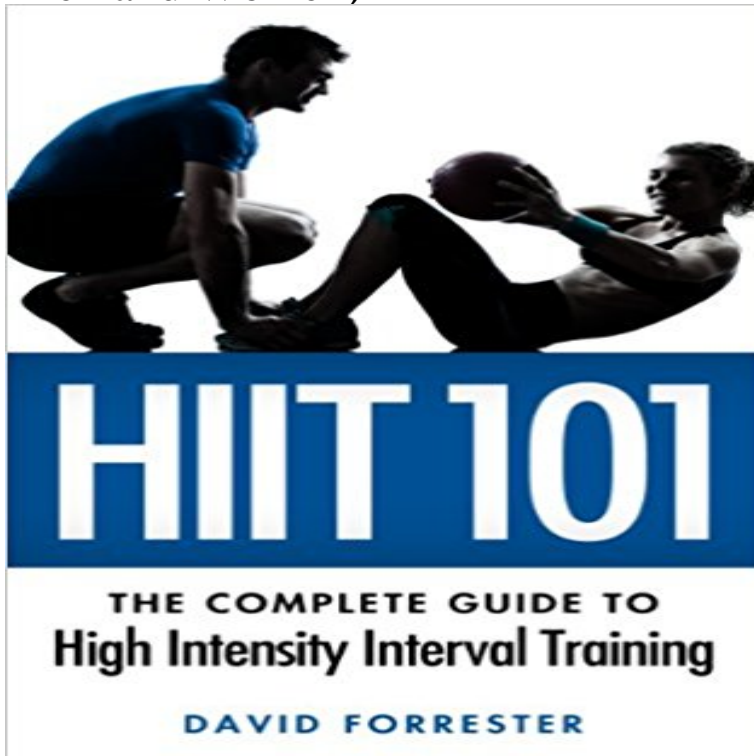


# HIIT 101: The Complete Guide to High Intensity Interval Training (For Men and Women)



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HIIT 101: The Complete Guide to High Intensity Interval Training (For Men and Women) Lose more fat in less time! Just heard about High Intensity Interval Training? Sounds too complicated to follow? Want to find out more about it? Well, this might is the guide for you! Fitness gurus all over the world are raving about its benefits and effectiveness. Whats more, its not even a fad diet nor something that stops working as soon as you ease up a bit. Rather, the whole experience can be exhilarating with great benefits! If you want to find out much more about HIIT, this book will tell you everything you need to know. This book will provide you with all you REALLY need to know. No BS, excess filler information. With this quick 70+ page guide you will learn about all the key areas concerning HIIT. You will also receive multiple workout routines designed for being done specifically in the gym and at the convenience of your own home. And on top of that you will learn about common HIIT exercises. By the time you are finished reading this book, you will know all you really need know about HIIT - how it works, why it works and what are the ways you can incorporate the method in your daily routine and more. You will understand why high intensity interval training is not only great for weight loss and muscle development but also for your heart, cholesterol, blood pressure and overall health. What are you waiting for? Scroll up, grab your copy and get fit and healthy as quickly as possible!

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