

Download H I I T Principles Of High Intensity Interval Training For Weight Loss

High-intensity interval training (HIIT), also called high-intensity intermittent exercise (HIIE) or sprint interval training (SIT), is a form of interval training, a cardiovascular exercise strategy alternating short periods of intense anaerobic exercise with less intense recovery periods, until too exhausted to continue. Drew Baye's High Intensity Training is a participant in the Amazon Services LLC Associates Program, an affiliate advertising program designed to provide a means for us to earn fees by linking to Amazon.com and affiliated sites. This Q&A is a general response to several specific questions I've received through e-mail and comments on other posts regarding high intensity training for seniors. Bodyweight Cardio 500 ... Mistake #1: Doing Too Many High Impact Exercises. You probably already know why you should do strength training if fat loss is your goal (it builds muscle which improves your blood sugar, so fewer carbs get stored as fat)., H I I T Principles Of High Intensity Interval Training For Weight Loss.

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