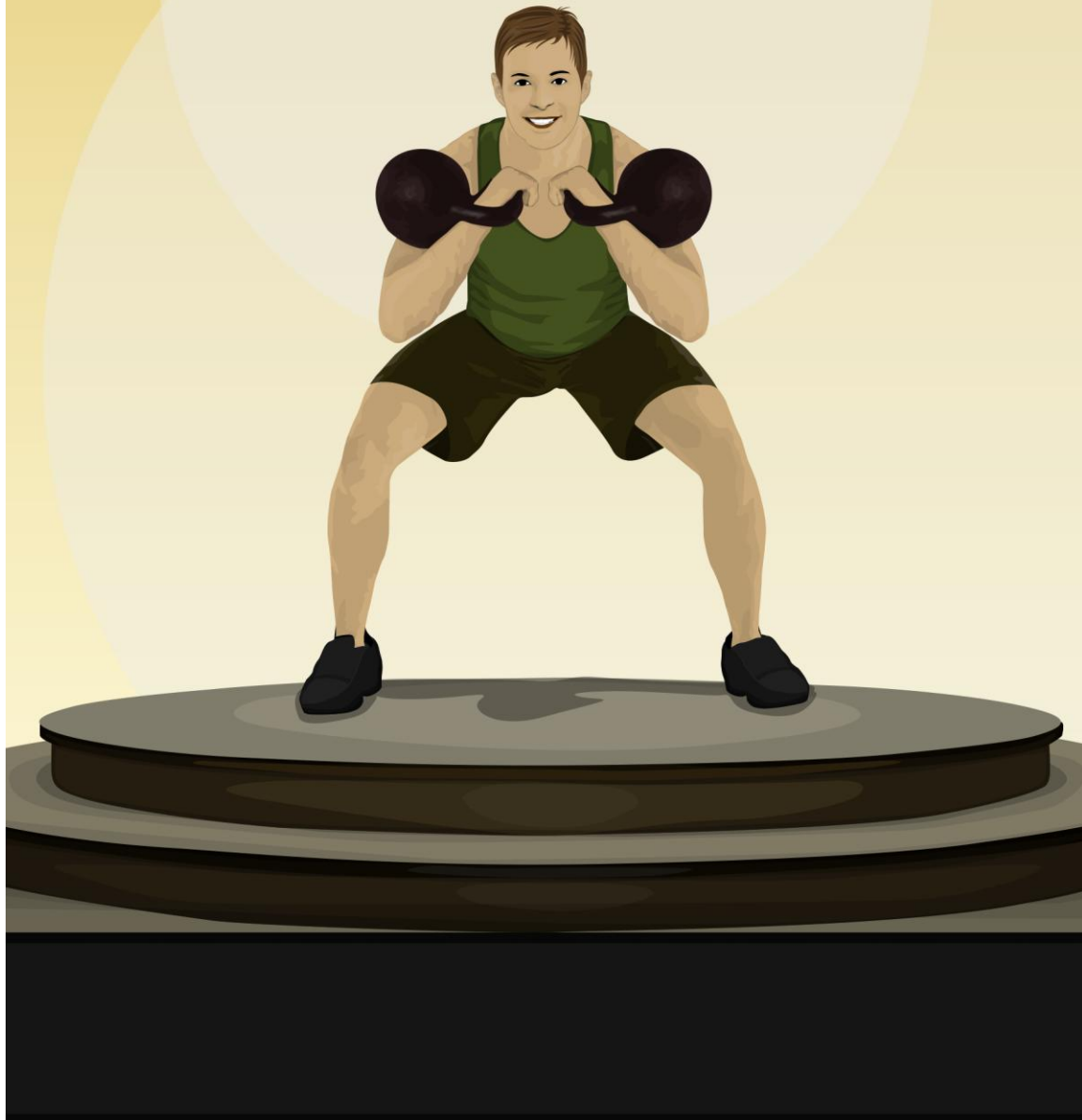


HIIT-The 60-Second **FAT BURNER**



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HIIT: The 60-Second Fat Burner

High Intensity Interval Training (HIIT) is becoming the workout of choice for millions of professional athletes and those who like to keep in tip top shape, but lack the necessary time to devote to the gym. “HIIT: The 60-Second Fat Burner” is a guide to show you how HIIT can work to transform your own body effectively in the least amount of time.

