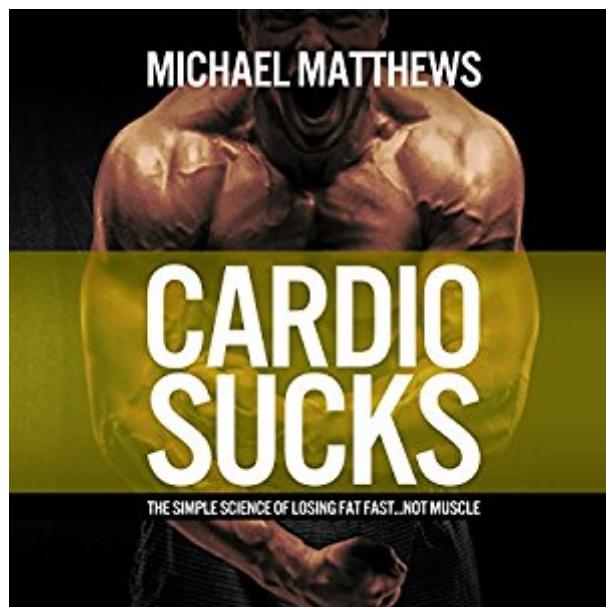


The book was found

Cardio Sucks: The Simple Science Of Losing Fat Fast...Not Muscle



Synopsis

Forget "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 listen to this audiobook. What if I told you that you could dramatically transform your body eating foods you actually like...every day...seven 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. Why "clean eating" is overrated and guarantees nothing in the way of losing fat and building muscle...and what you should do instead. Five simple eating habits that keep you lean, healthy, and happy...without having to obsess over every calorie you eat. How to use "fasted cardio" to lose fat...and stubborn fat in particular...even faster. Seven 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! Buy this book now and begin your journey to a leaner, sexier, healthier you!

Book Information

Audible Audio Edition

Listening Length: 3 hoursÂ andÂ 5 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Oculus Publishers

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Whispersync for Voice: Ready

Language: English

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Best Sellers Rank: #7 inÂ Books > Health, Fitness & Dieting > Exercise & Fitness > Aerobics #23 inÂ Books > Audible Audiobooks > Health, Mind & Body > Exercise & Fitness #57 inÂ Books > Audible Audiobooks > Health, Mind & Body > Diet & Nutrition

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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