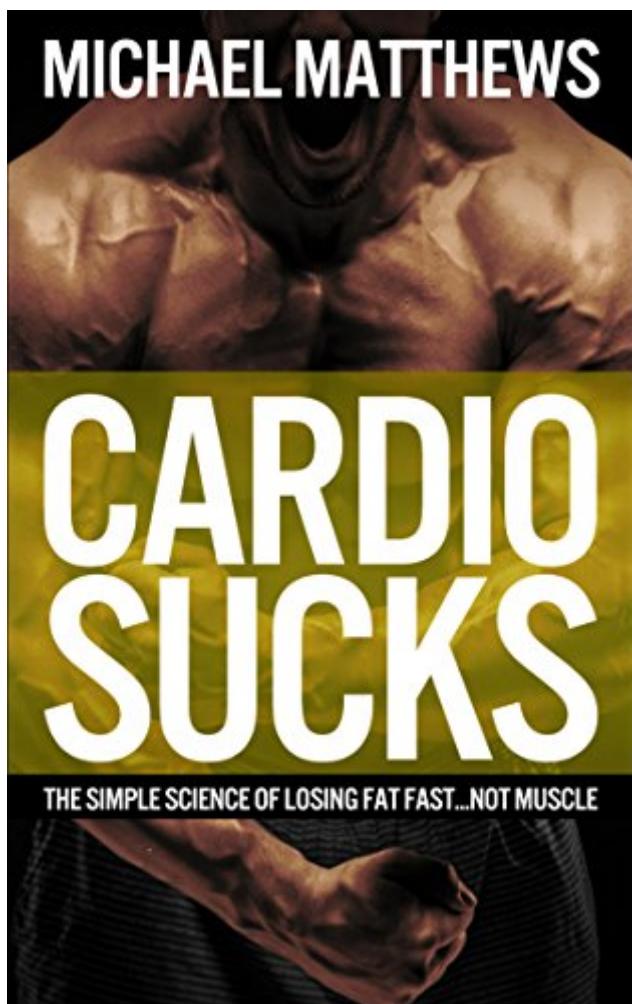


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# **CARDIO SUCKS: The Simple Science Of Losing Fat Fast...Not Muscle (The Build Muscle, Get Lean, And Stay Healthy Series Book 4)**



## Synopsis

Forget about losing weight • you want to lose fat and if you want to know how to do it as quickly as possible without losing muscle and without doing hours and hours of grueling cardio every week then you want to read this book. Here's the deal: If your goal is to get or stay lean and maintain your cardiovascular health, you don't have to pound the pavement • or grind out long, boring cardio sessions. Ever. That's right • No tedious jogging • No droning away on one of the hamster wheels in the gym • And no sacrificing hours and hours every week just to get a six pack. • You also don't have to subject yourself to restrictive diets • that feel more like punishment than self-improvement. What if I told you that you could dramatically transform your body eating foods you actually like • every day • 7 days per week? What if all you had to do to lose fat and not muscle was follow a handful of flexible dietary guidelines • not starve and deprive yourself? And what if I promised you could forever break free of the anxieties most people associate with dieting • and make it something you can enjoy as a lifestyle instead? Well, by the end of this book, you'll know exactly what you need to do to get a lot more out of a lot less exercise • and a lot more delicious food • than you ever thought possible. Here's a sneak peek • of some of the things this book will teach you • The biggest diet lie you've been told (and probably believe) that makes losing fat way harder than it has to be. How the four categories of dieting ultimately determine your results: energy balance, macronutrient balance, food choices, and nutrient timing. Why "clean eating" is overrated and guarantees nothing in the way of losing fat and building muscle • and what you should do instead. How to create flexible dieting plans that allow you to get the body you want eating the foods you love. How much cardio you should do to lose weight and how much is too much and why. 5 simple eating habits that keep you lean, healthy, and happy • without having to obsess over every calorie you eat. The ultimate guide to high-intensity interval cardio • the absolute best type of cardio for burning fat as quickly as possible. How to use fasted cardio • to lose fat • and stubborn fat in particular • even faster. 7 powerful cardio workouts that will help you burn fat and not muscle in less than 30 minutes per day (and you don't even have to do them every day!). And a whole lot more! Imagine... just 12 weeks from now... being constantly complimented on how you look and asked what the heck you're doing to make such startling progress... Imagine enjoying the added benefits of high energy levels, no aches and pains, better spirits, and knowing that you're getting healthier every day... The bottom line is you CAN achieve that "Hollywood body" • without having your life revolve around it. A SPECIAL BONUSES FOR READERS! With this book you'll also get two free eBooks (one for men and one for women) that teach you the fundamentals of strength training and muscle building as well as give

you tried-and-true weightlifting programs that will change your body in the first 8 weeks. You'll also get 10 weight loss meal plans that show you how to put flexible dieting principles into practice and make them work for you.

## **Book Information**

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## **Customer Reviews**

Although this book is only 56 pages long, and I already knew most of what the author was describing, I still think it is a worthwhile book to read especially for those who find themselves strapped for time and need to remember some very important points. One of the most important suggestions the author makes is to find an activity you really enjoy that helps burn fat and retains (or builds) muscle so that you stick to it. So many health clubs, fitness centers and gyms aggressively promote their memberships and really overbook COUNTING on the fact that a good many people will sign up, earnestly attend a few training sessions and/or classes and then slowly, quietly (if not abruptly) drop out never to be seen again with the health club "member" still liable for membership fees they have legally signed a contract agreeing to pay. That is why I was so SIMPLY DELIGHTED when the author included Chapter 11 DANCE THE FAT AWAY WITH ZUMBA. Now THIS was an

activity I personally found and was able to stick with! Whatever you do the point is to keep active. Cardio DOESN'T HAVE TO suck! From Chapter 6 BOX YOUR WAY INTO SHAPE to Chapter 14 HEAT THINGS UP WITH HOT YOGA, 15 JUMP ROPING CAN DO WONDERS FOR YOUR BODY. 17 TRAIN LIKE THE BRITISH ARMY and 18 THE CARDIO CORE BLAST there is something for most everybody. There is even a BONUS REPORT 12 HEALTH & FITNESS MISTAKES YOU DON'T KNOW YOU'RE MAKING. Significantly the author does not neglect the importance of nutrition in helping an individual lose weight and/or improve their health and fitness. He emphasizes that "No matter what anyone tells you getting ripped boils down to nothing more than manipulating a simple mathematical formula:energy consumed versus energy expended." (otherwise known as calories in, calories out).

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