Most of us are non-competitive individuals who want to get the most from the workouts/ There are many reasons we choose to realize health benefits, but usually the driver is to lose weight and have more energy. It's also helpful if we don't have to join a gym or spend a lot of money on gadgets and equipment.

HIIT is a training program which minimizes time and equipment. Many of us are busy with our personal or business commitments and have lifestyles which don't lend themselves to spending hours in the gym.

The specialized structure of a HIIT fitness program is designed to train both your aerobic and anaerobic energy systems by engaging brief intervals of high intensity exercise. Between the intervals, you have periods of low or moderate intensity levels of exertion.

So, you push yourself for hard for seconds or minutes and then level off to a less intense workout. In doing that, you're keeping your heart rate up and your metabolism burning at a higher rate even after your exercise session is over.

HIIT challenges you to achieve your peak fitness in a way that helps you limit muscle loss and improve your endurance while transforming your body into a more athletic and healthy one.

“HIIT: The 60-Second Fat Burner,” covers everything you need to know about beginning a HIIT training program of your own. You'll learn the benefits of HIIT compared to other training programs and to your overall health. You will want to try the HIIT approach to generating more long-term energy, losing weight and improving muscle tone.

Chapter 1: How HIIT Can Transform Your Body

If you're looking for a workout that will melt fat leaving you with a lean and fit body in the shortest amount of time, HIIT is where you want to be. The main reason why HIIT has become a near frenzy for the past few years is because it really works.

HIIT is the best workout available for those who want to tone, burn fat and build muscle but don't have a lot of time to devote to long gym workouts. It's never boring because you can vary your workout routine from lifting weights to Zumba dancing.

Here are a few reasons why HIIT is the best workout to transform your body:

1. **Fast and convenient** – Do your exercises anywhere and in less than 30 minutes. Exercise sets may begin with 60 seconds of intense effort followed by 2 minutes of recovery.
2. **Your metabolism keeps running** – Even after your HIIT workout is over, you'll still be burning fat for up to 48 hours after the routine.
3. **Combines aerobic and anaerobic exercise benefits** – You'll enjoy the oxygen benefit that aerobic exercise provides and the benefit of building muscle mass with anaerobic exercises.
4. **Increase cardiovascular health** – It's been proven that HIIT consisting of "brief and intense" exercise can lessen risk for cardiovascular disease.

You can take your cardio exercise sessions from the track to the swimming pool and everything in between – customizing the HIIT program until it fits what you like to do most. HIIT involves changing your pace at various points during the workout and using various workout methods.

You never get bored and your body doesn't know what's coming next, so virtually every muscle in your body gets used in the HIIT workout routine. If you're looking for quality in a workout session, you won't find any better than the HIIT method.

HIIT is one of the best kept secrets of professional athlete coaches. Now, you can work out like an athlete, getting the same results in the shortest amount of time.

The History and Concept of HIIT

The popularity of the HIIT workout began not too long ago at the beginning of the 2010s. The Tabata workout, which was part of a 1996 study by Professor Izumi Tabata, was an early version of the present HIIT program and was used to train Olympic speedskaters.

Another version of HIIT, the Peter Coe regimen was developed in the 1970s for his son, Sebastian. Coe's exercise sessions involved 200 meter runs that were integrated with a 30-second recovery between each run.

The Gibala regimen originated by Professor Martin Gibala and his team in Canada was researched for several years and resulted in a 2011 paper. They touted the regimen as being a good option for less active people who may not have exercised for several years. The regimen included a short warm up, 10 repetitions at 60-second high intensity bursts of activity and 60 seconds of recovery followed by a cool-down lasting for five minutes.

