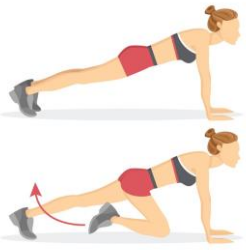


HIIT: THE BEST FAT BURNING WORKOUT

HIIT = High Intensity Interval Training

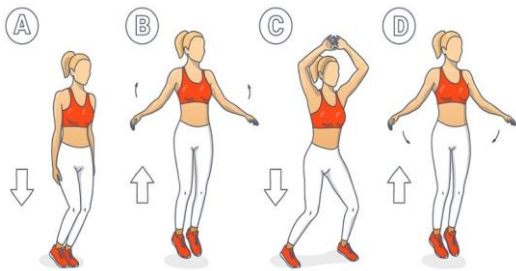


HIIT is a style of workout that uses short, intense bursts of exercise matched with short periods of rest. **During the high-intensity interval**, you work at a level that you could not sustain for a long period of time. Aim for reaching 80–95% of your maximum heart rate. **During the rest intervals**, you will either have a short break to rest and breathe, or switch to a lower-intensity workout for an active recovery. Then, your heart rate should drop to 40-50% of your maximum heart rate.



What Is HIIT?

Who Can Do HIIT?



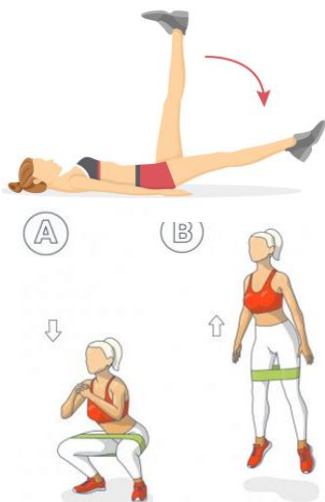
ANYONE! HIIT is an excellent workout option for people of all ages who are in good physical health. As long as someone doesn't have an injury or medical reason to abstain from exercise, they can do HIIT.



How Often Should You Do HIIT?

You only need to do it **a few days a week**. Doing HIIT everyday can result in injury, overtraining, mental burnout, and prevents your muscles from recovering and getting stronger.

Benefits of HIIT Training



1. **Lose weight**, Not muscle.
2. **Burn more fat**. You burn more calories during and 24 hours after a workout.
3. **Efficient**. Just 30 minutes of HIIT is equivalent to an hour of steady state cardio.
4. **Improved HEART health**.
5. **It can help you improve overall health**. Such as reduce blood pressure, high cholesterol, and even blood sugars.
6. **Increase metabolism**. Human growth hormone(HGH) stimulated for up to 24 hours after a workout.
7. It requires **little to no equipment**.
8. **Workout anytime** without any constraints.



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