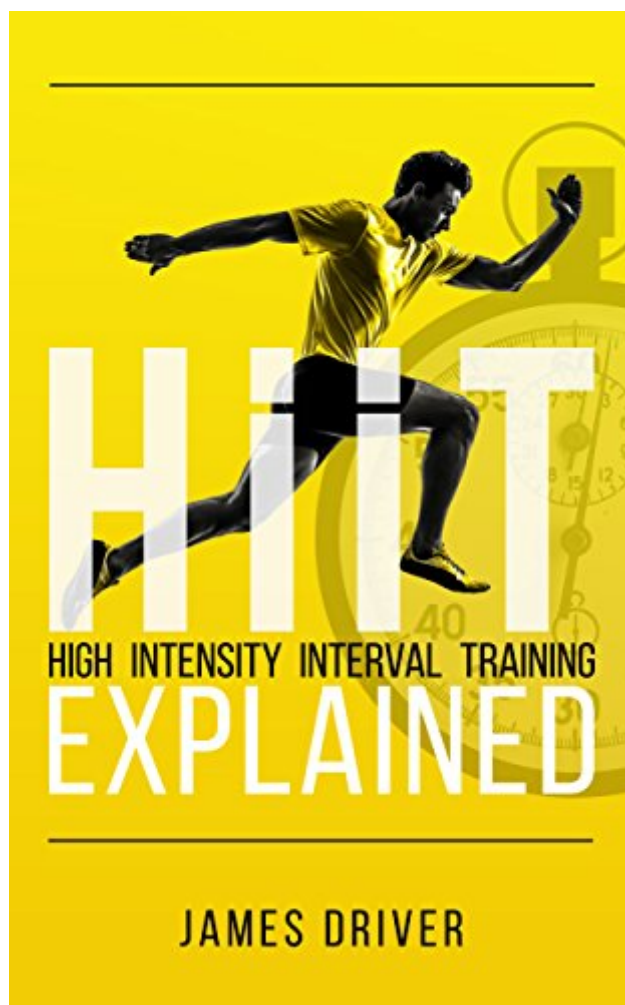


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HIIT - High Intensity Interval Training Explained



Synopsis

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. 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 (VO2 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. The science is conclusive - HIIT will change your life!

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Customer Reviews

I am a senior and in my 70s I have been into physical fitness all my life. Lately I have been researching various kinds of fitness programs being promoted today. I have purchased numerous books on fitness including this 229 page soft cover volume (HIIT High intensity Interval Training Explained by James Driver). I am familiar with most physical fitness programs as I have tried many (Circuit training routines, WOD routines, U.S. Navy SEAL Fitness programs, Army Fitness programs, Boxing aerobics, Kick boxing aerobics, Tactical aerobics, PACE etc.) of them over the years. I have always believed in challenging myself and I love the approach to fitness of this HIIT program. I love the fact that you can achieve optimum fitness without having to spend hours at the gym. I was also very happy to read about the research being done lately on the effectiveness of doing high intensity interval training. This fantastic book covers some of the latest research comparing HIIT workouts to other types of cardiovascular training. This text is organized into three parts. Part one gives an introduction to the HIIT philosophy and why it works so well to achieve high levels of fitness. The second part covers why HIIT is superior to continuous training methods when it comes to exercise enjoyment, weight loss, exercise duration and other factors. The final part explains how to implement HIIT programs. This part goes into the required HIIT intensity, HIIT frequency, HIIT protocols, nutrition and other topics. I was especially fascinated with the wide variety of HIIT programs one can practice and get great results. I also loved doing the Tabata routine but I did it for 12 cycles rather than the 8 circles and found it to be fantastic. I also do numerous stretching and yoga asanas to balance my workout routine. If you are into physical fitness or sports this is a must read book on the HIIT exercise philosophy. I loved it. Rating: 5 Stars. Joseph J. Truncale (Author: Samurai Aerobics for Fitness)

James goes into the physiology of cardio training, and explains in great detail how high intensity training compares to other methods. This is a high-impact, high result method, which does take you to your limits, pushes you further, and is extremely satisfying. You are encouraged to make full use of your heart's ability to cope with explosive exercise. James's message is that the better you train, the better your heart will adapt. Other methods are also described, and you are invited to try them

as well. This is a great book for anyone interested in pushing themselves that bit further, and seeing amazing results.

Like other reviewers have said, the writing style isn't the greatest, but it doesn't take away from all the helpful information that this book provides. The book discusses research findings on the benefits of HIIT (fat loss, greater endurance, lower resting heart rate, etc), different types of HIIT methods, and detailed information on how to do HIIT, including recommendations for warm up and cool down. It is fun and despite the occasional awkward writing easy to read. I would definitely recommend to ANYONE who is interested in developing an exercise regimen.

After reading this book I have a lot better understanding of the importance of exercising the correct way. The author explains the whole procedure in such a clear way that it motivates you to exercise and it doesn't feel like a chore. I live in a place where I have lots of stairs to climb down to get to the beach which takes my breath away but after learning the tips in this book I will be able to handle those stairs much easier. It also made me realize that I could use HIIT on my bicycle. It has some good guidelines and is a book I would like to recommend to others.

I really enjoyed reading this book. Last year I became intrigued with the "Fast Diet", a diet where you eat normally for 5 days, then reduce your calories to 500 for 2 non-consecutive days. Both my sister and I lost significant weight, mostly fat and its ease and simplicity still keep us motivated. The author of the book began investigating at a way to do the same thing with Exercise, and enthusiastically embraced High Intensity Interval Training. I read reviews of the current HIIT books out there and luckily picked this one. Mr. Driver is concise, interesting, inspiring and laid out the basics of why HIIT works. What I really liked was the supporting documentation and the various studies that proved how and why HIIT worked. I highly recommend this book for anyone interested in HIIT. Currently, I'm on my sixth HIIT exercise routine and feel great. I use a treadmill with a heart monitor. I still walk with my sister and will continue to do other forms of exercise but now I don't worry about the time I need to put in for my health -- I can just enjoy it. Great Job Mr. Driver. Thanks!

Great book for learning more about HIIT. It talks about a lot of research and has a nice section on the types of exercises to try.

Short to the point advice!

Excellent book. I now structure my training around the principles discussed in the book. And it seems to be working :-)

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Puppy Training: The Complete Guide To Housebreak Your Puppy in Just 7 Days

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