



# HIIT Advantage, The: High-Intensity Workouts for Women

*Irene Lewis-McCormick*

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*The HIIT Advantage: High-Intensity Workouts for Women* is the resource for the most research-based, organized, and systematic information available on high-intensity interval training. *The HIIT Advantage* keys in on specific exercises, combinations, and progressions that will incinerate fat, shape and strengthen the upper and lower body, and assist with core strength for excellent posture and enhanced exercises performance—all written with a woman's ultimate physique in mind.

HIIT protocols pair quick bouts of super-high-intensity anaerobic intervals with shorter, low-effort rest intervals.

*The HIIT Advantage* is the authoritative guide on high-intensity training. Comprehensive yet accessible, it describes how and why HIIT is one of the most effective ways to burn fat and improve performance. You'll find step-by-step instructions, photo sequences, variations, and recommendations for 74 exercises to define muscles, reduce injury, and increase weight loss. You will learn the proper setup of a HIIT workout, the rationale, and the ratios for rest and recovery. Best of all, you'll choose from 19 complete workouts consisting of a combination of 20-, 30-, and 45-minute sessions. Finally, you'll receive exclusive access to the *HIIT Advantage* video library, including demonstrations of 24 key exercises, as well as an original 30-minute workout.

If you're serious about your workouts, get the advantage of burning more fat, shaping your physique, and improving performance. Get *The HIIT Advantage* and get results!

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Exactly why? Because this HIIT Advantage, The: High-Intensity Workouts for Women is an unordinary book that the inside of the e-book waiting for you to snap that but latter it will surprise you with the secret it inside. Reading this book adjacent to it was fantastic author who all write the book in such incredible way makes the content inside easier to understand, entertaining technique but still convey the meaning thoroughly. So, it is good for you because of not hesitating having this nowadays or you going to regret it. This book will give you a lot of positive aspects than the other book possess such as help improving your proficiency and your critical thinking technique. So, still want to postpone having that book? If I had been you I will go to the reserve store hurriedly.

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#### **Jerry Lyon:**

In this time globalization it is important to someone to obtain information. The information will make you to definitely understand the condition of the world. The fitness of the world makes the information much easier to share. You can find a lot of sources to get information example: internet, paper, book, and soon. You can observe that now, a lot of publisher which print many kinds of book. The actual book that recommended for you is HIIT Advantage, The: High-Intensity Workouts for Women this book consist a lot of the information with the condition of this world now. This book was represented just how can the world has grown up. The language styles that writer require to explain it is easy to understand. The writer made some investigation when he makes this book. That's why this book ideal all of you.

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