



Hiit it!: The Fitnessista s Get More from Less Workout and Diet Plan to Lose Weight and Feel Great Fast (Paperback)

By Gina Harney

Demos Medical Publishing, United States, 2015. Paperback. Book Condition: New. 226 x 175 mm. Language: English . Brand New Book. See results in a fraction of the time with short, effective workouts: work smarter not harder! Let s HIIT It! Gina Harney, award-winning creator of , knows high-intensity interval training (HIIT) is the smart alternative to long cardio workouts. With shorter workouts you can spend less time working out while building strength, coordination, and endurance and boosting your metabolism so you burn more calories throughout the day. And with her HIIT-inspired eating plan of frequent, tasty snacks, you ll feel great and stop stressing about food. Build a personalized fitness plan that fits with your life Drop pounds, burn fat, boost energy, and live healthier Spice up your workout schedule, keep your body guessing, and avoid plateaus Snack! Eat smart with quick, healthy treats you can prep in advance to fuel your day Full of helpful information for people looking to live a healthy lifestyle. I especially enjoyed her infectious enthusiasm for HIIT and reading her easy to follow sample fitness plans, exercise demonstrations with cues, and healthy recipes! -Kathie Davis, Executive Director of Idea Health Fitness Association An excellent...



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