



# Idiot's Guides: High Intensity Interval Training

*Sean Bartram*

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## **Idiot's Guides: High Intensity Interval Training** Sean Bartram

High-Intensity Interval Training is a new workout trend that involves short, intense bursts of exercise, followed by periods of lower-intensity exercise or rest. In turn, the body burns more calories in a shorter period of time than traditional exercise routines. *Idiot's Guides: High-Intensity Interval Training* is a full-color, step-by-step guide that is packed with over 80 exercises, structured routines, and intense programs that can be done anywhere, anytime.

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