



Tiff's

15 Minute Fitness Series!

Why put off what can be accomplished today? Tomorrow is promised to no one!
~Tiff

The truth about **CARDIO**...by Tiffany Sculli



If it sounds like the same old story, it may be... but for good reason & for your health benefit. If you want to be effective & efficient **STOP focusing on Long CARDIO sessions**. Rather utilize your time & do more **high intensity interval training (HIIT)**.

Gyms these days are packed with people plodding away on the elliptical machines using their arms as support crutches while stepping on the revolving staircase or clutching to the handle of the treadmill while trying to reach Mount Everest..

....Hmmm, how's the view???

Soooo... If you haven't made it to the top of that mountain and you'd like to lose fat, drop your body fat % into ripped digits or lower your resting heart rate, the proven research recommends HIIT is the best method to reach effective results.

HIIT is **CARDIO**, but of an anaerobic nature, consisting of switching back & forth between all-out effort to casual pace (recovery). Alternating gears and revving your body into a mode where your efforts are earned in a shorter time frame.

This method is the way to go... Give it a try and let US know what you think!

Sample Workout

AMT Machine (any machine can be used..)

