



High Intensity Interval Training (HIIT): The Secret Fast and Easy Way to Burn Fats and Maintain A Healthy Cardiovascular System Today!

Stephanie Ridd

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What is high intensity interval training otherwise known as HIIT for short... and can I really lose more fat following this routine? Well, to answer the first part of the question above, we can simply say that High intensity interval training is a method or approach to workout exercises that consists of different kinds of short and intense form of exercises.

In fact, the methodology includes two routines that can be used ...which are the cardio workouts and strength exercises.

Anyway, to answer the second part of the question, many have said that optimal fat loss should be done at a lower intensity level and at a longer duration. But, the reality with HIIT is the fact that, at a faster rate but short time, fats are being expelled from the body system with greater ease!

Besides, it is also a known fact that most people assume that doing aerobics for 40-60 minutes is the proper way to burn fat efficiently. But again, I beg to object to that, as in actual fact, when you do aerobics for that long, you will be training at a lower intensity level and you will probably loose less fat!

Yes, more so, after you are done ...your metabolism stays elevated for up to an hour after you finish. But with high intensity interval training, your metabolism will stay elevated for about 24 hours! Yes, if you like, that is 24 hours of fat burning process, for a short but high intensity interval training.

However, before we go too far, I want to first let you in on some stats and calculations between low and high intensity exercising. Low intensity exercising is classified by having 60% to 65% of your maximum heart rate. But, with high intensity exercise you are working about 75% to 85% of your maximum heart rate.

Well, I will like you to grab your copy of this book today to get all the tips of getting rid of those fats in the fastest way... yes, when you get this book "High Intensity Interval Training (HIIT): The Secret Fast and Easy Way to Burn Fats and Maintain A Healthy Cardiovascular System Today!" you will be exposed to the modern and effective strategies to get fats out fast and safe too!

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