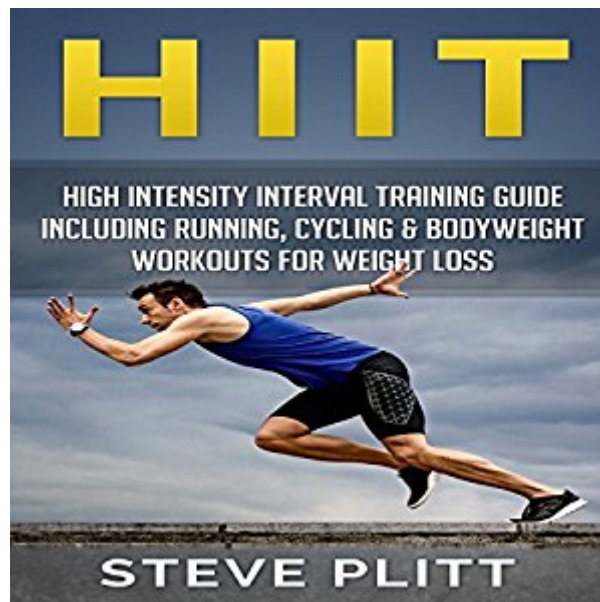




The book was found

HIIT: High Intensity Interval Training Guide Including Running, Cycling & Bodyweight Workouts For Weight Loss: Including Running, Cycling & Bodyweight Workouts For Weight Loss



Synopsis

HIIT: High Intensity Interval Training Guide Including Running, Cycling & Bodyweight Workouts for Weight Loss Are you ready to learn how to harness the power of interval training to transform your body? If so you've come to the right place. Here's a preview of what you'll learn: Understanding the concept of HIIT HIIT vs. conventional cardio Where & how to perform HIIT HIIT running workouts HIIT cycling workouts HIIT bodyweight exercise workouts And much, much more

Book Information

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Customer Reviews

I heard a lot about the HIIT exercise and really wanted to try it on me as I'm gaining weight rapidly. I love cycling and HIIT exercise through cycling should be fun so I got this book. Steve Plitt made it easy to read and understand, how the HIIT works, its benefits and he has given special tips and training techniques to follow. This guide has training guide starting from Level 1 to Level 3. It includes running, cycling and body workouts for weight loss. Author has provided training schedule to help us get started and mentioned the reminders to be careful of. The book has also mixed workout schedule for all the three intense training. I really liked this guide and I'm already getting myself started with it. I hope I can keep doing this :)

Maybe this isn't exactly for a beginner's level but it's perfectly cut out for someone who is active all the time and won't suffer during these exercises, although even a beginner would get the grip eventually. Nonetheless, you have your schedule here and you can't miss if you start with this high intensity training and get this book. You will be in top form.

This book motivate me to do exercise and start to do exercise in different ways. High Intensity Interval Training is the new method of doing exercise and the book was very clear to explain how this HIIT is different from others and how effectively it works. Plateau was very new word for me and I came to know that once people reach to this stage after exercise their body stops to lose weight. This book simply say that we take an interval from our exercise to lose more weight. This method had been proved and followed by many people. This book has also table chart and how we should take a gap from exercise for a particular exercise. This book is very information and action for those who are seeking to lose weight and for those who are tired of doing regular exercises. But people who do exercise for their health and stamina must do exercise regularly.

HIIT is a very good book for health. It dicusses about high intensity training with interval. Jogging, cycling, push up etc are discussed here. You need not do all in a hurry rather here are some tips for gradual development of your performance. This will also keep you fresh and will give you more libido.

This is totally a different exercise from other workouts/exercise/training that I know. I am not really into exercising due to my heavy schedule so whenever I find time to do it I always ended up really really tired that I can't even walk the following day...LOL!. So, this HIIT training is very convenient. Alternating from low, medium and extreme work out. Very ideal when I do some extreme today I can do it low tomorrow. I like that idea!

There's not much information you can impart in a 24 page book, not on a subject like this and especially when there's still filler inside. I didn't learn anything and returned it for refund. Rubbish.

The reviews on this book made me apprehensive at first but after reading it, I am pleased with the information it provided. I would recommend this book for very beginners for the information provided as a minimum. The workouts are personal choice but all-in-all this book gave sound info.

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