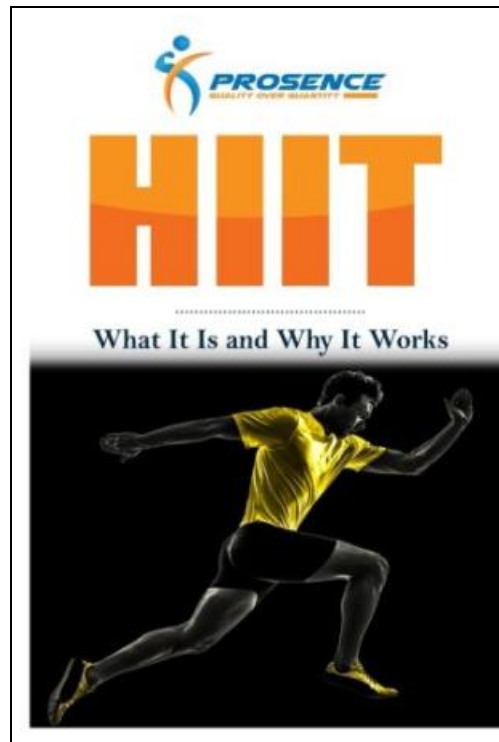


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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.HIIT: What it is and why it works Prosence is dedicated to guiding, motivating and providing the tools necessary to transform people into the best version of themselves. Our goal is to empower men and women across the globe to realize that physical and mental fitness are not a short-term solution, but a lifetime choice, and to actualize what they have come to understand into a daily routine. Prosence has created a fitness guide to help you better understand how high intensity interval training (HIIT) can be of great benefit to you and how you can use it to achieve your personal fitness goals, and why you may want to consider it as part of your training regimen. Do you wish to know more about High Intensity Interval Training? High intensity interval training - better known as HIIT - is one of the most effective ways to torch body fat and get into seriously awesome shape and fitness in record time. However, there s a lot of misinformation going around about HIIT that misleads a lot of people into misapplying it and then fail to reach their fitness goals; it has convinced many others to eschew it for less effective training programs. Prosence has taken the liberty of coming up with this book that will remove the burden of having to sift through the plethora of information on the web concerning HIIT so you ll know what HIIT truly is and why it s one of the best training programs for helping you get into seriously awesome fitness and shape in record time. In this book, you will learn the essence of HIIT, why you should use it as part if not...



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