



HIIT - High Intensity Interval Training: Get Strong & Sexy In Less Than 15 Minutes A Day

By Lucy Wyndham Read

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HIIT - High Intensity Interval Training: Get Strong & Sexy In Less Than 15 Minutes A Day By Lucy Wyndham Read

High-Intensity Interval Training is the best and quickest way to get fit, lose weight, and tone your body! It helps you tailor your fitness regime to exercise the body part you want to improve and to incorporate it into your busy schedule. You can do these short workouts at home, at the gym, or even at work. All you need is 15 minutes a day and within just one month, you'll sculpt your body, burn fat, and improve your strength!

Lucy Wyndham-Read provides you with a complete guide to High-Intensity Interval Training, with lots of exercises and workouts with step-by-step instructions. Whether you are a beginner or advanced, *HIIT* is for you! This book will be the perfect companion on your way to better health and a beautiful, sexy body.

Included are 4- to 7-minute workouts, a park bench workout, the skinny jeans workouts, running and walking workouts and many more.

To get the best result, Lucy includes tips on nutrition and motivation. A 7-day healthy eating plan helps you with your weight loss aims.

For anyone looking for a fast and highly efficient method to improve their body and get healthy, *HIIT* is the guide you need!

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Editorial Review

About the Author

Lucy Wyndham-Read served in the British Army for five years and has worked as a fitness trainer and nutritionist since then. She has helped thousands of men and women lose weight and stay in shape. She has written nine bestselling books on fitness and health for women and appears regularly on TV and radio to share her tips on staying fit. Now she combines her military experience with her expertise and shows you a fitness regime that takes just 15 minutes a day.

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