

**HIIT IT! (Fitnessista's Get More From Less Workout
And Diet Plan To Lose Weight And Feel Great Fast) By
Gina Harney**

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Hail hiit, the cardio king - the fitnessista

Awesome post! I've been wanting to do more HIIT because I know how awesome it is, but I never know how long to do it for (how many rounds) and fear not getting a

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