

hiit after strength training

HIIT After Strength Training: Maximizing Your Workout Efficiency

hiit after strength training has become a popular strategy among fitness enthusiasts looking to boost their overall performance, burn fat more effectively, and improve cardiovascular health without sacrificing muscle gains. Combining the benefits of strength training with high-intensity interval training (HIIT) can provide a well-rounded workout that targets multiple fitness goals simultaneously. But how exactly does doing HIIT after strength training impact your body? And what are the best practices to make the most out of this combination? Let's dive deep into the world of HIIT after strength training and explore how this workout sequence can elevate your fitness routine.

Understanding the Basics: What Is HIIT and Strength Training?

Before exploring the synergy between HIIT and strength training, it's essential to understand what each entails.

What is Strength Training?

Strength training, also known as resistance training, involves exercises that improve muscle strength and endurance by working against a resistance. This can include free weights, resistance bands, machines, or even bodyweight exercises. The primary goal is to build muscle mass, increase bone density, and improve overall body composition.

What is HIIT?

High-Intensity Interval Training (HIIT) is a cardiovascular workout strategy alternating short bursts of intense exercise with lower-intensity recovery periods. HIIT workouts are known for their efficiency in burning calories, boosting metabolic rate, and improving heart health in a relatively short time.

Why Combine HIIT After Strength Training?

Many people wonder why they should add HIIT after their strength sessions instead of doing cardio before or on separate days. There are several reasons why this order might be beneficial.

Fat Burning and Afterburn Effect

One of the primary reasons for doing HIIT after strength training is to maximize fat loss. Strength training depletes glycogen stores in muscles, making your body more likely to tap into fat stores during subsequent cardio. When you follow up with HIIT, your body continues to burn calories at an elevated rate even after the workout is over—a phenomenon known as excess post-exercise oxygen consumption (EPOC). This “afterburn effect” is often greater with HIIT than with steady-state cardio.

Preserving Muscle Mass

Doing HIIT after strength training can help preserve muscle mass better than doing cardio before lifting. If you do intense cardio first, you might fatigue your muscles, leading to decreased performance during strength exercises. Conversely, by prioritizing strength training, you ensure your muscles are fresh and can lift heavier or perform more reps, which is crucial for hypertrophy and strength gains.

Improved Cardiovascular Fitness Without Sacrificing Strength

Integrating HIIT post-strength training allows you to improve cardiovascular fitness and endurance without compromising the gains made from lifting weights. This balance is especially important for athletes or fitness enthusiasts who want to maintain strength while enhancing overall conditioning.

How to Structure HIIT After Strength Training Workouts

To get the best results from combining these two training styles, it's important to consider workout structure, intensity, and recovery.

Choosing the Right Intensity and Duration

Since strength training can be taxing on the body, the HIIT session that follows should be carefully planned. Typically, a HIIT workout lasting 10 to 20 minutes is sufficient when done after lifting. The intensity should remain high during work intervals but avoid overexertion that could lead to injury or excessive fatigue.

Example HIIT structure after strength training:

- Warm-up (5 minutes light cardio)
- 20 seconds sprint or high-intensity exercise (e.g., burpees, jump squats)

- 40 seconds rest or low-intensity movement (walking or slow jogging)
- Repeat 8-10 rounds
- Cool down and stretch

Timing and Frequency

Depending on your fitness goals, you might do HIIT after strength training 2-3 times per week. It's important to listen to your body and allow adequate recovery between sessions, especially if you're lifting heavy weights. Overtraining can hinder progress and increase the risk of injury.

Pre-Workout Nutrition and Hydration

Fueling your body properly before a combined strength and HIIT session is key. Consuming a balanced meal with carbohydrates and protein about 1-2 hours before training can help maintain energy levels. Staying hydrated throughout the workout is equally important to support performance and recovery.

Potential Drawbacks and How to Avoid Them

While HIIT after strength training has many benefits, it's not without potential challenges.

Risk of Overtraining and Fatigue

Combining two intense workout modalities can lead to overtraining if not managed properly. Symptoms include persistent muscle soreness, decreased performance, and increased fatigue. To avoid this, monitor your training load and incorporate rest days or active recovery sessions.

Impact on Muscle Recovery

HIIT involves explosive and high-impact movements, which may interfere with muscle recovery after strength training. Adequate post-workout nutrition and sleep are crucial to support muscle repair and growth.

Not Suitable for Beginners

If you're new to fitness, jumping straight into HIIT after strength training might be overwhelming.

