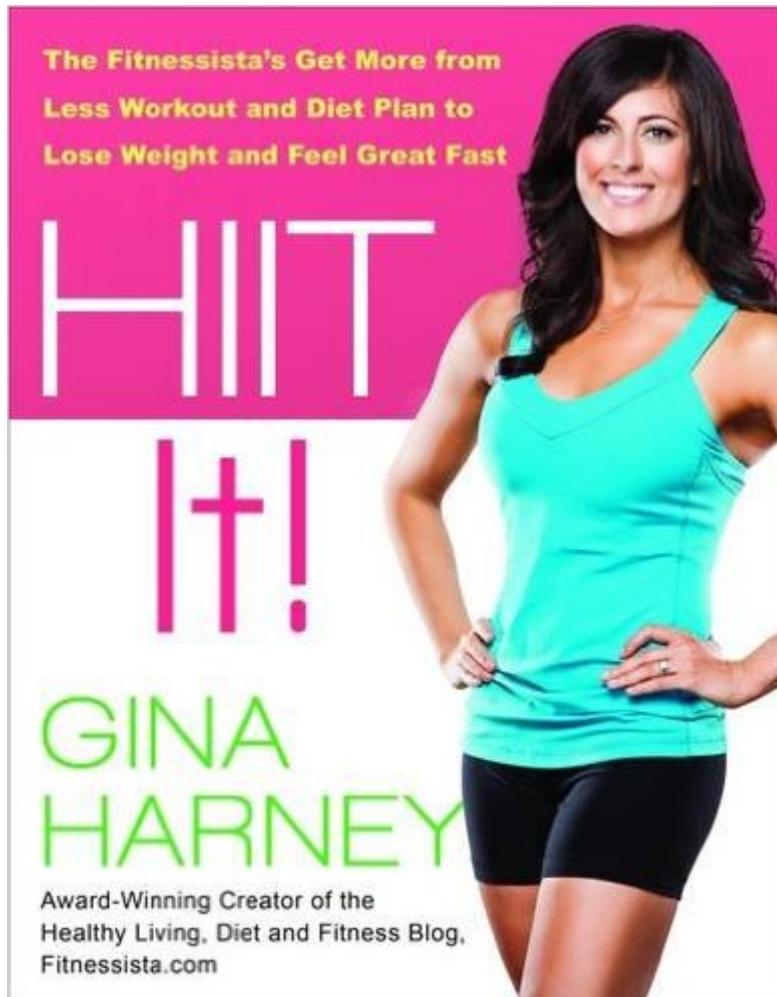


The book was found

HIIT IT! (Fitnessista's Get More From Less Workout And Diet Plan To Lose Weight And Feel Great Fast)



Synopsis

" 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 Fitnessista.com, 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! ÃKathie Davis, Executive Director of Idea Health & Fitness Association "An excellent program that is lifestyle based and doesn't require hours in a gymÃperfect for someone like me! I adore that she loves food as much as she loves fitness. ÃJessica Merchant, Author of Seriously Delish and creator of howsweeteats.com "A treasureÃ HIIT It! presents Gina Harney's vision for a balanced, healthy lifestyle in the same upbeat, conversational manner that we have come to enjoy from her wonderfully popular blog. ÃMatthew Kenney, Founder of Matthew Kenney Cuisine "An amazing resource for strong, effective, and quick workouts and tips for attaining balanced nutrition. And it's a super fun read. Highly recommended! ÃErin Motz, YouTube Personality and Original Bad Yogi "

Book Information

Series: Fitnessista's Get More From Less Workout and Diet Plan to Lose Weight and Feel Great Fast

Paperback: 314 pages

Publisher: Demos Health; 1 edition (December 15, 2014)

Language: English

ISBN-10: 1936303671

ISBN-13: 978-1936303670

Product Dimensions: 7 x 0.7 x 10 inches

Shipping Weight: 1.3 pounds (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 starsÃ Ã See all reviewsÃ (36 customer reviews)

Best Sellers Rank: #283,514 in Books (See Top 100 in Books) #64 inÃ Books > Health, Fitness &

Dieting > Exercise & Fitness > Aerobics #172 inÂ Books > Textbooks > Medicine & Health Sciences > Nursing > Clinical > Medical & Surgical #225 inÂ Books > Medical Books > Nursing > Medical & Surgical

Customer Reviews

I am a long time fan of Gina Harney's blog for her workouts, recipes, and just hearing about her life in that great voyeuristic way that blogs provide. I'll be honest and say that this isn't a book I would have ever run out and bought, but when I saw it pop up on Netgalley I was excited and figured it would save me a trip to the library a few months down the line :)I guess I should say that I workout 5-6 times/week doing bootcamps, TRX, HIIT, Spin, and Yoga so I have a pretty deep fitness background and I am also in grad school for nutrition so I have that knowledge base, too. Nothing in HIIT It! was new information for me, but I did think the information was well researched, accurate, and presented in a really interesting, engaging, and relatable way.I'm going to focus mostly on the workout portion of the book since that's the part I spent the most time with. The book opens with some information on Gina's background and then goes into some general things about health and fitness. Then there's a whole section filled with workout plans and suggestions. I spent a lot of time going over the workout plans and I was a big fan of many of them. They're broken down by week and have a mix of cardio and strength, obviously focusing heavily on HIIT workouts. While I never did a complete week's work of workouts I did mix and match a lot and I liked how some days were pure cardio, others focused on more on strength, and others combined cardio and strength. .My biggest gripe about the workouts was that there were no explanations of the moves included in with the workouts. There's actually a whole chapter with an explanation of many of the moves and notes about proper form AFTER the chapter with the workout plans.

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