

# The 20 Minute Dream Body with High Intensity Interval Training (HIIT): HIIT Made Easy



## HIIT: The 20-Minute Dream Body with High Intensity Interval Training (HIIT) (HIIT Made Easy Book 1)

by John Powers

★★★★☆ 4.2 out of 5

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In today's fast-paced world, it can be difficult to find time for a comprehensive workout. That's where HIIT (High Intensity Interval Training) comes in. HIIT is a type of exercise that involves short bursts of intense activity followed by brief periods of rest. This type of training has been shown to be incredibly effective for burning fat and building muscle, and it can be done in as little as 20 minutes per day.

This comprehensive guide will provide you with everything you need to know about HIIT, including:

- What is HIIT?
- The benefits of HIIT

- How to create a HIIT workout
- Nutrition tips for HIIT
- Recovery tips for HIIT

## What is HIIT?

HIIT is a type of exercise that involves alternating between short bursts of intense activity and brief periods of rest. The bursts of activity are typically performed at 80-95% of your maximum heart rate, and the rest periods are typically 20-30 seconds long. This type of training is designed to push your body to its limits and promote fat burning and muscle building.

## The Benefits of HIIT

HIIT has a number of benefits, including:

- **Burns fat:** HIIT is one of the most effective ways to burn fat, as it can help you burn up to 30% more calories than traditional cardio.
- **Builds muscle:** HIIT can also help you build muscle, as it promotes the release of anabolic hormones like testosterone and growth hormone.
- **Improves cardiovascular health:** HIIT can help improve your cardiovascular health by increasing your heart rate and blood flow.
- **Boosts metabolism:** HIIT can help boost your metabolism, which can help you burn more calories throughout the day.
- **Saves time:** HIIT workouts can be done in as little as 20 minutes per day, making them ideal for people who are short on time.

## **How to Create a HIIT Workout**

To create a HIIT workout, you will need to choose a series of exercises that you will perform in short bursts. You can choose any type of exercise that you enjoy, such as running, sprinting, jumping jacks, burpees, or weightlifting. Once you have chosen your exercises, you will need to determine how long you will perform each burst of activity and how long you will rest between bursts. A typical HIIT workout will involve 10-15 bursts of activity, with each burst lasting 20-30 seconds and each rest period lasting 20-30 seconds.

Here is an example of a HIIT workout:

- Warm-up: 5 minutes of light cardio, such as walking or jogging
- Interval 1: 20 seconds of sprinting, followed by 20 seconds of rest
- Interval 2: 20 seconds of jumping jacks, followed by 20 seconds of rest
- Interval 3: 20 seconds of burpees, followed by 20 seconds of rest
- Repeat intervals 1-3 for 10-15 minutes
- Cool-down: 5 minutes of light cardio, such as walking or jogging

## **Nutrition Tips for HIIT**

Nutrition is an important part of any fitness program, and HIIT is no exception. To get the most out of your HIIT workouts, you will need to eat a healthy diet that is high in protein and carbohydrates. Protein is essential for building muscle, and carbohydrates are necessary for providing energy during your workouts. You should also make sure to drink plenty of water before, during, and after your workouts.

Here are some nutrition tips for HIIT:

- Eat a protein-rich meal before your workout.
- Consume a carbohydrate-rich snack during your workout.
- Drink plenty of water before, during, and after your workout.
- Avoid eating a large meal before your workout.
- Avoid consuming sugary drinks during your workout.

### **Recovery Tips for HIIT**

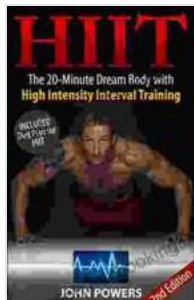
Recovery is an important part of any fitness program, and HIIT is no exception. After a HIIT workout, your body will need time to rest and repair itself. During this time, it is important to get plenty of sleep, eat a healthy diet, and avoid strenuous activity. You should also make sure to stretch your muscles and massage any sore areas.

Here are some recovery tips for HIIT:

- Get plenty of sleep after your workout.
- Eat a healthy diet that is high in protein and carbohydrates.
- Avoid strenuous activity the day after your workout.
- Stretch your muscles and massage any sore areas.
- Use a foam roller to help relieve muscle soreness.

HIIT is a powerful form of exercise that can help you achieve your fitness goals in just 20 minutes per day. This comprehensive guide has provided you with everything you need to know about HIIT, including the benefits of

HIIT, how to create a HIIT workout, nutrition tips for HIIT, and recovery tips for HIIT. Follow the tips in this guide and you will be well on your way to achieving the 20 minute dream body.

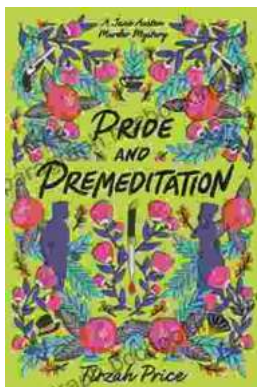


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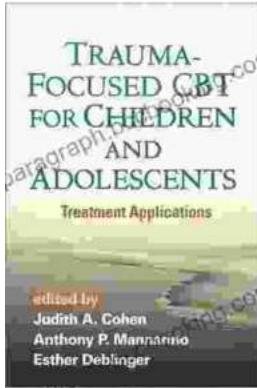
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