

Introduction



S1: Pause for 2 seconds

Working at maximal intensity for an extended amount of time is just not physiologically possible

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Much More Effective
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This workout routine involves much shorter durations than traditional workout, is full of high intensity moves and grants your body frequent recovery periods to get all set up for the next round

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In fact, it is high intensity activity that will help you lose body fat while retaining body mass, strengthen the cardio vascular system and develop your ability to tolerate a high level of intensity for a longer period

S6: In fact, it is high intensity activity that will help you lose body fat while retaining body mass, strengthen the cardio vascular system and develop your ability to tolerate a high level of intensity for a longer period.