A professor of biology at the University of Loughborough, Jamie Timmons, developed the Timmons regimen that included an exercise bike routine of two minutes of slow pedaling and 20 second bursts of fast cycling. Timmons advocated performing the regimen three times per week at a total of three minutes for the intense part of the exercise, plus a warm up and recovery.

How HIIT Works

No matter which regimen of HIIT you choose, you're sure to get the results you want. The concept is simple. During exercise your body uses oxygen to create energy, but when you're performing aerobic exercise the body's demand for oxygen causes you to breathe faster to draw in more oxygen.

Aerobic exercises means your body requires more oxygen to create energy. Your muscles begin to burn and you have to make up for lack of oxygen after exercising.

The HIIT concept dictates that you split the oxygen-using exercises by working hard for short intervals, for example 30 to 60-seconds, and then lower the intensity to recover. While this seems severe, this process is easier on the body. And it works.

HIIT works by combining aerobic and anaerobic exercises for the most efficient use of oxygen and burning fat. Aerobic and anaerobic concepts are covered in Chapter 3 of this guide.

You have a realistic idea of your physical state before you begin a HIIT program. If you're entirely out of shape or obese, you should work with a professional to manage your program.

Starting off with 30 days of walking for 30 minutes and increasing to 60 minutes or more is a good way to prepare your body for a HIIT program. Mix in some yoga for balance and strength to get your joints and muscles engaged.

If you begin right off with HIIT, you may injure yourself and then have to take time to recuperate. Whatever you decide, once you start HIIT to get fit, you won't be disappointed.

HIIT Guidelines

Knowing the HIIT guidelines before you begin is essential. The HIIT guidelines are as follows:

- The design of the HIIT program is for those who want to increase cardio fitness, endurance levels and lose fat without losing muscle mass.
- Before you engage in HIIT, be sure that you can tolerate exercising for 20 to 30 minutes and at about 75% of your highest heart rate without becoming exhausted.
- Build up your HIIT exercise regimen gradually and don't just jump into the program.
- Include a warm up and cool down both before and after every HIIT workout.
- Give it your all during the high level intensity intervals. When you feel a burning sensation in your muscles, you know that you've hit your anaerobic zone. Make it a point to slow down after that.
- In the beginning, a full recovery takes up to four minutes, but you can decrease that time if your high intensity levels are shorter and you don't exhaust the anaerobic energy.
- If you experience any difficulties during your HIIT workout such as chest pain or difficulties breathing, begin the cool down portion of the workout. Don't stop suddenly.
- Pay attention to your heart rate. If it doesn't drop to approximately 70% during the recovery intervals, decrease the time for your intense work intervals or add time to your recovery periods.
- Don't attempt HIIT if you're a complete beginner to exercising or if you have heart or other problems that may put you at risk during an intense workout.

A 5 to 10 minute warm up is recommended before you begin to work out. Whatever the activity, begin with the highest level of speed and power you can manage for one minute. Recover for 2 or 3 minutes and then repeat the exercise. Begin low with the intervals and see if you can increase them to 10 or 12 intense work cycles.

HIIT is the most intense workout you'll likely ever perform, so it's important that you get the go-ahead from your health care professional before beginning the program. Take another safety precaution by bringing water so you can stay hydrated.

When HIIT is Not for You

HIIT is an incredibly effective method providing you with impressive results to your body and health in much less time than other popular workouts. However, if you're totally out of shape because you haven't exercised in months or years, it's best to try another form of workout until you get into the fitness mode necessary for HIIT.

Chapter 2: Beginner, Intermediate and Advanced HIIT Levels

This section of HIIT: The 60-Second Fat Burner will explain the difference in the levels and provide some guidance about how to know when you're ready for the next level. If you've been working out and are fit, you can enter a HIIT regimen at the intermediate or advanced level. If in doubt, start at a beginner's level and change up if you need more of a challenge.

Even the beginner level of HIIT requires that you're up to performing some brief bursts of high impact aerobic activity. Beginners to the HIIT regimen will notice that the variety of intensity keeps you focused so that the workout is never boring like the monotony that is part of a steady cardio workout.

