

Fitness Trend: High Intensity Interval Training (HIIT)



B

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One of the hottest [fitness trends](#) of 2017 and now 2018, high intensity interval training (HIIT) is a great all-over workout and really maximizes your calorie burn. Loved by celebrities such as [Guiliana Rancic](#) and [Carrie Underwood](#), this popular workout type uses a series of intervals at rapid intensities to condition your body in a shorter period of time. Seriously: you only need to dedicate 30 minutes for each workout. Whether you're an on-the-go mom or a bride-to-be, you should give HIIT workouts a try. You'll find it's the perfect workout that'll give you the results you've been searching for – regardless of whether you're a newbie or a fitness guru.

Still not sold? Check out some of the benefits of this popular [celebrity fitness](#) trend that include more than just maximizing your calorie burn:

1. It promotes fat loss and muscle gain: Cardio is excellent for your heart as well as an great way to burn fat. Most HIIT workouts will have an element of weight training built-in, so it is truly an all-inclusive exercise regimen. You'll be in killer shape in no time because of the combination of cardio and muscle building!

2. It's perfect for busy schedules: Let's face it – we are all busy and overexert ourselves. If you think you don't have enough time for a consistent exercise routine, it's time to stop making excuses! HIIT workouts are all about burning calories in a short period of time. All you need to do is spare 15-30 minutes and give it all you've got. Trust us, the results will amaze you!

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3. You don't need equipment: You don't need to spend money on fancy equipment or gadgets. HIIT is all about getting your heart rate up, and keeping it up throughout the workout. You can easily tailor your workout to fit your current needs and fitness goals without the added tools.

4. It's gets you out of your comfort zone: Because of the intensive nature of HIIT, you are constantly pushing yourself out of your little comfortable bubble. HIIT exercises are a lot more fast-paced than 30 minutes on the treadmill or elliptical, so you'll find that your stamina will build at a quicker rate, too.

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5. You can do it anywhere: If you have a gym membership you can check to see if they offer HIIT classes, or you can make-do in the comfort of your own home! There are tons of videos online that you can follow along with – just make sure you follow the directions so you don't injure yourself.

Have you tried out HIIT? What do you like about it? Let us know below!