It's better to build a solid foundation with moderate-intensity workouts and gradually incorporate HIIT as your fitness improves.

Additional Tips for Maximizing Results with HIIT After Strength Training

Incorporate Compound Movements in Strength Training

Focusing on compound exercises like squats, deadlifts, and bench presses during your strength session ensures you engage multiple muscle groups, making your workout more efficient before transitioning to HIIT.

Mix Different Types of HIIT Exercises

Variety keeps workouts exciting and challenges your body in new ways. Consider alternating sprint intervals with bodyweight exercises such as mountain climbers, kettlebell swings, or jump lunges.

Listen to Your Body

Pay attention to signs of fatigue or discomfort. If you feel excessively tired after strength training, consider lowering the intensity or duration of your HIIT session or separating the workouts into different times of the day.

Use HIIT for Specific Goals

Depending on whether your goal is fat loss, endurance, or athletic performance, you can tailor your HIIT workouts accordingly. For example, shorter, more explosive intervals work well for power and speed, while slightly longer intervals with moderate intensity help improve aerobic capacity.

The Science Behind HIIT After Strength Training

Research supports the effectiveness of doing HIIT after resistance training for improving body composition and metabolic health. Studies have shown that this combination can increase mitochondrial biogenesis, enhance insulin sensitivity, and boost fat oxidation rates more than performing either exercise modality alone.

Additionally, the elevated heart rate and hormonal responses triggered by HIIT post-lifting amplify calorie expenditure and improve cardiovascular markers. These physiological benefits make HIIT

after strength training a powerful tool for anyone aiming to optimize their fitness journey.

Integrating hiit after strength training in your workout routine offers a dynamic way to balance muscle building with fat loss and endurance improvement. By understanding how to structure these sessions, managing intensity, and prioritizing recovery, you can harness the full potential of this training approach and enjoy a more efficient, effective path toward your fitness goals.

Frequently Asked Questions

Is it effective to do HIIT after strength training?

Yes, doing HIIT after strength training can be effective for enhancing cardiovascular fitness and promoting fat loss while preserving muscle mass.

How soon after strength training should I do HIIT?

It's generally recommended to start HIIT after completing your strength training session, allowing a brief rest of 5-10 minutes to recover before beginning high-intensity intervals.

Will doing HIIT after strength training cause muscle loss?

If properly fueled and recovered, doing HIIT after strength training is unlikely to cause muscle loss and can actually help improve metabolic rate and endurance.

How long should a HIIT session be after strength training?

A HIIT session after strength training should typically last between 10 to 20 minutes to avoid excessive fatigue and overtraining.

Should I eat before doing HIIT after strength training?

Yes, consuming a balanced meal or snack with protein and carbohydrates before your workout can help maintain energy levels and support muscle recovery.

Can HIIT after strength training improve fat loss?

Yes, combining HIIT with strength training can increase calorie burn and boost metabolism, which may enhance fat loss over time.

Is it better to do HIIT before or after strength training?

It depends on your goals; doing strength training first helps maintain muscle performance, while HIIT first can improve cardiovascular conditioning but may reduce strength performance.

How often should I do HIIT after strength training?

For most people, 2-3 times per week of HIIT after strength training is sufficient to gain benefits without risking overtraining.

What are the risks of doing HIIT immediately after strength training?

Risks include increased fatigue, higher injury risk, and potential overtraining if adequate rest and nutrition are not maintained.

Can beginners do HIIT after strength training?

Beginners can do HIIT after strength training but should start with lower intensity and shorter durations to allow the body to adapt safely.

Additional Resources

****Maximizing Fitness Gains: An In-Depth Review of HIIT After Strength Training****

hiit after strength training has become a topic of considerable interest among fitness enthusiasts and professionals alike. The combination of high-intensity interval training (HIIT) immediately following resistance or weight training is often proposed as a strategy to amplify fat loss, improve cardiovascular endurance, and optimize overall workout efficiency. However, the effectiveness and appropriateness of incorporating HIIT after a strength session depend on various factors, including individual goals, training experience, and recovery capacity. This article examines the physiological impacts, benefits, drawbacks, and practical considerations of performing HIIT after strength training, offering a balanced and evidence-based perspective.

Understanding the Dynamics of HIIT After Strength Training

High-intensity interval training is characterized by brief, intense bursts of exercise alternated with periods of low-intensity recovery or rest. Strength training, on the other hand, focuses on muscle hypertrophy, neuromuscular adaptation, and increasing maximal force output. When combined sequentially, HIIT after strength training imposes a compounded physiological demand on the body, affecting energy systems, muscle fatigue, and hormonal responses.