When you reach a point with HIIT where you feel you're ready to go on to the next level, go ahead and give it a go. If it proves too much, return to the beginner level, but increase the number of sets for that workout. HIIT isn't for the faint of heart and the workouts will become more intense as you climb through the levels.

The HIIT Challenge for Beginners

Beginners to the HIIT program will be amazed at what they can accomplish for their fitness level in a short amount of time. HIIT can provide results if you need to lose weight, tone your body or build muscle.

Here are some things you should be aware of if you're a beginner to the HIIT regimen:

- **Vary your HIIT regimen with other types of workouts.** HIIT is so intense that it shouldn't be performed more than 2 to 3 times a week – especially if you haven't exercised in awhile.
- **Choose a cardio exercise you're comfortable with.** You can choose between a treadmill, rowing, dancing, cycling or other cardio-type of workout. Change it up to keep your body guessing what will be next.
- **Begin with small intervals of intensity.** For example, after you warm up, you can begin with 20 seconds of intense workout followed by 45 seconds at a slower rate. Perform these intervals for about 15 minutes and then enjoy a 5 minute cool down.
- **After 2 weeks, try decreasing the resting time.** Decrease the time you rest between intense levels by about ten seconds.
- **Pay attention to your body signals.** You may need to adjust the intense timing until you get used to HIIT. Always stop if you feel you can't go on and avoid pushing yourself.

Wait for about a month until your body has adapted to HIIT before increasing your maximum effort by 10 or 15 seconds. You may want to invest in a timing device so you won't have to look at the clock all the time during a workout.

How to Rev Up Your HIIT Regimen to Intermediate Level

Within two months or six weeks, you'll become familiar with how HIIT works and the effects it's having on your body. You may be ready to rev up your intensity level and progress into the intermediate part of the program.

Now that you've moved past the beginning stages of the HIIT workout program, you're ready to decrease your rest time and add more intensity to your workout. For example, you may choose to jump rope (or any other type of cardio workout) rapidly for 40 seconds and then take a 20 second break. Repeat 10 to 20 times.

Another good Intermediate level HIIT program is jog/run, where you sprint for one minute and then jog for one minute within a 10 to 15 minute time frame. The intermediate level of HIIT will produce dramatic results for your body and you'll be amazed at how much you've achieved toward your fitness goals in a short amount of time.

Put the Finishing Touches on Your Dream Body with Advanced Level HIIT

Just as a sculptor finishes her work by adding details bringing out the beauty of the stone, so does the HIIT advanced level program put the finishing touches on your body – transforming it from fit to fabulous.

There's a good reason why Olympians use advanced HIIT level techniques to train for their rigorous and demanding performances. An advanced HIIT workout changes your work to rest ratio from 3:1 at intermediate level to a 2:1 advanced level for 12 minutes per workout.

The intensity level is turbo-charged when you graduate to the advanced level. Some exercises you might use in an advanced workout include squat jumps, mountain climbers and burpees.

You can combine the exercises during the routine to keep the focus on your body varied and make the workout more intense. Make the workouts more challenging by stretching your capability. For example during a squat jump, get as low as you can during the squat.

You'll be amazed how rapidly you'll move up the HIIT intensity levels as you continue your routines. As with any exercise routine, check with your health care professional before beginning such an intense program.

Chapter 3: Aerobic and Anaerobic – What’s the Difference?

When you perform HIIT workouts, you’re combining aerobic and anaerobic benefits for your body. You may know exactly how aerobic exercise works, but are sketchy on the anaerobic benefits.

Anaerobic means “transitions in metabolism” and refers to the absence of oxygen when it’s used as a fuel to produce energy.

Aerobic is all about the presence of oxygen. During an exercise session your body uses a good amount of fuel and oxygen during the performance, and unless you have an adequate amount for the workout, you’ll experience fatigue.

When you combine aerobic and anaerobic exercises as you do in HIIT workouts, you’re ensuring that you don’t deplete your body of oxygen and experience less fatigue than from a different type of workout.

