

# High-Intensity Interval Training For Women: Burn More Fat In Less Time Wit By Sean Bartram

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I'm a wife, mom, writer and FBI wannabe.

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.Jen: Wish I could have been there :-(-.

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High intensity interval training for women : burn more fat in less time with HIIT workouts you can do anywhere. Sean Bartram, official trainer to

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after it high intensity style. Start with intervals and crank the speed up. A great program to start with is intervals of 3 minutes (high) Women s Workouts

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### **Sean bartram (author of high- intensity interval**

Sean Bartram is the author of High-Intensity Interval Training for Women Sean Bartram s for Women: Burn More Fat in Less Time with HIIT Workouts

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