

Why Should You Do HIIT Workouts?

There are many reasons why HIIT workouts are an awesome form of exercise.

- They are super quick and highly effective.
- It boosts your metabolism and develops cardiovascular stamina.
- You can do it anywhere.
- No need for equipment; the beauty of HIIT is that body weight lifting is on you; it's not compulsory.

Is a HIIT workout good for you to lose weight?

According to reliable research, HIIT can be more effective and help you lose more weight than longer, less intense workouts. If you're doing a HIIT workout for 30 minutes, it's more than enough if you get the benefit. The best way of doing it is one round, and a one-minute break can boot your energy back for the next set. So consider visiting the [Closest Gym To Me](#) to make a proper plan to help with your desired goal.



Full Body HIIT Workout at home

No weight lifting is necessary for 30 minutes after **the best HIIT workout**. You should perform each exercise one after one for 1 to 2 minutes. Then begin the next round and do the same thing; you need to do this for 30 minutes and want to challenge for 4-5 rounds. Here is the list of exercises you can add to Your HIIT program, or consider buying a **Gym Membership Near Me** for a hassle-free fitness program.

Reverse Lunges with Knee Highs

You should plant both your feet hip-width apart. With your foot, take a big step and plant your foot on the floor. You should also bend both knees to a 90° angle and make sure the weight is equally distributed.

During the quick movement, you should extend both knees, reextend both knees to starting position, and shift the weight to alternative legs. Repeat for 15, just squats.

Jump Squats

You should stand in the position with shoulder length apart and then keep your back straight and core braced. Slowly push your hips backward and bend your knees low until your thighs parallel the ground. Slowly keep pressing your feet into the ground and jump as high as possible, then bend to 45° when you land. Repeat it for 15 reps, and then wait for 1 minute after every round.

Pushups

You should position slightly wider than shoulder length and feet directly behind you. Then lower your chest to the ground, bending your knees while extending your legs. And then hold for 2 sec then, press your but up, and repeat for 20 reps.



Mountain Climbers

Start with the plank position, arms straightened out with your hands on the ground and legs extended behind you. While keeping your back unmoved and engaged, lift your right elbow and return to the opposite elbow. Repeat this procedure and continuous stitching legs while increasing the pace.

Conclusion

Where to start, how often you should try, and what next! This question may arise in your mind, so you should consider buying a hassle-free membership from the [best gym near me](#). With this membership, you don't need to worry about anything and follow your plan according to your mentor.

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