

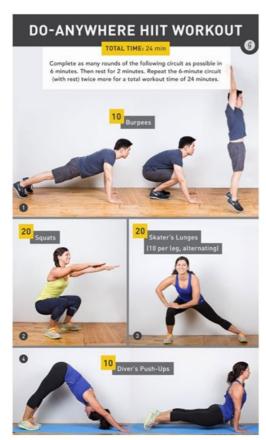
6 Bodyweight HIIT Workouts You Have to Try

Summary: If you're looking for a good workout that you can do anywhere, try one of these HIIT bodyweight workouts that require no equipment.

If you've been browsing Pinterest or the internet for workouts, you may have come across the acronym HIIT. HIIT stands for High Intensity Interval Training, which is a workout that consists of intense bursts of activity alternating with periods of less activity or complete rest. Many people are led to believe that spending long periods of time doing steady-state cardio, such as running or the elliptical, is the best way to burn calories and lose weight. However, doing shorter workouts with these intense intervals has been shown to better burn fat during the workout, as well as keep your metabolism burning for longer after your workout as well.

Other benefits of HIIT workouts include efficiency, no equipment necessary, a healthier heart, and fat loss as opposed to muscle loss, which can more frequently occur through steady-state cardio. If you'd like to get started with High Intensity Interval Training, here are six bodyweight workouts that you can try whether you're at home, at the park, or traveling for work.





15 Minute Total Body HIIT Workout from Fitness Blender







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HIIT it Outdoors from FitFluential



12-Minute Bodyweight Tabata Workout Series: Lower Body from Pumps & Iron





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