



## High Intensity Interval Training - Hiit: (Is for Dummies) a Must Read for All Fitness Enthusiasts

By Dexter Poin

Createspace Independent Publishing Platform, United States, 2014. Paperback. Book Condition: New. 224 x 148 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.A reminder to all that there is an eBook version of this book as well. Both version are sold exclusively through Amazon. High Intensity Interval Training HIIT is for Dummies This is real weight loss motivation here folks. If you are someone who is looking to find your fitness and get on the road to better overall health, then this is an absolute must read before you decide to dive into any type of workout plan or program. High Intensity Interval Training, or HIIT for short sure does sound cool and exciting am I right? But is HIIT the optimal choice for everyone when it comes to finding their solution for burning off fat? This is why I wanted to write this book. I know that out in the real world where I choose to live, not everyone is healthy enough to even be contemplating adding in HIIT to their arsenal of workout tools when it comes to fat loss. There are so many factors that come into play when it comes to a persons...



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