From a metabolic standpoint, strength training primarily utilizes the phosphagen and glycolytic energy systems, while HIIT engages both anaerobic and aerobic pathways, depending on the work-rest ratio and exercise selection. Performing HIIT after a strength session means the muscles and cardiovascular system are already taxed, which may influence performance during the interval training and subsequently affect recovery.

Impact on Muscle Performance and Fatigue

One of the critical considerations when implementing HIIT after strength training is the potential for accumulated fatigue. Research indicates that muscular fatigue from resistance exercises can reduce power output and endurance capacity in subsequent HIIT workouts. For example, a study published in the **Journal of Strength and Conditioning Research** reported that participants who performed HIIT after strength workouts exhibited decreased sprint performance compared to those who performed HIIT alone. This suggests that muscle glycogen depletion and neuromuscular fatigue from strength exercises can impair the quality and intensity of the following HIIT session.

However, some trainers argue that this cumulative fatigue may enhance endurance adaptations by forcing the cardiovascular system to work harder under stressed muscular conditions. This approach may be particularly beneficial for athletes seeking to improve metabolic conditioning without extending total workout duration.

Influence on Fat Loss and Body Composition

One of the main attractions of combining HIIT with strength training is the potential for enhanced fat loss. Both training modalities independently promote calorie expenditure and elevate post-exercise oxygen consumption (EPOC), which contributes to increased metabolic rate after the workout. When HIIT is performed after strength training, the total energy expenditure may increase, potentially leading to greater fat oxidation.

Studies have demonstrated that the EPOC effect from combined training sessions can last several hours post-exercise, which supports the notion that HIIT after strength training can be an effective fat-burning strategy. Nonetheless, the magnitude of this effect varies depending on exercise intensity, duration, and individual metabolic response. It's also important to note that excessive training volume without adequate recovery can lead to overtraining symptoms, undermining fat loss efforts and overall performance.

Timing and Order: Is HIIT Best After Strength Training?

The sequencing of HIIT and strength training has significant implications for training outcomes. While some advocate for HIIT after strength sessions to capitalize on glycogen depletion and increased fat utilization, others recommend performing HIIT on separate days or before resistance training for optimal performance in each modality.

Pros of Performing HIIT After Strength Training

- **Enhanced Fat Oxidation:** Glycogen stores are partially depleted after strength training, potentially shifting energy metabolism toward increased fat utilization during HIIT.

- **Time Efficiency:** Combining both workouts in a single session can save time for individuals with busy schedules.
- **Improved Cardiovascular Conditioning:** Following strength training with HIIT may improve aerobic capacity and recovery rates.
- **Elevated EPOC:** The combined metabolic stress elevates calorie burn post-exercise.

Cons of Performing HIIT After Strength Training

- **Decreased HIIT Performance:** Fatigue from strength training may reduce intensity and effectiveness during HIIT.
- **Increased Injury Risk:** Fatigued muscles may compromise movement quality, increasing the potential for strain or injury.
- **Impaired Strength Gains:** Excessive cardio immediately after resistance training might interfere with muscle recovery and hypertrophy.
- **Longer Recovery Times:** Combined sessions can elevate overall training stress, necessitating more rest.

Practical Recommendations for Integrating HIIT After Strength Training

For fitness enthusiasts considering the inclusion of HIIT after strength training, several practical guidelines can optimize results while minimizing risks.

Assess Individual Goals

The primary determinant of whether to implement HIIT after strength training should be the individual's fitness goals. For those focused on maximal strength and hypertrophy, prioritizing strength training and limiting post-workout cardio may be advisable. Conversely, individuals aiming for fat loss or improved cardiovascular health might benefit from the combined approach.

Monitor Intensity and Volume

To prevent overtraining and excessive fatigue, it is essential to regulate the intensity and duration of

both strength and HIIT components. For example, a moderate-intensity HIIT session lasting 10-15 minutes might be more sustainable after a heavy lifting session than an exhaustive 30-minute interval workout.

Incorporate Adequate Recovery

Given the increased physiological demands, ensuring sufficient recovery between sessions is paramount. This includes proper nutrition, hydration, sleep, and potentially scheduling rest or active recovery days to support muscle repair and energy replenishment.

Listen to the Body

Athletes and fitness practitioners should pay close attention to signs of excessive fatigue, diminished performance, or discomfort. Adjusting the order, intensity, or frequency of HIIT after strength training may be necessary based on individual responses.

