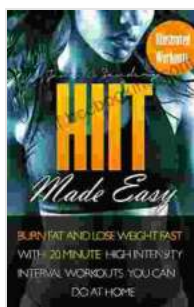


# Burn Fat and Lose Weight Fast with 20 Minutes High Intensity Interval Workouts

Are you looking to burn fat and lose weight fast? If so, then you need to try high intensity interval training (HIIT). HIIT workouts are a great way to burn fat and calories in a short amount of time. They are also very effective for improving cardiovascular health and increasing muscle mass.



## 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



A typical HIIT workout involves alternating between short bursts of high-intensity exercise and brief periods of rest. This type of training is very challenging, but it is also very effective. In fact, studies have shown that HIIT workouts can burn up to 30% more calories than traditional cardio workouts.

If you are new to HIIT, it is important to start slowly. Begin with 10-15 minutes of HIIT and gradually increase the duration of your workouts over time. You can also modify the intensity of your workouts by adjusting the length of your work intervals and rest intervals.

Here is a sample 20-minute HIIT workout that you can try:

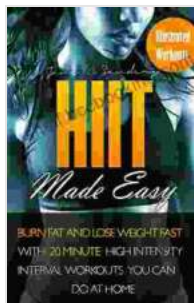
1. Warm-up: 5 minutes of light cardio, such as jogging or marching in place
2. Workout: 10 minutes of HIIT, alternating between 30 seconds of high-intensity exercise and 30 seconds of rest
3. Cool-down: 5 minutes of light cardio, such as walking or stretching

You can perform the high-intensity intervals in this workout in a variety of ways, such as:

- Sprinting in place
- Jumping jacks
- Burpees
- Mountain climbers
- High knees

If you are new to HIIT, start with 1-2 rounds of this workout and gradually increase the number of rounds over time. Be sure to listen to your body and rest when you need to.

HIIT workouts are a great way to burn fat and lose weight fast. They are also very effective for improving cardiovascular health and increasing muscle mass. If you are looking for a challenging and effective workout, then HIIT is a great option for you.

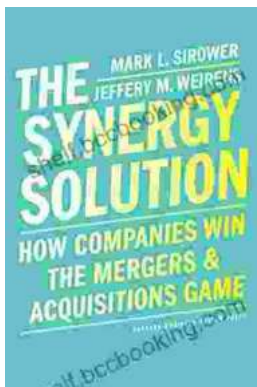


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