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HIIT 100s: Carve Up Your Physique in 6 Weeks ... For each major muscle group, after following the HIIT 100s protocol on your first exercise, you'll do three more sets to failure of the same exercise using your 10-rep max (10RM). Of course, after doing 10 sets of 10 reps, you'll no longer be able to complete 10 full reps with your 10RM weight ...

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On HIIT 100s sets during Weeks 1-3, when rest periods are 30 seconds or more, perform the first three sets of 10 as fast and explosively as possible. This will help build more muscle power and strength, despite using such light weight.

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Muscle and Fitness: HIIT 100s: Carve Up Your Physique in 6 Weeks About the Author Nicole Cruz is a writer who specializes in the areas of health/fitness, parenting and Christianity.

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As such it can be a very effective way of developing lean muscle. Surprisingly, HIIT workouts are actually better at building and maintaining muscle mass, while losing fat than regular sustained steady-state workouts as prolonged exercise can result in muscle being burned up and used by the body as fuel. ... HIIT 100s: Carve Up Your Physique in ...

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HIIT training involves alternating intervals of high intensity exercise with periods of low intensity exercise to allow the body to recover somewhat before performing another high intensity interval. Usually 30 seconds of high intensity followed by 60-90 seconds of low intensity exercise. HIIT 100s: Carve Up Your Physique in 6 Weeks

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This workout is designed to increase your muscle mass as much as possible in 10 weeks. Works each muscle group hard once per week using mostly heavy compound exercises. Elbie Kruger. Body & Fitness. ... HIIT 100s: Carve Up a Chiseled Physique in 6 Weeks.

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