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Cardio SucksThe Simple Science of Burning Fat Fast and Getting in Shape The Build Healthy Muscle Series

By Michael Matthews

CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 76 pages. Dimensions: 8.8in. x 5.8in. x 0.3in.If youre short on time and sick of the same old boring cardio routine and want to kick your fat loss into high gear by working out less and. . . heaven forbid. . . actually have some fun. . . then you want to read this new book. Heres the deal: The old school of cardio has you doing grinding, grueling long-distance runs or bike rides for hours and hours each week to burn a little bit of fat and, unfortunately, eat away muscle too (giving you that skinny and flabby look). Fortunately, the science of exercise has progressed and the new school of cardio has arrived, and its a dream come true. If you follow the rules of the new school of cardio, you can have a lean, toned body by working out less than 20 minutes per day(you can even get in an intense, fat-burning workout in 5 minutes if you know what youre doing!). In this book, youre going to learn how to spend less time exercising to burn more fat and build muscle,...



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