

How Can I Do as Little Cardio as Humanly Possible?

<https://youtu.be/FTkwE3Pg5Mg>

In this video, I show a snippet of a HIIT, High Intensity Interval Training, workout. The idea of HIIT is to constantly keep your heart rate fluctuating. Going from "fat burn zone" to "cardio zone" maximizes calorie burn and creates EPOC, which is also called afterburn. Who wouldn't want to burn calories sitting on a couch?

Try this workout for six weeks, at least three times a week, and see if you get the results you are looking for! Remember, you only need to do HIIT for 20 minutes each time you do it. HIIT combined with strength training, stretching, and a healthy diet will help you move toward your personal goals. Thanks for watching!