

A man with a beard, wearing a black tank top and black shorts, is performing a battle rope exercise. He is leaning forward, holding both ends of a thick rope with both hands, and pulling them towards his chest. The background shows a gym setting with large windows and various equipment. The text "HIGH-INTENSITY INTERVAL TRAINING" is overlaid on the image. The word "HIGH-INTENSITY" is in white, "INTERVAL" is in white, and "TRAINING" is in yellow. Below the title, the subtitle "A Beginner's Guide to HIIT" is in white. There are three yellow 'X' marks on the left and right sides of the image.

HIGH-INTENSITY INTERVAL TRAINING

A Beginner's Guide to HIIT

Beginners Guide High Intensity Training

M. Usman, John Davidson



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