Aerobic exercises use the fat and glycogen in your body as fuel for energy. You can sustain a low or intermediate level of exercising for extended periods of time. Carbon dioxide is forced out and you don’t produce lactic acid. Some benefits of aerobic exercise include:

- Improves overall health and lifestyle, helping to extend your life.
- Prevents mood swings because of powerful endorphins released during the exercises.
- Burns fat effectively so that you lose unwanted pounds.
- Heart and lungs are strengthened
- Increases overall endurance levels

Types of aerobic exercises include any that increase your heart rate. Swimming, running and biking are all great aerobic exercises.

Types and Benefits of Anaerobic Exercises

Since oxygen isn’t used in anaerobic exercises, glycogen is used as fuel to supply energy to the body. Within two hours of exercising, you will have used up the glycogen and are ready to collapse with fatigue.

Athletes who are involved in endurance performances usually load up with carbohydrates to avoid this condition and sustain energy. Also, anaerobic exercises build up lactic acid in your body (aerobic exercises don’t) and you could experience fatigue or even discomfort in your muscles and joints.

In HIIT training the anaerobic portion of the exercise happens in short bursts, so you won’t suffer the consequences, but will enjoy the benefits. The benefits of anaerobic exercises include:

- **Builds lean muscle mass.** More muscle mass means that you burn calories much more efficiently.
- **Sustain the ideal weight.** You burn calories even when resting, so weight management is more effective.
- **Elevate endurance and help raise your fitness levels.**

Types of anaerobic exercises include any type that makes you work at your maximum level of intensity such as cycling up a hill, sprint cycling, weight lifting (including bodyweight) or sprint running. When you perform them in intervals along with aerobic exercises you'll realize the maximum benefits of HIIT.

Chapter 4: The HIIT Approach to Energy

Most people report that after a few weeks of High Intensity Interval Training, their energy levels have increased tenfold compared to a steady cardio workout.

The science behind the increased energy levels isn't complicated. For one thing, HIIT workouts are shorter in duration than most cardio workouts, so you don't spend all your energy devoted to enduring an hour's worth of exercise. HIIT workouts tend to be no longer than 15 minutes and the short bursts of energy that you expend are followed by recovery level exercise.

Another reason your energy levels increase is because your body uses more oxygen during the HIIT workout.

What's Oxygen Got to Do With It?

How your body uses oxygen when exercising has everything to do with the way your body burns fat and uses energy. Oxygen is the magic molecule that helps your body break down fat and carbs and use it to provide energy. It's an efficient process that works best during HIIT workouts.

When you're working at a lower intensity workout, your body becomes more efficient, but loses power. When working at a higher intensity level such as jumping rope, the anaerobic metabolism kicks in and your body needs plenty of oxygen in a short amount of time.

Alternating short bursts of extremely intense exercise with intervals of lower intensity exercise creates a condition where your metabolism becomes very effective – not only for keeping energy levels high, but also for long term weight loss and overall fitness.

Chapter 5: The HIIT Approach to Weight Loss

Can HIIT workouts be a better way to lose weight than 90-minute cardio sessions?

The answer is a firm, “Yes!” By combining aerobic and anaerobic exercises in short, 15 minute workouts, your metabolism becomes more efficient, you limit muscle loss and your body keeps on burning fat after the session.

HIIT is a method professional athletes have known about for years and Hollywood stars are catching on to as a way to restore their bodies to trim, lean appearance after having a baby or gaining weight for a movie.

The HIIT approach to weight loss is also a more practical way for most of us to get the weight loss results we need. Who has hours to spend at a gym every day? HIIT workouts are short, but extremely effective.

If you need to lose weight, you’ll need to crank up your metabolism, build muscle mass and create an “afterburn” that keeps on burning fat long after you’ve stopped exercising. The bottom line is that HIIT burns more calories (fat) in 15 minutes than a steady, hour-long cardio workout.

Studies show that after six weeks of high intensity training with intervals, the participants enjoyed the following benefits of the workouts:

- High levels of fat oxidation in muscles.
- High levels of growth hormones that help fat loss.
- Higher resting metabolic rate for up to 24 hours after exercising.
- Suppressed appetite after exercising.
- Improvement in sensitivity to insulin.

