

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 towards the floor. The gym has a wooden floor and a window in the background. The text 'HIGH-INTENSITY INTERVAL TRAINING' is overlaid on the image in white and yellow. There are also three yellow 'X' marks on the left and right sides of the image.

HIGH-INTENSITY INTERVAL TRAINING

A Beginner's Guide to HIIT

High Intensity Training

Yi-Tong Ma



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