Comparing HIIT After Strength Training to Other Training Models

Alternative strategies include performing HIIT before strength training, on separate days, or integrating low-intensity steady-state cardio instead of HIIT.

HIIT Before Strength Training

Performing HIIT before resistance exercises can serve as a dynamic warm-up and improve cardiovascular readiness. However, it may impair maximal strength output due to pre-fatigue.

Separate Day Training

Splitting strength and HIIT sessions on different days allows for maximal effort and recovery in each modality but requires more time commitment.

Low-Intensity Steady-State (LISS) Cardio After Strength Training

LISS cardio is less demanding and may facilitate recovery without significantly compromising strength performance or recovery.

Summary of Current Evidence and Expert Opinions

Scientific literature and expert consensus suggest that HIIT after strength training can be an effective strategy for enhancing fat loss and cardiovascular fitness, provided it is applied thoughtfully. The combined approach is best suited for individuals with intermediate to advanced fitness levels who can tolerate increased training volume and intensity.

In contrast, beginners or those prioritizing strength gains may benefit from separating cardio and resistance training or focusing primarily on one modality to optimize adaptation. Ultimately, personal preferences, lifestyle factors, and specific performance goals should guide the integration of HIIT after strength training into a fitness regimen.

As the fitness industry continues to evolve, ongoing research will further clarify the optimal methods for combining these potent training styles. Meanwhile, individuals are encouraged to experiment within safe limits and tailor their programs to align with their unique needs and capacities.

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hiit after strength training: *Science and Application of High-Intensity Interval Training* Laursen, Paul, Buchheit, Martin, 2019 The popularity of high-intensity interval training (HIIT), which consists primarily of repeated bursts of high-intensity exercise, continues to soar because its effectiveness and efficiency have been proven in use by both elite athletes and general fitness enthusiasts. Surprisingly, few resources have attempted to explain both the science behind the HIIT movement and its sport-specific application to athlete training. That's why *Science and Application of High-Intensity Interval Training* is a must-have resource for sport coaches, strength and conditioning professionals, personal trainers, and exercise physiologists, as well as for researchers and sport scientists who study high-intensity interval training.

hiit after strength training: Muscle Recovery After Exercise, Training and Competition: Physiological Indicators and Non-invasive Monitoring Techniques Alessandro Moura Zagatto, Fábio Yuzo Nakamura, Michael R. Esco, 2020-05-21 The desire to improve muscle function and prevent overuse injuries from exercise and throughout training has led to the development of various methods to aid recovery and track readiness to perform. Ergogenic aids such as cold-water immersion, massage, and dynamic recovery procedures may have positive effects but the results of the related research remain equivocal. Furthermore, novel interventions in this scenario, like compression garments, ice vests, and photobiomodulation therapy are promising but need more evidence-based data to support their effectiveness. Similarly, to properly monitor individual physical conditioning, there is a growing interest toward unobtrusive measures to accurately represent physiological status during and/or after exercise. There are several techniques being used, such as subjective ratings of well-being, heart rate monitoring, hormonal and hematological profile assessments. However, more sensitive indexes like heart rate variability and muscle activation (voluntary and/or involuntary) are arising as attractive alternatives that may delineate physical conditioning status and readiness to perform more precisely than the aforementioned measures. The purpose of this Research Topic is to critically evaluate and summarize recent data from observational and intervention studies related to non-invasive methods designed to promote recovery and objectively monitor training status. Their association to physical performance and physiological recovery in athletes during training and competition is a major focus of this Topic.

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hiit after strength training: How To Get Fit In One Year Lauri Ollikainen, 2024-09-22 How to Get Fit in One Year isn't just a fitness guide—it's your personal roadmap to transformation. Imagine waking up one year from today, standing in front of the mirror and seeing the person you've always wanted to become. You feel stronger, healthier, and more confident. Every day, you've made progress—small steps that have led to bigger changes. What once felt impossible now feels like a natural part of who you are. This book will guide you through that journey. Designed for real people with real lives, this book breaks down the complex world of fitness into practical, science-backed steps that anyone can follow. Whether you're looking to build muscle, lose fat, or simply take control of your health, How to Get Fit in One Year gives you the tools you need to succeed—no matter where you're starting from. But there's a catch: this book won't do the work for you. It will show you how to plan, how to train, and how to eat for the body and health you want, but the results will only come if you take action. Each chapter is designed to guide you step-by-step through your transformation, covering the essentials of strength, endurance, flexibility, and recovery. You'll learn how to set goals that actually stick, overcome obstacles that would have derailed you in the past, and build habits that last far beyond the gym. By the end of this year-long journey, you won't just see changes on the outside—you'll feel them deep within. You'll have mastered the discipline, resilience, and

consistency needed to carry you through any challenge, both in fitness and in life. This isn't just about getting fit; it's about becoming the strongest version of yourself. The future you've imagined is possible, but it starts with the choices you make today. Are you ready?

