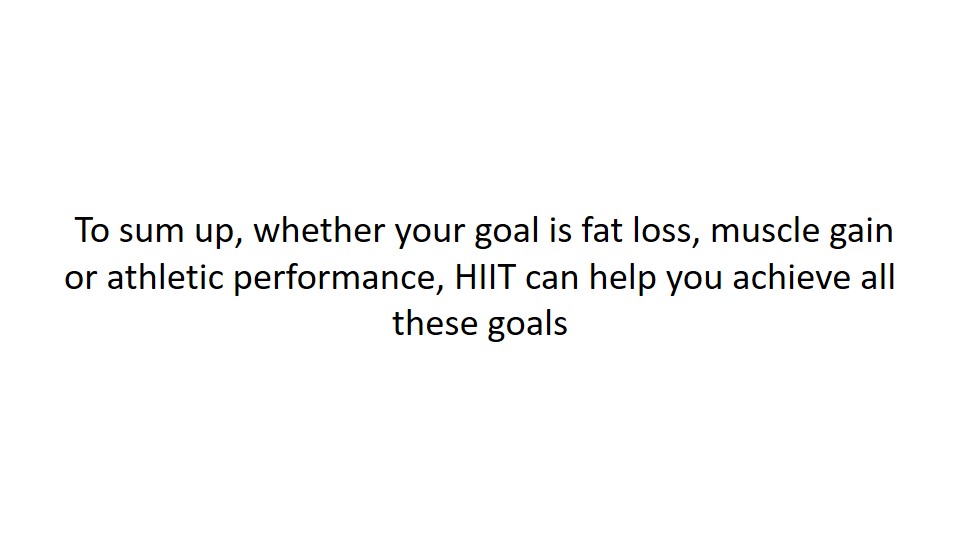
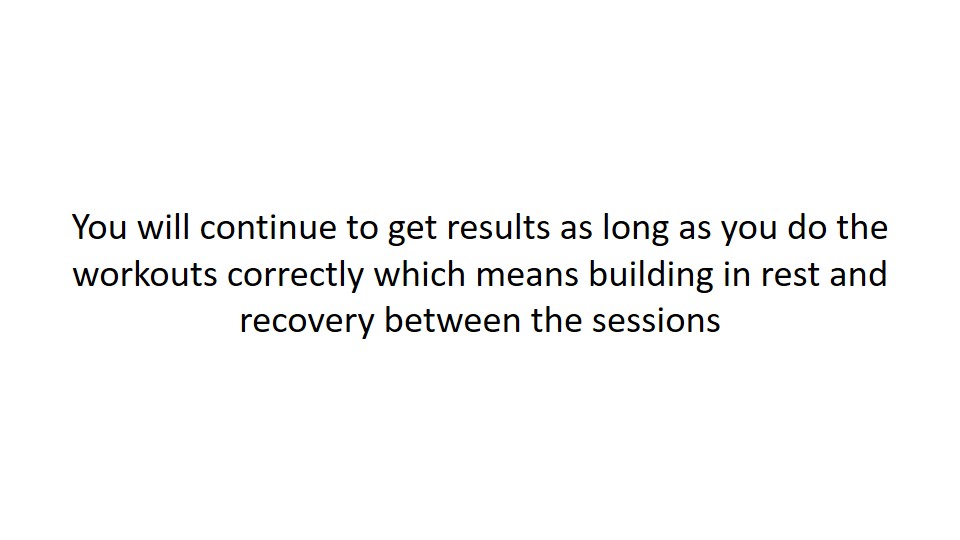
# Conclusion



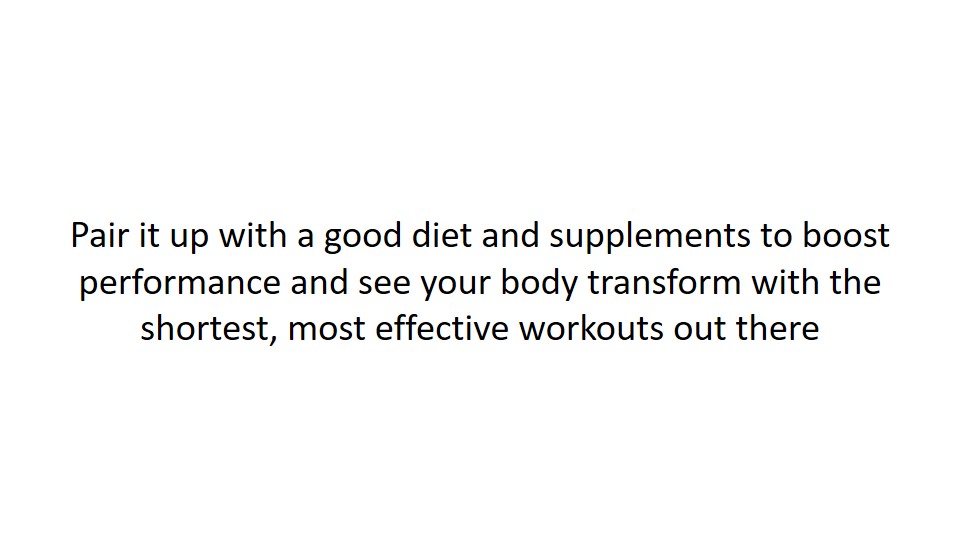
**S1**: Pause for 2 seconds



**S2:** To sum up, whether your goal is fat loss, muscle gain or athletic performance, HIIT can help you achieve all these goals.



**S3**: You will continue to get results as long as you do the workouts correctly which means building in rest and recovery between the sessions.



**S4**: Pair it up with a good diet and supplements to boost performance and see your body transform with the shortest, most effective workouts out there.