

A man in a black tank top and shorts is performing a battle rope exercise in a gym. He is leaning forward, holding the handles of a thick rope with both hands, and the rope is being pulled down. The background shows a gym setting with a window and some equipment. The text is overlaid on the left side of the image.

HIGH-INTENSITY INTERVAL TRAINING

A Beginner's Guide to HIIT



High Intensity Training

LP Steffe



High Intensity Training:

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