hiit after strength training: Momentous Decisions Brian D. Muller, 2025-07-29 Achieve success in every area of your life After losing his wife to pancreatic cancer in 2017, author Brian Muller forced himself to reevaluate his entire life. He came to realize that there was but one question that every person should be asking themselves every day: "What are you going to do right now to make the time you have left count?" In *Momentous Decisions: 7 Steps to Better Health, More Wealth and a Richer Life*, Certified Health and Life Coach and veteran financial planner Brian Muller delivers a deeply insightful and practical exploration of how to use your present circumstances to become stronger and better. You'll learn how to lead a richer and more fulfilling life through the author's seven essential steps that help you make better wealth management and healthcare decisions. Through the M.A.D.E. Life framework, you'll discover how to create more meaning, accomplish your most important goals without sacrificing your relationships, make a difference in the lives of others, and create more joyful and memorable experiences. From smart investing decisions to disciplined lifestyle choices, *Momentous Decisions* is a book about how to make those few big decisions that really matter for you and your family. Inside the book: Learn the ten most crucial wealth decisions to help you achieve financial independence and freedom Find out how to build a holistic Life, Wealth, and Health plan that guides you every 90 days to develop your version of a richer life. Revamp your lifestyle and adopt a healthy living mindset Identify the things getting in your way of achieving permanent change in your health and wealth habits Find out how to create a Compelling Vision of your future that creates a pull and strong internal motivation to help you create permanent change in your life Learn how focusing on ONE MOMENTOUS THING in each area of your life every 90 days will help create new standards that contribute to the new vision you have for your life Perfect for anyone interested in changing the way they approach the truly critical parts of their life, *Momentous Decisions* is an inspirational and transformative new take on what it means to pursue a life of meaning, purpose, and abundance.

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hiit after strength training: Eat Smarter Shawn Stevenson, 2020-12-29 Lose weight, boost your metabolism, and start living a happier life with this transformative 30-day plan for healthy eating from the host of the hit podcast The Model Health Show. Food is complicated. It's a key controller of our state of health or disease. It's a social centerpiece for the most important moments of our lives. It's the building block that creates our brain, enabling us to have thought, feeling, and emotion. It's the very stuff that makes up our bodies and what we see looking back at us in the mirror. Food isn't just food. It's the thing that makes us who we are. So why does figuring out what to eat feel so overwhelming? In Eat Smarter, nutritionist, bestselling author, and #1-ranked podcast host Shawn Stevenson breaks down the science of food with a 30-day program to help you lose weight, reboot your metabolism and hormones, and improve your brain function. Most importantly, he explains how changing what you eat can transform your life by affecting your ability to make money, sleep better, maintain relationships, and be happier. Eat Smarter will empower you and make you feel inspired about your food choices, not just because of the impact they have on your weight, but because the right foods can help make you the best version of yourself.

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hacks, you'll unlock the secrets to efficient workouts, discover the joy of exercising with your baby, and find the support you need to thrive on your fitness journey. It's time to reclaim your health and well-being—let's embark on this exciting fitness adventure together!

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hiit after strength training: Physical Activity and Bariatric Surgery Jaime Ruiz-Tovar, Artur Marc-Hernandez, 2023-04-19 Hypocaloric diet and physical exercise are the first therapeutic steps in the treatment of obesity. In morbidly obese patients, physical activity is essential to optimise their preparation for bariatric surgery. But physical activity is essential even after surgery, to avoid loss of muscle mass and the deriving complications. The aim of this book is to present the most current evidence of the effect different physical activity programs on morbidly obese patients before and after bariatric surgery. Written by experts in the field, the book will be a useful tool for all health professionals interested in learning more on this disabling condition.

