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Week 1 Day 2 // HIIT Cardio Workout + Abs (No Equipment) ~~Week 1 Day 4 // Full Body HIIT + Abs Workout (No Equipment)~~ Week 1 Day 3 // Total Body Workout (No equipment) Week 2 Day 1 // Full Body Workout with Weights // Strength + Cardio Week 1 Day 1 // Full Body Workout - No Equipment *Week 1 Day 5 // Full Body Circuit - No Equipment Workout* Week 3 Day 4 // HIIT Cardio + Strength// + Abs

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challenge! Week 3 Day 1 // Complete Full Body Circuit Workout // Strength + Cardio Week 7 Day 2 // Full Body HIIT Cardio + Abs Do This Everyday To Lose Weight | 2 Weeks Shred Challenge Week 4 Day 1 // Full Body Strength + Endurance Workout ~~Week 10 Day 1 // UPPER BODY HIIT Workout // Toning + Sculpting 12 Minute FULL BODY HIIT Workout // No Equipment Low Impact CARDIO + ABS Workout // No Repeats, No Jumping, No Equipment Week 4 Day 4 // Total Body HIIT CARDIO + ABS // Power + Strength Workout Intense FULL BODY STRENGTH Workout~~ DAY 1 Home Workout Challenge // Total Body HIIT (No Equipment) Fat Burning HIIT

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CARDIO Workout // NO EQUIPMENT Killer 40 Minute HIIT Workout // No equipment

FLAT ABS Home Workout // No Equipment

10 Minute Flat Tummy // TABATA Abs Workout Week 6 Day 2 // No Repeat Total Body HIIT

~~Workout! Week 2 Day 2 // No Repeats HIIT~~

~~Workout + Abs Week 11 Day 5 // Full Body HIIT // Cardio + Strength At Home Workout Week 12~~

~~Day 1 // ARM TONING Workout // Upper Body HIIT Week 6 Day 1 // Shoulders + Chest // Superset~~

*~~Strength Workout Week 9 Day 1 // INTENSE Full Body HIIT Workout~~ **Week 3 Day 2 // Intense***

HIIT Cardio + Abs Workout Week 5 Day 1 // Upper Body Strength Workout: Chest +

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Shoulders Day 6 Home Workout Challenge // Killer NO REPEAT HIIT Workout (No Equipment) Hiit Cardio Week 1 Aaron

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Below is a sample progression of work-to-recovery HIIT ratios over 5 months: Week 1 through 4: 1-to-3 Ratios. Week 1: 15 seconds work: 45 seconds recovery. Week 2: 20 seconds work: 60 seconds recovery. Week 3: 30 seconds work: 90 seconds recovery . Week 4: 30 seconds work: 90 seconds recovery. Week 5 through 8: 1-to-2 Ratios. Week 5: 15 seconds

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work: 30 seconds recovery. Week 6: 20 seconds
...

HIIT Ratios and How to Use Them - MYZONE
Calorie burn & more for this Fitness Blender
Workout @ <http://bit.ly/1cMhaEm> 8 Week Fat
Loss Program + 4 Week Meal Plan @
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<https://www.heatherrobertson.com> Week 10 is
starting out with an upper body HIIT workout!

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We are targetting the arm...

Week 10 Day 1 // UPPER BODY HIIT Workout // Toning ...

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The American Heart Association recommends that individuals get at least 30 minutes of cardio at least five days out of the week. Cardio boasts a number of benefits such as weight loss, lowered heart rate over time, stronger lungs, and improved mood.

HIIT Vs Cardio: Benefits Of Each For Fat Loss - Aaptiv

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