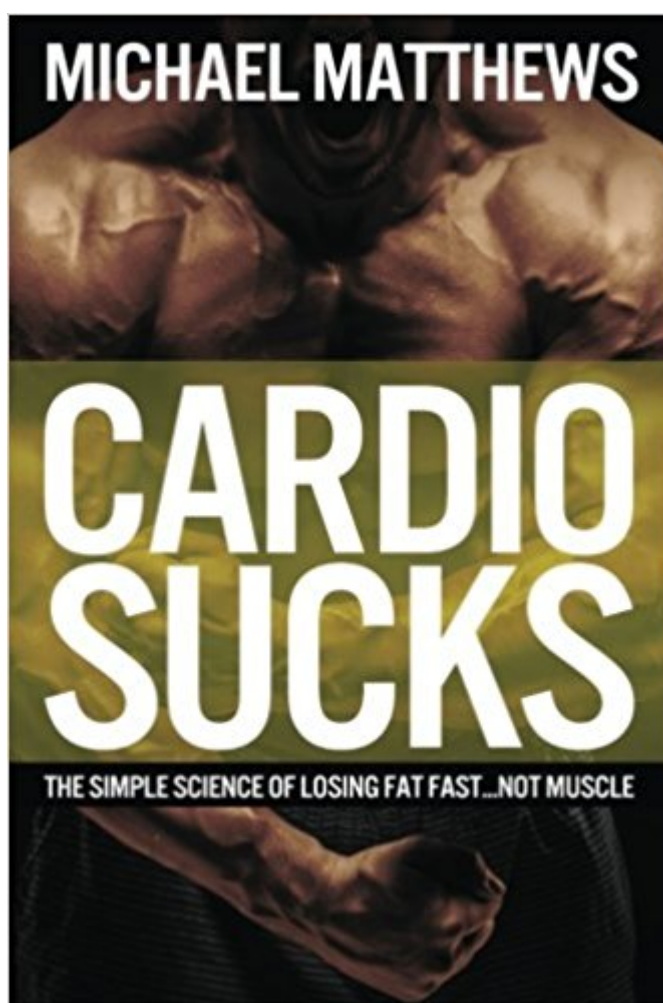


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# Cardio Sucks!: The Simple Science Of Burning Fat Fast And Getting In Shape (The Build Healthy Muscle Series)



## Synopsis

If you're 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. Here's 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 it's 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 you're doing!). In this book, you're going to learn how to spend less time exercising to burn more fat and build muscle, and you won't have to ever step foot in a gym if you don't want to. And it's a fast read--no fluff here. Here are some of the secrets you'll learn inside: The 4 biggest weight loss myths and mistakes that keep people fat and stuck in a rut. If you've fallen victim to any of these (and most people have), you NEED to have this information. The 3 simple laws of healthy fat loss. All workable weight-loss methods rely on the three simple rules to achieve results, and once you know them, you don't need to chase fads. Why long-distance jogging is an incredibly inefficient way to lose weight and what you should do instead to have a lean, sexy body that you're proud of. (The good news is it's easy and takes no more than 20 minutes per day!) A fat-incinerating method of cardio that you can literally do during the 2-3 minute commercial breaks of your favorite TV shows. 4 killer circuit training workouts that not only melt fat but give you hard, rippling muscles that will make people green with envy. And more... This book is for people that hate doing cardio and want to squeeze every ounce of fat loss possible out of their workouts. Forget pounding the pavement for hours and hours every week just to lose a little fat and muscle. Follow the methods taught in this book and you can torch fat in a fraction of the time and get tight, toned muscles (and you might actually have some fun too!).

**SPECIAL BONUS FOR READERS!** With this book you'll also get a free 23-page bonus report from the author called "12 Health & Fitness Mistakes You Don't Know You're Making." In this free bonus report, you're going to learn the truth behind 12 of the most common health & fitness myths out there that ruin people's efforts to get fit. If you've ever wondered about things like if your genetics are holding you back, if you should stretch before lifting weights, if certain exercises shape your muscles better than others, and if you should shoot for a "target" heart rate zone to burn fat, then you need to read this report. Scroll up and click the "Buy" button now and learn what some of the top athletes in the world know about getting a lean, sexy body!

