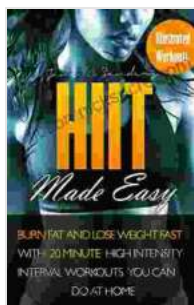


# Burn Fat and Lose Weight Fast with 20 Minutes High Intensity Interval Workouts

If you're looking for a fast and effective way to burn fat and lose weight, then you need to try high intensity interval workouts (HIIT). HIIT workouts are a type of exercise that alternates between short bursts of high-intensity exercise and brief periods of rest or low-intensity exercise. HIIT workouts are designed to burn fat and lose weight fast, and they can be done in just 20 minutes.



## HIIT Made Easy: Burn Fat and Lose Weight Fast, With 20 Minutes High Intensity Interval Workouts You Can

**Do at Home** by Jane Sanders

★★★★☆ 4.2 out of 5

Language	: English
File size	: 3292 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 70 pages
Lending	: Enabled



Here's how a HIIT workout works: You start with a warm-up of 5-10 minutes, then you alternate between 20 seconds of high-intensity exercise and 10 seconds of rest or low-intensity exercise. You repeat this pattern for 10-15 minutes, then you finish with a cool-down of 5-10 minutes.

The high-intensity exercise can be anything you want, but some popular options include sprinting, burpees, jumping jacks, and mountain climbers. The rest or low-intensity exercise can be anything that gets your heart rate down, such as walking, jogging, or cycling.

HIIT workouts are very effective for burning fat and losing weight. In one study, participants who did HIIT workouts burned 25% more fat than participants who did traditional cardio workouts.

HIIT workouts are also very time-efficient. You can get a great workout in just 20 minutes, which makes them a great option for busy people.

If you're new to HIIT workouts, start by doing 10-15 minutes of intervals. As you get stronger, you can increase the duration of your workouts.

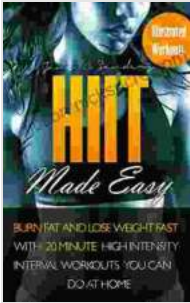
Here is a sample HIIT workout plan that you can follow:

1. Warm-up: 5-10 minutes of light cardio, such as walking, jogging, or cycling.
2. HIIT intervals: 10-15 minutes of alternating between 20 seconds of high-intensity exercise and 10 seconds of rest or low-intensity exercise.
3. Cool-down: 5-10 minutes of light cardio, such as walking, jogging, or cycling.

You can repeat this workout plan 2-3 times per week.

HIIT workouts are a great way to burn fat and lose weight fast. They are also very time-efficient, which makes them a great option for busy people. If

you're looking for a fast and effective way to get in shape, then you need to try HIIT workouts.



## HIIT Made Easy: Burn Fat and Lose Weight Fast, With 20 Minutes High Intensity Interval Workouts You Can Do at Home

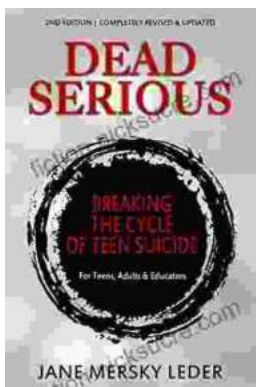
by Jane Sanders

★★★★☆ 4.2 out of 5

Language	: English
File size	: 3292 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 70 pages
Lending	: Enabled

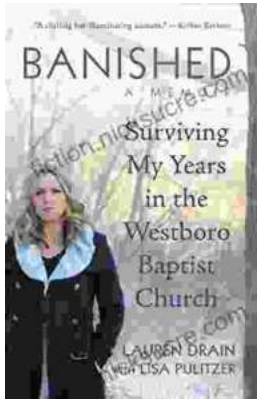
FREE

DOWNLOAD E-BOOK



## Dead Serious: Breaking the Cycle of Teen Suicide

Teen suicide is a serious problem. In the United States, suicide is the second leading cause of death for people aged 15 to 24. Every year, more than...



## **Surviving My Years in the Westboro Baptist Church: A Journey of Indoctrination, Trauma, and Redemption**

In the quaint town of Topeka, Kansas, where the rolling hills met the vibrant blue sky, I embarked on a harrowing journey that would profoundly shape...