More fat loss, increased muscle mass and no more marathon sessions in the gym is what HIIT is all about.

Chapter 6: The HIIT Approach to Nutrition

A well thought out approach to HIIT nutrition will ensure that the body has enough glycogen to get you through the intense bursts that are so important to any HIIT workout.

The HIIT approach is different in that there is a pre- and post-workout nutrition plan that you should follow to get the most out of your workouts. It's not all about food either – hydration is extremely important in any physical workout, but with HIIT, it's all-important.

A pre-workout nutrition meal for HIIT should begin about two to three hours prior to the workout and include a blended drink of low or nonfat dairy, fruit, carbs and protein. You especially need the carbs for a HIIT workout to be effective.

There's no need to eliminate any food group when practicing HIIT workouts. You need all of the essential nutrients and vitamins that you can't get unless you have a well-balanced nutrition plan.

It's interesting that your brain uses glucose to think and glucose is derived from carbohydrates. If you're only concentrating on protein as some weight loss and muscle building workouts advocate, the amount of fuel for the brain is insufficient.

Of course you should include the proper amount of protein for a diet plan, but carbs aren't the nemesis they're made out to be in most diets. During a HIIT workout, carbs are used more efficiently than any other type of workout routine.

Dairy, which contains calcium and Vitamin D and whey protein, has been found to decrease body fat and build and maintain muscle mass. Drinking milk after a HIIT workout is encouraged. If you are lactose intolerant, look for a protein drink made of vegetable proteins (such as with pea or spirulina ingredients) instead of whey or milk proteins.

Hydration, Hydration, Hydration!

As with any exercise program, HIIT should be accompanied by lots of fluids. Water helps flush out the toxins that are released during the high and low levels of workouts.

If you release 16 oz of fluid during a workout, you need to replenish with 24 ounces of water. You can weigh yourself before and after a workout, but why not make hydration easy? Drink at least two quarts of water or more each day. That equals eight 8-oz glasses of water.

Are Nutritional Supplements Really Necessary?

It's difficult to know what to do with all of the nutritional supplements being touted by online advertisements and personal trainers and gyms. When you base your diet on

consuming fewer calories than you burn, you'll lose fat. Lean protein, vegetables, fruits, some carbohydrates and healthy fats are the perfect diet for HIIT workouts to work most effectively.

You can experiment with the amount of carbs you consume to see what works best for you. HIIT uses carbs in a most efficient way and needs them for burning during the anaerobic part of the intervals.

You don't necessarily need nutritional supplements to replace minerals and vitamins lost in a HIIT workout, many athletes on the HIIT program attempt to increase their power and endurance by using a protein supplements which gives them more endurance capability during high-intensity workouts. Supplements or protein drinks are consumed before a HIIT workout.

Beta-alanine is an amino acid supplement that some athletes also use to minimize fatigue. Also taken before a HIIT workout, Beta-alanine buffers muscle pH.

After a HIIT workout, many advanced athletes drink a protein, amino acid or carb beverage to help the metabolism keep burning fat and to provide energy and muscle mass.

Chapter 7: HIIT Isn't Easy...But It Isn't Time Consuming Either

One of the biggest advantages of HIIT workouts is that you can fit it in any time or any place. Most of us are too busy for long sessions in the gym or running outdoors. HIIT sessions don't last over 15 minutes and the results are even better than those longer workouts.

Fitter, Firmer, Faster

HIIT workouts can't be described as "easy," but almost anyone can endure short bursts of intense energy followed by a longer "recovery" period if it means having a fit and firm body in less time.

If you can devote just 10 minutes to an exercise solution, you can shed fat and burn calories like you've never experienced before. That's why HIIT is a hot trend these days. It trims flab, strengthens your core and sculpts your waist to give you a fit and attractive silhouette.

HIIT gives you faster results by working out smarter. You'll use all of the moves in a HIIT workout to sculpt your entire body because you're using powerful intervals to rev up your heart rate and set your metabolism on fire so that it works long after you stop the workout.

