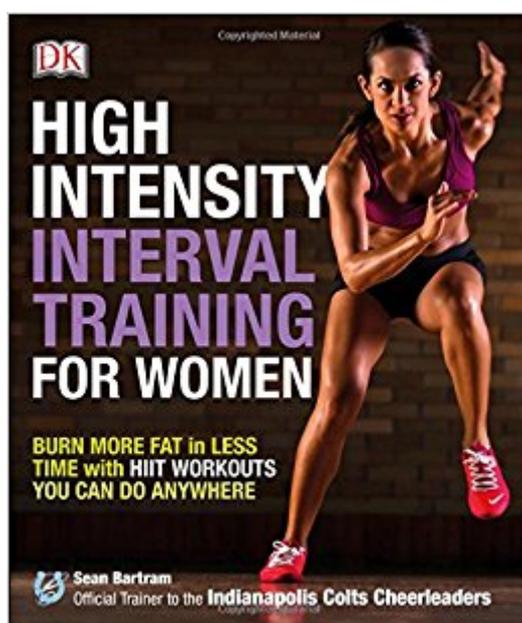


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# High-Intensity Interval Training For Women: Burn More Fat In Less Time With HIIT Workouts You Can Do Anywhere



## Synopsis

High-Intensity Interval Training, or HIIT, is a fantastic way to lose weight and get healthy quickly with very short bursts of targeted exercise. HIIT is a fitness trend for a good reason – because it works! Fast-track your way to good health and a beautiful, strong body with High-Intensity Interval Training for Women, a step-by-step, highly visual guide jam-packed with exercises, workouts, and multi-day programs tailored to your fitness goals and designed to fit into the time you have. The beauty of HIIT is that it works fast, and the workouts are very short – you don't have to dedicate a lot of time to working out, but you still get great results from your exercise with High-Intensity Interval Training for Women. With this complete guide to High-Intensity Interval Training, you'll learn the right way to perform more than 80 HIIT exercises that can be done anywhere. These techniques cover all major muscle groups with special emphasis on the core and lower body, where women often look for results first. With this book, you'll get an explanation of why HIIT works for women, and you'll learn how to integrate our specialized exercises into your workout to maximize results in a minimal amount of time. You're a busy woman, and you're looking for an incredibly efficient and effective way to get the body you want and stay healthy. HIIT is your answer, and High-Intensity Interval Training for Women is the guide you need to reach your fitness goals!

## Book Information

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## Customer Reviews

[View larger](#) High Intensity Interval Training for Women Push your body through its most intense workout ever with Sean Bartram, Official Trainer to the Indianapolis Colts cheerleaders.

High-intensity interval training, or HIIT, is an extremely effective workout that burns fat and gets your

body in top condition. Get moving with 60 high-impact exercises. Power your way through 50 challenging routines that range from a few minutes to an hour in length. Burn more fat in less time with HIIT workouts you can do anywhere!

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"High Intensity Interval Training for Women, created by Sean Bartrum, the Official Trainer to the Indianapolis Colts Cheerleaders help by burning more fat in less time. These are workouts you can do anywhere with no equipment necessary." WISH-TV "Indy Style" Excerpted in The Huffington Post "The HIIT Workout the Indianapolis Colts Cheerleaders Swear By" Shape.com

Sean Bartram is the trainer the NFL's Indianapolis Colts Cheerleaders. He is the owner of Core Pilates and Fitness, and has training certifications from the American Council on Exercise (ACE) and Pilates Method Alliance. In addition to his work with Colts Cheerleaders, Sean also has trained athletes from the Indy Car Series, NFL, NBA, MLB, and MLS.

