



# HIIT Advantage, The: High-Intensity Workouts for Women

*Irene Lewis-McCormick*

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*The HIIT Advantage: High-Intensity Workouts for Women* is the resource for the most research-based, organized, and systematic information available on high-intensity interval training. *The HIIT Advantage* keys in on specific exercises, combinations, and progressions that will incinerate fat, shape and strengthen the upper and lower body, and assist with core strength for excellent posture and enhanced exercises performance—all written with a woman's ultimate physique in mind.

HIIT protocols pair quick bouts of super-high-intensity anaerobic intervals with shorter, low-effort rest intervals.

*The HIIT Advantage* is the authoritative guide on high-intensity training. Comprehensive yet accessible, it describes how and why HIIT is one of the most effective ways to burn fat and improve performance. You'll find step-by-step instructions, photo sequences, variations, and recommendations for 74 exercises to define muscles, reduce injury, and increase weight loss. You will learn the proper setup of a HIIT workout, the rationale, and the ratios for rest and recovery. Best of all, you'll choose from 19 complete workouts consisting of a combination of 20-, 30-, and 45-minute sessions. Finally, you'll receive exclusive access to the *HIIT Advantage* video library, including demonstrations of 24 key exercises, as well as an original 30-minute workout.

If you're serious about your workouts, get the advantage of burning more fat, shaping your physique, and improving performance. Get *The HIIT Advantage* and get results!

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