HIIT works by using the aerobic and anaerobic parts of the workout to effectively use the necessary calories and body mechanisms to provide faster and more astounding results.

As you progress with HIIT workouts from beginner to advanced (athlete) level, you may want to increase your workout times, adding on a few minutes (two or three) as you advance just to see how your body reacts.

Adjusting HIIT Levels

As you move along with your HIIT workouts, you may find that you need to adjust your intensity levels. You'll know you're ready to move up to a higher intensity level when the workouts are so easy that your performance isn't challenging anymore.

There's no one way to structure a HIIT workout, but experimenting with short and long bursts of speed compared to longer or shorter recovery times is a good way to find out what works best for you.

The most common error made for interval training is not scheduling enough time for recovery. Pay attention to your body during interval training and you'll soon find what you can accomplish by lowering or speeding up your power levels.

HIIT workouts shouldn't be performed every day, but one or two times a week, especially in the beginning, so you build up the intensity gradually without risking injuries. In between HIIT sessions, perform your normal fitness routines.

Some trainers only advocate that HIIT be used for six week periods rather than year-round, but most HIIT experts agree that using it as a part of your workout routine on a year-round basis is best for overall health and fitness.

Chapter 8: Benefits of HIIT to Your Overall Health

Research has overwhelmingly shown that HIIT benefits your overall health and your fitness level. When you just can't find an hour or even 30 minutes to exercise, HIIT research proves that you can make more progress in 15 minutes, three times a week and jogging for an hour.

Here are some other benefits of HIIT for your overall health:

- **Burn more fat** – HIIT gives you the benefit of burning more fat as you exercise and even more after the exercise and your body's repair system goes into turbo-charge after a HIIT workout.
- **Become heart-healthy** – When you push yourself into an anaerobic zone during a HIIT workout, you feel that your breath is gone and your heart is pumping furiously. The results are that your heart becomes strong and you increase your endurance level.
- **Lose weight – build muscle** – If you've ever been on a diet and exercise program, you know how difficult it is to keep your muscle mass when losing fat. HIIT lets you maintain and build muscle mass when cutting back on calorie intake and burning more calories.
- **Stimulates human growth hormone production** – HIIT workouts may increase HGH by 450% -- after the workout. HGH increases the amount of calories burned and actually slows the aging process, so you feel and look younger.
- **Improves insulin and blood sugar regulation** – Studies show that after only two weeks of HIIT with three workout sessions per week, those with Type 2 diabetes were able to improve blood sugar regulation.

Besides the health benefits listed above, HIIT workouts will give you the ultimate gifts of a good workout routine – a ripped physique and more stamina so that you can enjoy activities you may not have joined in for years. Who wouldn't want that?

Chapter 9: Which Type of HIIT Workout is Right for You?

You can choose from many types of workouts programs and turn it into a HIIT workout. You don't need equipment, a gym membership or anything else to enjoy all the benefits that a HIIT workout offers.

The variations of HIIT are many, but the most popular ones are listed below:

- **Tabata Method** – Only 20 seconds of super-charged effort, followed by 10 seconds of recovery and repeated 8 times is the basis of this intense workout cycle.
- **Gibala Regimen** – Another popular type of HIIT workout, the Gibala regimen, can be good for those who aren't used to exercise. It calls for a 3 minute warmup, 60-second intensity bursts, interspersed with short recover periods. Repeat sets for 10 repetitions and finish with a 5-minute cool-down routine.
- **Cross Training** – A variation of HIIT when cross-training might be 15 intervals working intensely for 30 seconds and 30 second recovery times in between for 15 minutes.
- **10/20/30 Workout** – Basically for runners, this HIIT workout involves that the runners run at low-level for 30 seconds, mid-level speed for 20 seconds and highest speed for 10 seconds. Repeat this sequence for 5 minutes, with recovery intervals lasting for 2 minutes. The run usually lasts for 20 to 30 minutes and can cut the running time, but have even better workout results.
- **MetCon3** – If you choose this type of HIIT workout, you'll need some free weights. MetCon3 is a popular group fitness method and involves a warm up, one set of each free weight exercise, done back to back and then repeat the cycle 2 more times. Recovery time consists of 1 to 2 minutes between sessions and finish with a cool-down.
- **Turbulence Training** – This method combines several types of workouts and is best for those who want to increase their strength. It's extremely intense and requires 45 minutes to complete at the highest level. There is a 5 minute warm up followed by 8 repetitive sets of weight lifting, followed by a minute of mountain climbers and you repeat all that for 45 minutes.
- **Little Method** – An intermediate level HIIT workout that involves a 3 minute warm up, 60 seconds of intense cycling, 75 seconds of slow cycling and repeated for 12 sets for a total of 27 minutes.
- **Turbo Fire** – This extremely high intensity workout virtually sizzles your fat. You can tone, lose weight and be in the best shape you've ever been in with this

