



HIIT IT! (Fitnessista's Get More From Less Workout and Diet Plan to Lose Weight and Feel Great Fast)

Gina Harney

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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!

ûKathie Davis, Executive Director of Idea Health & Fitness Association

"An excellent program that is lifestyle based and doesn't require hours in a gymûperfect for someone like me! I adore that she loves food as much as she loves fitness.

ûJessica 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.

ûMatthew 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!

ûErin Motz, YouTube Personality and Original Bad Yogi

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Lisa Cook:

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Marlys Wieland:

This HIIT IT! (Fitnessista's Get More From Less Workout and Diet Plan to Lose Weight and Feel Great Fast) is great guide for you because the content that is certainly full of information for you who else always deal with world and possess to make decision every minute. This particular book reveal it information accurately using great plan word or we can say no rambling sentences included. So if you are read this hurriedly you can have whole details in it. Doesn't mean it only will give you straight forward sentences but tough core information with attractive delivering sentences. Having HIIT IT! (Fitnessista's Get More From Less Workout and Diet Plan to Lose Weight and Feel Great Fast) in your hand like keeping the world in your arm, data in it is not ridiculous 1. We can say that no e-book that offer you world throughout ten or fifteen moment right but this guide already do that. So , this is certainly good reading book. Hey Mr. and Mrs. busy do you still doubt this?

Fred Peterson:

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