## Book Information

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## Customer Reviews

"I lost 4 pounds this month and this time off helped my body replenish to increase the weightlifting this week."-Mauricio Cruz LÃ¡fÃ¡pezÃ¡ ( Verified Purchase)Ã¡ "I followed his program - didn't even keep to the meal guidelines that much, sure I followed the recipes from his "Shredded Chef" book but I didn't count protein, fat, carbs etc. I still lost 5 kgs in my first 4 weeks."-"ChrisH"( Verified Purchase)"I went from 242lbs to 167 lbs in 8 months. Have kept the weight off for 9 months."-John ( Reviewer)"I'm actually starting to have fun doing them now. And my body has changed a LOT. In addition to losing fat, my body is also getting better tone and shape than it had when I was just running. Awesome."-Curry ( Verified Purchase)"As a 20 year fitness veteran, I love the simplicity and truthfulness of this book. I am always telling people interested in cleaning up their health the tips that are well summed up in this book."-Jason Smith ( Verified Purchase)

Hi, I'm Mike and I believe that every person can achieve the body of his or her dreams, and I work hard to give everyone that chance by providing workable, proven advice grounded in science, not a desire to sell phony magazines, workout products, or supplements. Through my work, I've helped thousands of people achieve their health and fitness goals, and I share everything I know in my books. So if you're looking to get in shape and look great, then I think I can help you. I hope you enjoy my books and I'd love to hear from you at my site, [muscleforlife.com](http://muscleforlife.com). Sincerely, Mike

Easy to understand, well-constructed, concise but rich in content, and clears many myth in the world of fitness (especially about losing fat and looking lean). The book also provides many detailed workout routines and diet recommendations. A pleasant reading experience. Totally worth the time.

Michael provides a great insight in to the ideas of cardio, along with a ton of extra information that goes along well with it. This book also provides many examples of the different types of cardio exercises that you can do, and gives great information on the pros on cons of all of them. I am not a big fan of doing cardio, which is how, I am sure, most of us feel about it, but this book provides a lot of great information and examples to help anyone find a cardio routine that they hate slightly less than most.

The book covers everything you need to know about losing fat and/or building muscle and eating healthy and backs it up scientifically with sources. It saves you a ton of time filtering out all misinformation out there.

This is a refreshing book filled with simplicity and peer-reviewed sourcing. This is a very quick and very beneficial read.

A great motivational book that breaks down myths and gives you the real facts about dieting, nutrition, and cardio and provides the information you need to help you reach your fitness goals

I think the title of this review says everything. I spent so many hours making endless cardio sessions that went nowhere over so many years, suffering every minute of them. I just can't believe it, but today I just make three sessions a week, 25 minutes each, and the results are spectacular. The book will tell you how this works and give you everything you need to know to train correctly. Of course the most important aspect of your training is diet, so you want to buy Bigger Leaner Stronger to complement this knowledge, but you won't regret it.

Mike does a good job of explaining why so many people do cardio but do not have the results they would like to show for their time and money. If you don't have positive results, you may just give up. Mike explains how to be successful and gives so many examples of different ways you can do a cardio workout that you should never be bored as well as tips for the best way to get the most out of your cardio workout. I incorporated Mike's suggestion to use HIIT and knew immediately this was the

way to go. I bought all of Mike's book and recommend them all.

Whilst, as some of the other reviewers have noted, the first sections of this book cover the generic basics of nutrition and exercise, I liked the way the information is presented / written and found myself reading the content anyway. The latter half of the book basically provides a bunch of exercise ideas for how to cover your cardio requirements, other than pounding away in the gym. Again, not rocket science but several good ideas here to bring some alternative options into your exercise regime. I liked this book and found it good value for money given the relatively low cost.

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Guide to Building Muscle, Staying Lean, and Getting Strong (The Build Muscle, Get Lean, and Stay Healthy Series Book 4) Belly Fat: The Healthy Eating Guide to Lose That Stubborn Belly Fat - No Exercise Required (Belly Fat, Healthy eating, weight loss for women, low fat, ... wheat, detox, grain free, gluten free) How To Lose Thigh Fat: The Most Effective and Simple Solutions to Trim your Thighs (Thigh fat, slim thigh, reduce thigh fat, shape your thigh) Primal Endurance: Escape chronic cardio and carbohydrate dependency and become a fat burning beast! Fitness Nutrition: The Ultimate Fitness Guide: Health, Fitness, Nutrition and Muscle Building - Lose Weight and Build Lean Muscle (Carbs, Protein, Muscle ... Workout Nutrition, Nutrition For Athletes)

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