March Topic.....

HIIT ..... WHAT IS IT? and does it work?
Do you
1. Not have enough time to exercise
2. Want to exercise at home
3. Don't have any exercise equipment
4. Get bored working out for hours on end........

Sound Familiar. ....

Then try a HIIT, High Intensity Interval Training workout
 you only need 15 - 30mins to work out and burn a lot of calories, increasing your heart rate, and improving your fitness levels both in cardiovascular and strength. I use it for training clients and love the fact it can be done at home or even at work!! , and will burn off fat in a short amount of time with great results.
All you need is a bit of space, a stop watch (use your phone!!) and some motivational music (optional).
Give it a go.... work on 30-40 seconds on and 30-20 rest..... Competing 4-6 rounds of 4-6 exercises at 1st.... then working for longer once you get fitter
Message me on my website
[www.newmoi.co.uk](http://www.newmoi.co.uk/)
If you need some ideas on the exercises to do.

[](http://dailyburn.com/life/fitness/high-intensity-hiit-workout/?utm_source=facebook&utm_medium=social&utm_campaign=SocialWarfare" \t "_blank)