

# Download H I I T Principles Of High Intensity Interval Training For Weight Loss

High-intensity interval training (HIIT), also called high-intensity intermittent exercise (HIIE) or sprint interval training (SIT), is a form of interval training, a cardiovascular exercise strategy alternating short periods of intense anaerobic exercise with less intense recovery periods, until too exhausted to continue. Drew Baye's High Intensity Training is a participant in the Amazon Services LLC Associates Program, an affiliate advertising program designed to provide a means for us to earn fees by linking to Amazon.com and affiliated sites. Unfortunately, the term "high intensity training" is vague enough it can apply to almost anything done with a high level of effort including non-exercise activities. Strength sports have seen a surge in female participation over the last few years, but there's still a strong, and sometimes concerning, emphasis on staying lean while chasing performance., H I I T Principles Of High Intensity Interval Training For Weight Loss.

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