-famous exercise scientist explains the #1 new fitness trend and how to get and keep the body you've always wanted. High-intensity interval training (HIIT) is an

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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, who has been inducted into the National Fitness Hall of Fame and been an internationally-renowned exercise scientist for the past thirty-six years, and sold nearly 100,000 copies of his last fitness book, explains what HIIT is, how it effects your entire body (externally and internally), gives 50 workouts and a guaranteed 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 a truly sustainable exercise program, no expensive personal trainer required.

A PAPERBACK ORIGINAL High-intensity bodybuilding advice from the first man to win a perfect score in the Mr. Universe competition This one-of-a-kind book profiles the high-intensity training (HIT) techniques pioneered by the late Mike Mentzer, the legendary bodybuilder, leading trainer, and renowned bodybuilding consultant. His highly effective, proven approach enables bodybuilders to get results--and win competitions--by doing shorter, less frequent workouts each week. Extremely time-efficient, HIT sessions require

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roughly 40 minutes per week of training--as compared with the lengthy workout sessions many bodybuilders would expect to put in daily. In addition to sharing Mentzer's workout and training techniques, featured here is fascinating biographical information and striking photos of the world-class bodybuilder--taken by noted professional bodybuilding photographers--that will inspire and instruct serious bodybuilders and weight lifters everywhere.

High Intensity Interval Training for Women (HIIT Training) What Is The Best HIIT Workout? HIIT can be used with a few different goals in mind - to lose as much fat as possible while cutting, or to improve aerobic and anaerobic endurance as much as possible. Diet will mostly determine how these goals are achieved by manipulating calories High Intensity Interval Training (HIIT) has become a popular way to burn more fat. It's a training method that has been effective for many people. This book covers: What is the best HIIT workout? Be specific. Who would benefit the most from an HIIT regimen? What kind of results can you expect from HIIT? How does HIIT compare to other training methods? Show off your knowledge to the world! Take action now and get this kindle book!!! BONUS Tag: tabata workout, fitness training for women, high intensity training, interval workouts, fitness for life book, high intensity interval training, high intensity interval training for women, hiit training books, hiit training workouts, self improvement, young adult 100 High Intensity Interval Training (HIIT) visual workouts you can customize to your

fitness level and do any time, anywhere.

HIIT Workout 4 Weeks and 5 Steps for Effective Weight Loss

Understand the Anatomy and Physiology to Transform Your Body

Get hardcore for a hard core

HIIT

The 20-Minute Dream Body with High Intensity Interval Training

Science and Application of High-Intensity Interval Training

The One-Minute Workout

***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.***

***Body by Science***

***Achieve Maximum Fitness With Over 100 High Intensity Interval Training Workout Plans***

***HIIT: High Intensity Intercourse Training***  
***Beginners Guide to HIIT Workouts High Intensity Interval Training***  
***High Intensity Interval Training Explained***  
***100 HIIT Workouts***  
***The 12-Minute Athlete***