workout method. There are various levels of the Turbo-Fire HIIT workout and you can choose one that suits you best.

- **Zumba** – The dance craze hitting the world is a good example of what a HIIT workout can do for you and still be the most fun you’ve ever had. The motto of Zumba is, “Ditch the workout – join the party.” During a Zumba workout, you’ll enjoy Latin beat and a workout that begins slowly and gradually becomes intense and frantic, with small rests in between the intense levels. You can purchase a Zumba workout DVD or join a class.

There are many other workouts you can combine into a HIIT workout. No matter what exercise you enjoy, putting the HIIT spin on it means the difference in a workout that really works compared to one that takes so much time that you’re burned-out before you reach the end.

Chapter 10: Challenge Yourself with HIIT

HIIT is a fairly new type of exercise method for the general public, but professional athletes and some personal trainers have been using the concept for many years. Now, it's fast becoming the most sought after type of exercise around.

Now that you know what HIIT is all about, you're probably anxious to get started. It doesn't take much thinking or planning to remain motivated with HIIT workouts because you'll be seeing the results almost immediately and the short amount of time you have to spend is much more attractive than a full blown workout in the gym.

Hopefully, this guide inspired you to try a different type of workout so you can discover the benefits yourself. As you begin to learn more about HIIT, you'll likely want to try other types of HIIT workouts and vary your routine.

What You Can Expect from 8-Weeks of HIIT Workouts

With HIIT you'll watch the fat literally melt from your body and your muscles and core become lean and mean. HIIT brings a challenge to any type of exercise you choose, but actually shortens the time you're working out.

After only 8 weeks of HIIT training you can expect to see results. Typical results from an 8-week HIIT workout program include:

- **2% body fat loss**– Studies reported that people who followed 8 weeks of a HIIT program lost 2% body fat as compared to people using a normal type of exercise regimen. In fact, the second group lost no percentage of fat. Other studies showed similar results.
- **Metabolism keeps working** – Those who kept to a HIIT program while working out on a stationary cycle burned more calories during a 24 hour period following the workout than those who cycled longer at a moderate rate.
- **More muscle to burn fat faster** – Those in HIIT workouts enjoyed muscle mass buildups that had higher levels of fat oxidation than those people in steady workout routines.
- **HIIT workouts use more fat for fuel** – Compared to steady workout routines performed for longer times, a HIIT workout burns more fat by about 50 percent. HIIT increased the proteins in the muscles that are responsible for transporting fat to the mitochondria where it's used for fuel.

Enjoy Life More with HIIT Workouts

You've read about the health benefits you can enjoy with HIIT workout routines and the way HIIT can sculpt your body, but there's really more to HIIT. You'll soon find that you're laughing more and enjoying life more.

It's easy to see why. You aren't spending your valuable time on boring workouts, so you can spend more time with family or doing what you want to do. Not only that – you're realizing results in your body that you never thought were possible.

There's no doubt that HIIT workouts aren't easy, but the workouts become addictive as time goes on because you feel so good and the results you're enjoying are phenomenal.

Most people who turn to HIIT say that they're so addicted to HIIT workouts that they want to do it even while on vacation and have virtually replaced old workouts with HIIT.