

# High-Intensity Training

## The 6-minute Workout ~ High Intensity Training

EQUIPMENT NEEDED: Exercise Bike

2 MINUTES	<b>WARM-UP</b>	Cycle gently.
20 SECONDS	<b>FULL THROTTLE</b>	Pedal as hard and as fast as you can!
1.5 MINUTES	<b>REST</b>	Continue to cycle gently.
20 SECONDS	<b>FULL THROTTLE</b>	Pedal hard again!
1.5 MINUTES	<b>REST</b>	Cycle gently.
20 SECONDS	<b>FULL THROTTLE</b>	Pedal hard. (Last time!)
	<b>END</b>	Breathe deeply. You've done well!

### Demonstrated Benefits:

- 24% average improvement in insulin sensitivity in study participants  
(Reduced risk of diabetes and other metabolic diseases)
- Significantly increased aerobic fitness in 80% of participants  
(For improved circulation and a healthier heart and lungs)

Get the story behind high-intensity interval training (HIIT), its muscle-building and fat-burning benefits, and how you can integrate it into your. High intensity interval training is one of the most effective and efficient workouts you can do. Here's how to make sure you're doing it properly. High-intensity interval training (HIIT), also called high-intensity intermittent exercise (HIIE) or sprint interval training (SIT), is a form of interval training. High-intensity training (HIT) is a form of strength training popularized in the s by Arthur Jones, the founder of Nautilus. The training focuses on performing. High-intensity interval training (HIIT workouts) has the fitness industry buzzing because of its potential to torch maximum calories in a minimum amount of time. High intensity interval training (HIIT) has the fitness industry buzzing because of its potential to torch maximum calories in a minimum amount of time. The idea is . High-intensity interval training (HIIT) has many benefits, including burning more fat and calories. Learn why you should start doing HIIT!. You're probably familiar with high-intensity interval training (HIIT). When it comes to cardio, HIIT is definitely the best way to strip off body fat, to the extent that. High Intensity Training or HIT is a type of progressive resistance exercise characterized by a high level of effort and relatively brief and infrequent workouts. If you're still not convinced that high-intensity interval training (HIIT) is worth a try, read on for even more of its advantages. In the fitness world, the word miracle gets thrown around like a two-pound dumbbell. But when it comes to high-intensity interval training (HIIT). High intensity interval training (HIIT) is when you alternate between high and low intensity exercise(s) or between high intensity exercise and a short period of. High intensity workouts are the latest trend in fitness. But what does that actually mean? Working to the point of complete muscle fatigue or until. Shorter, high-intensity workouts offer the same benefits as longer, moderate ones here's how to get started and how it could transform your. If you haven't tried HIIT by now, discover why high-intensity interval training can burn more fat in less time. Plus, try this no-equipment HIIT. Just because you're new to fitness doesn't mean high-intensity interval training isn't for you. Otherwise known as HIIT workouts, these.

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