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## Little Lessons on Hiit: A Research-Based Guide for Fitness Pros to Bring Back the Fun to Fitness (Paperback)

By Helgi Gudfinnsson

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Little Lessons on HIIT presents 40 short lessons, all based on scientific literature, so that fitness professionals can gain greater insight into high intensity interval training (HIIT). With this book s specialized instruction trainers can totally prepare themselves to spread the fun and fitness of HIIT to as many people as possible, especially to those who are brand-new to exercise. The book s opening section addresses the body s physiological adaptations and responses to HIIT. That knowledge will give you the ability to adjust HIIT training variables to create different adaptations and responses in people s bodies. The second section focuses on those HIIT training variables, how the variables will affect the human body, and the particular adaptations that will result. When you have completed this section, you will be able to manipulate the variables to create exciting workouts. The final section puts all the concepts into practice. It gives a variety of engaging workout examples that you can easily tweak according to clients experience levels, needs, and goals. Fitness professionals, to help people enjoy their fitness journeys and...



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