This book is a life changer. If I could give it 10 stars, I would. In January, 2015 I weighed the most I ever have and was in the worst shape of my life. This book has helped me to turn the tables on all of that in less than 4 months. It is hands down the BEST workout book I have ever owned/best workout program I have ever committed to. Sean Bartram is a genius. This book has a wide range of HIIT workout routines and is appropriate for ALL levels of fitness from beginner/out of shape to fit/athletic. No equipment is needed. All you need is your body, some good shoes, determination, and maybe a yoga mat for stretches (optional though, really). All exercises are explained in sufficient detail with full color photos to demonstrate the moves. This book is particularly excellent for those on a time crunch (me) who are looking to get into or stay in shape. The workouts range from 5-60 minutes with the majority of routines being 10 minutes or less. You will be AMAZED at the

results that you can get in such a short period of time! Do not think that short means easy and do not think that you cannot achieve GREAT results with such little time investment. You will be investing in other ways besides time: sweat and brief periods of VERY intense work. This book has a fit test that readers are encouraged to take every 2 weeks to track progress and to determine which level of fitness they categorize into, and thereby which workouts are appropriate for them (levels 1-3). I highly recommend doing this. I also recommend keeping track of each day you exercise, which routine you do, and your comments about it (e.g., "couldn't finish such and such exercise"; "getting easier"; etc). I have found doing this to be very helpful and motivating as I can look back to certain routines that I did months ago and see how I have grown in a short period of time. The workouts start off "easier" (by no means "easy" though) and become progressively more and more difficult. There is a lot of room to grow with this book and there is a lot of variety to keep you from getting bored. I started this program February 24th, of 2015 and was very out of shape. I had not been doing any sort of exercise program for over a year. I weighed 143 pounds and was 26% body fat. I committed myself to doing 3-4 HITT workouts a week (most 10 minutes or less with a goal of doing one longer HITT workout a week if possible) combined with a healthy diet (read any of Dr. Fuhrmans books). The first time I did the fit test I scored 56 points (level 1). While I did not meet my goal of 4 workouts every week I found it relatively easy to keep to my commitment because of the fact that the workouts are so short. It's hard to say, "I can't find time for a 7 minute workout", so most of the time I followed through. That being said I had some weeks where I only managed 2 workouts and 1 week where I did none. Fast forward to June 3rd, 2015. I scored 84 on my fit test and have reached a level 2! I now weigh 132 pounds and my body fat is 23%. I have dropped 2 pants sizes and my husband keeps commenting on how fit I look! Multiple co-workers have noticed the difference in my body. I can't wait to see where I am this time next year! Do not be discouraged if you can't complete a workout in the beginning. That's pretty normal and the book even talks about this. When I first started I was pooped out from the warm out stretches alone. Now I look forward to those days when I can do a longer (14-27 minutes) workout. I now find the routines FUN who would have thought?! And don't think fun means easy either! I have simply learned to enjoy the difficulty of the workouts because I know that I get so much out of them. This book has literally become my "bible" and I doubt I will ever get rid of it or ever tire of it. Even if you work through all of the routines at all levels and tire of that you can then create your own custom workouts by making various combinations of the individual exercises in the book. If you're on the fence, take the leap. It is WELL worth the 13 bucks.

Great for throwing a workout in anytime! Tons of amazing challenges!

I liked this book because it described everything from what the exercises were and how to perform them. It explained how to get your body fat percentage and gave modifications and steps of HIT. This book was a big hit for me.

I love this book! It has changed the way I look at exercising. I love the routines and I feel that I am able to accomplish so much in just a short amount of time. I'm seeing definition I have never had before! If you don't like the gym, but want to get in shape I highly recommend this book.

I recently purchased a number of books that enable me to identify and focus on specific muscle groups while exercising (helping me to avoid injury), this book is a wonderful complement to my other purchases. This book gives me a wide variety of challenging exercises and routine suggestions, appropriate for a range of ability and intensity levels. I love the exercises and the book has been essential to diversifying my routines and challenging myself in new ways. It has been wonderful for me and I highly recommend it.

So many great ideas for workouts. Great price compared to a lot of other programs out there. Seeing a difference already. Love it.

I got this for my girlfriend and she loves it.

Well organized book with vivid pictures, and lots of interval workout routines for every part of your body. It's really great while using together with Runloop Seconds App.

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