



How to Maximize Your Workout Using High Intensity Interval Training

By Marc Holden

Createspace, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.How d You Like to Learn About a Workout Much More Efficient Than Anything Out There? Learn the training method of the leanest, fastest and most powerful animal on our planet! And yes, you can use it in almost every workout, even if you are a beginner. So start learning how to train with much MORE RESULTS in LESS TIME now! Learn today how you can maximize your exercises and workouts. How you can get more results in less time using high intensity interval training. This workout is for people who really want to get the body of their dream WITHOUT spending many hours in the gym. All you need are a few short workouts and you will start burning calories like never before. Did you know that a group of people who only did perform 4 minute workouts, 4 times a week did showed a significant increase in aerobic anaerobic systems compared to a group who did 60 minute workouts 5 times a week? All thanks to HIIT. HIIT provides you with numerous benefits. In general, the...

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