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This article will give you the basics about High Intensity Interval Training (HIIT), which is by far the Best Cardio to Burn Fat.

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All about high intensity interval training (hiit)

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you may only be able to do two or three repetitions of the high-intensity intervals. explains the many benefits of high-intensity interval training

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High-intensity interval training - webmd

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Benefits of high intensity interval training -

Two Key Benefits of High Intensity Workouts. The reason why I like burst training so much is because it has been proven to have a positive global effect on the body.

High-intensity interval training - wikipedia, the

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The Science Behind Interval Training. HIIT taxes and maximizes both aerobic and anaerobic fitness, while cardio addresses aerobic only. Aerobic respiration requires

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High Intensity Interval Training (HIIT) (surprise!) intervals of high intensity. HIIT has been found to boost the metabolism, build lean muscle,

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a great workout, intervals are the workout intensity high while still maintaining form. The magic of high intensity interval training (or HIIT

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