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hiit after strength training: Physical Exercise for Human Health Junjie Xiao, 2020-04-27 This book shares the latest findings on exercise and its benefits in preventing and ameliorating numerous diseases that are of worldwide concern. Addressing the role of exercise training as an effective method for the prevention and treatment of various disease, the book is divided into eleven parts: 1) An Overview of the Beneficial Effects of Exercise on Health and Performance, 2) The Physiological Responses to Exercise, 3) Exercise and Metabolic Diseases, 4) Exercise and Cardiovascular Diseases, 5) Exercise and Musculoskeletal Diseases, 6) Exercise and Neurological and Psychiatric Diseases, 7) Exercise and the Respiration System, 8) Exercise and Immunity, 9) Exercise and HIV/AIDS, 10) Exercise and Neuropsychiatric Disorders, and 11) Future Prospects. Given its scope, the book will be particularly useful for researchers and students in the fields of physical therapy, physiology, medicine, genetics and cell biology, as well as researchers and physicians with a range of medical specialties.

hiit after strength training: 60-Second Sweat Patrick Striet, 2016-12-27 There are—literally—thousands of fitness programs out there to choose from. What makes the 60-Second Sweat different? For the past 15 years, Patrick Striet has run a fitness training facility in Cincinnati,

Ohio, where he has worked with hundreds of every day men and women—working moms, college students, senior citizens, middle-aged men, and more (plus a few elite athletes). Through this experience, he has identified the barriers most people face when it comes to exercising consistently—lack of time, lack of results, injuries, boredom—and specifically designed the 60-Second Sweat to address them. The 60-Second Sweat is:

- Efficient:** Most mainstream fitness programs call for a 5 to 6-day per week commitment, with workouts ranging up to an hour (or more) in duration. What's more, most programs focus on one component of fitness in each workout. For example, you might do cardiovascular exercises for 45 minutes on Monday, Wednesday and Friday, and then strength train for an hour on Tuesday, Thursday and Saturday. Who has time for that? Not me...and probably not you either. With the 60-Second Sweat, you'll work out between 20 to 40 minutes a day for 3 to 4 days a week, and you will never be performing the same exercise or activity for more than 1 minute at a time.
- Effective:** HIIT (high-intensity interval training), in which you alternate between bouts of intense exercise and short "rest" periods, has been a growing fitness trend for several years now, and for good reason. Research has shown that it's more effective than traditional steady-state workouts for both building cardiovascular fitness and shedding fat. However, it neglects muscular fitness, which is key for boosting metabolism. So the 60-Second Sweat combines HIIT with MRT (metabolic resistance training) to build strength along with cardiovascular fitness in one comprehensive workout.
- Safe:** Keeping in mind the typical orthopedic issues most "real world" adult face—cranky knees, aching backs, stiff shoulders, and sore necks—the 60-Second Sweat gives equal weight to every muscle group, and not just the showy mirror muscles emphasized by many fitness programs. Exercises progress gradually in difficulty and intensity so that you start seeing results right away, building from a beginner level to advanced in just 9 weeks.
- Varied:** The 60-Second Sweat is a balanced and functional movement-based plan, requiring basic and fundamental human movement patterns performed with bare bones equipment. During the 60-Second Sweat workouts, you will never be performing the same exercise or activity for more than 1 minute, so you will never get bored. Every exercise, set, rep...every minute...will count for and towards something: developing the best and fittest you!

Bottom line: the days of inefficient, archaic, time-consuming, unsafe, and impractical fitness workouts are over. Based on the most up-to-date principles in modern exercise science, the 60-Second Sweat is a program, not just a workout. It is not a short-term fix, but, rather, a roadmap to the fittest, most confident you. While the 60-Second Sweat workouts will certainly challenge you and leave you dripping in sweat, that's not the end goal. The purpose of the programs in this book is for you to attain phenomenal and sustainable fitness...safely and realistically...1 minute at a time.

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The science behind HIIT, and how it can improve your brain health, brain function, and mindfulness Why this style of training is the most effective for fat-burning/weight loss, endurance, strength, and power: The only type of training that hits all 4 major fitness areas at once! The No. 1 most overlooked and shocking reason why people can't sustain working out long-term HIIT and Spiritual Transformation: How a 30 minute daily workout can uplift your spirit 5 health benefits HIIT can help you achieve quickly (Metabolism boost and hormonal improvements are just two of them!) How to get started with HIIT to obtain ultimate health benefits for any fitness level and activate your full potential Want to challenge yourself? Intermediate and Advanced training strategies are here for you A very detailed recovery plan to ensure your long-term success Keep in mind that no matter what age or fitness level you are, this book will walk you through the transformation that is yours for the taking! Don't wait! Scroll up, click "Buy Now," and HIIT Your Fitness Dreams Today!

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