

Conclusion



S1: Pause for 2 seconds

To sum up, whether your goal is fat loss, muscle gain or athletic performance, HIIT can help you achieve all these goals

S2: To sum up, whether your goal is fat loss, muscle gain or athletic performance, HIIT can help you achieve all these goals.

You will continue to get results as long as you do the workouts correctly which means building in rest and recovery between the sessions

S3: You will continue to get results as long as you do the workouts correctly which means building in rest and recovery between the sessions.

Pair it up with a good diet and supplements to boost performance and see your body transform with the shortest, most effective workouts out there

S4: Pair it up with a good diet and supplements to boost performance and see your body transform with the shortest, most effective workouts out there.