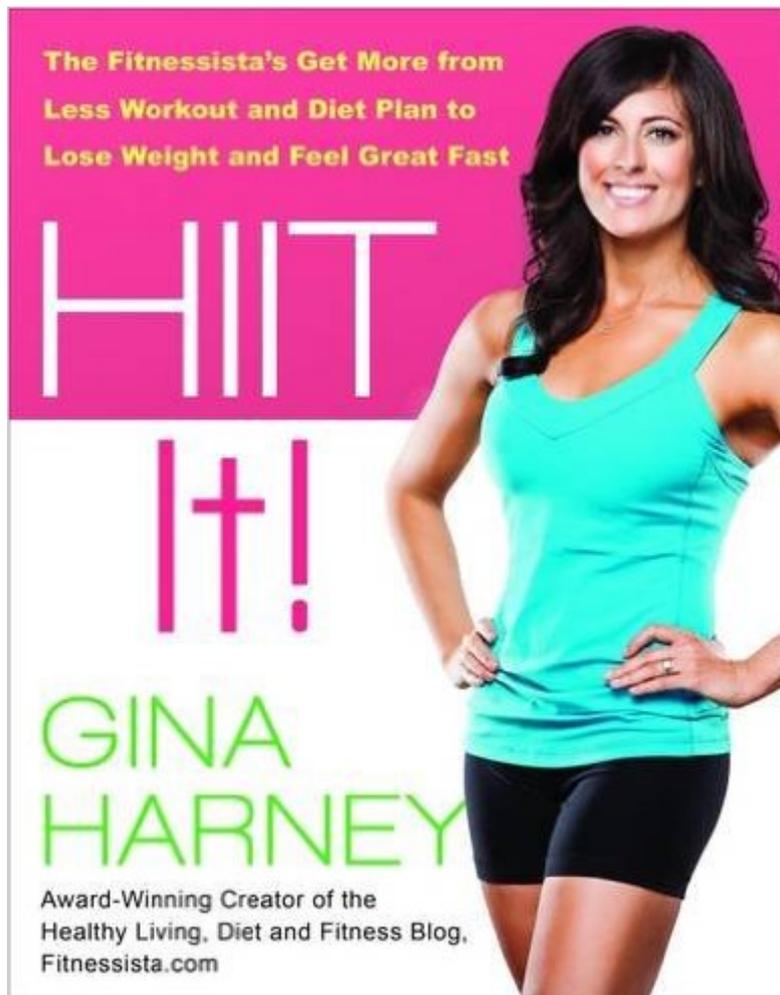


The book was found

# 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! "Kathie Davis, Executive Director of Idea Health & Fitness Association "An excellent program that is lifestyle based and doesn't require hours in a gym"perfect for someone like me! I adore that she loves food as much as she loves fitness. "Jessica Merchant, Author of Seriously Delish and creator of howsweeteats.com "A treasure" 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. "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! "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 stars See all reviews (36 customer reviews)

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

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

[Download to continue reading...](#)

HIIT IT! (Fitnessista's Get More From Less Workout and Diet Plan to Lose Weight and Feel Great Fast) Walking: Weight Loss Motivation: Lose Weight, Burn Fat & Increase Metabolism (Walking, Walking to Lose Weight, Walking For Weight Loss, Workout Plan, Burn Fat, Lose Weight) Weight Loss: 30 Days Weight Loss Challenge - Eat More Food Lose More Weight - Turn Your Weight Loss Vision Into Reality (How to Lose, Weight Loss Tips, Women, Weight Loss Nutrition, Diet Plan) Mediterranean Diet: 150 Recipes to Lose Weight, Get Healthy and Feel Great (Mediterranean Diet, Mediterranean Diet For Beginners, Mediterranean Diet Cookbook, Mediterranean Diet Recipes) Wild Diet: WHOLESOME DIET FOR A WHOLESOME LIFE!: (the wild diet, No carbs diet, Low Carbs food list, high protein diet, rapid weight loss, easy way to lose weight, how ... way to lose weight, how to

