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'high intensity interval training the ultimate guide

June 5th, 2020 - a recent study pared participants who did steady state cardio for 30 minutes three times a

week to those who did 20 minutes of high intensity interval training hiit three times per week both groups showed similar weight loss but the hiit group showed a 2 percent loss in body fat while the steady state group lost only 0.3 percent'

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June 2nd, 2020 - high intensity interval training or hiit for short isn't a new style of training but thanks to the likes of joe wicks and other instagrammers hiit has been given a new lease of life with short snappy and intense workouts that need no equipment it's easy to see why so many are ditching their steady state cardio in favour of a hiit workout'

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June 5th, 2020 - with easy to follow instructional diagrams and the intensity of each workout clearly rated you can achieve superior gains to cum out on top if that's your thing without even leaving the bedroom all you need is a willing partner a firm bed and a serious stock of contraception shiit super high intensity intercourse training" **pdf high intensity interval training using whole body**

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June 2nd, 2020 - the road to physical fitness might be a long one but with the help of this high intensity intercourse training book you get to start with a bang and then pretty much keep banging ditch the crunches

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