lose body fat)) HCG Diet: HCG Diet Plan: HCG Diet Cookbook with 50 + HCG Diet Recipes and Videos - HCG Diet for Beginners: HCG Diet Plan - Follow HCG Diet Plan (HCG ... HCG Diet for Beginners, HCG Phase 3) Ketogenic Diet: Ketogenic Diet Weight Loss Mistakes to Avoid: Step by Step Strategies to Lose Weight and Feel Amazing (Ketogenic Diet, Ketogenic Diet Beginners Guide, Low Carb diet, Paleo diet) Clean Eating: Clean Eating Diet: The 7-Day Plan for Weight Loss & Delicious Recipes for Clean Eating Diet (Clean Eating, Weight Loss, Healthy Diet, Healthy ... Paleo Diet, Lose Weight Fast, Flat Belly) Atkins Diet: 50 Low Carb Recipes for the Atkins Diet Weight Loss Plan (Atkins Diet Books, Atkins Diet Recipes, Weight Loss Cookbook, Weight Loss Diet, Diet Cookbooks, Atkins Diet Cookbook) Weight Loss: 20 Proven Smoothie Recipes For Weight Loss, Health, And Energy (Lose Weight Fast, Smoothies For Weight Loss, Smoothie Recipes, Lose Weight, ... Loss Smoothies, Weight Loss Motivation,) Dash Diet: Dash Diet For Weight Loss: Your Dash Diet Cookbook And Guide, Lose Weight Fast, Lower Blood Pressure, And Live A Healthy Life (Dash Diet, Dash ... For Weight Loss, Dash Diet For Beginners) The Slow Carb Diet: My Journey Of Fat Loss And How To Lose 10-15 Pounds Per Month (slow carb, weight loss motivation, healthy diet cookbook, paleo diet, low carb, lose weight fast, diet motivation) South Beach Diet: The SOUTH BEACH DIET Beginners Guide - How To Lose Weight And Feel Awesome With The South Beach Diet!: (south beach diet, south ... diet recipes, south beach diet cookbook) PALEO: Paleo Diet For Rapid Weight Loss: Lose Up To 30 lbs. In 30 Days (Paleo diet, Paleo diet for weight loss, Paleo diet for beginners, Diabetes diet, Ketogenic diet, Anti inflammatory diet) The Daniel Fast: The Ultimate Guide To The Daniel Fast: recipes, Daniel diet, Daniel plan, Daniel fast for beginners, cookbook, vegan diet, vegan plan, prayer, fasting, weight loss Diabetes Diet: The Ultimate Diabetic Diet Plan, How To Lose Weight, Prevent And Cure Type 2 Diabetes (Diabetes, Diabetes Diet, Diabetes Diet Plan, Diabetes ... Diabetes, Type 2 Diabetes Diet Book Book 1) Ketogenic Diet: 30 Day Ketogenic Rapid Fat Loss Anti Inflammatory Diet Plan (ketogenic diet, ketogenic diet for weight loss, ketogenic diet for beginners, ... diet, paleo diet, anti inflammatory diet) Ketogenic Diet: 21-Day Healthy Ketogenic Meal Plan To Get Lean And Lose Weight Fast As Hell- Tips For Low-Carb Ketogenic Diet (Beginners Weight Loss Food Cookbook, Parents Guide, Epilepsy Manual) Ketogenic Diet: 21 Days for Rapid Weight Loss, Increase your Energy And Live Healthy Lose Up To a Pound a Day (ketogenic diet, ketogenic diet for beginners, ... diet mistakes, diet plan, diet guide) Atkins Diet Rapid Weight Loss: Atkins Diet Guide for Beginners - Lose Up To 30 Pounds in 30 Days (Atkins Diet Books, Atkins Diet Recipes, Diet Cookbook, ... Rapid Weight Loss, Low Carb, Weight Loss))

[Dmca](#)