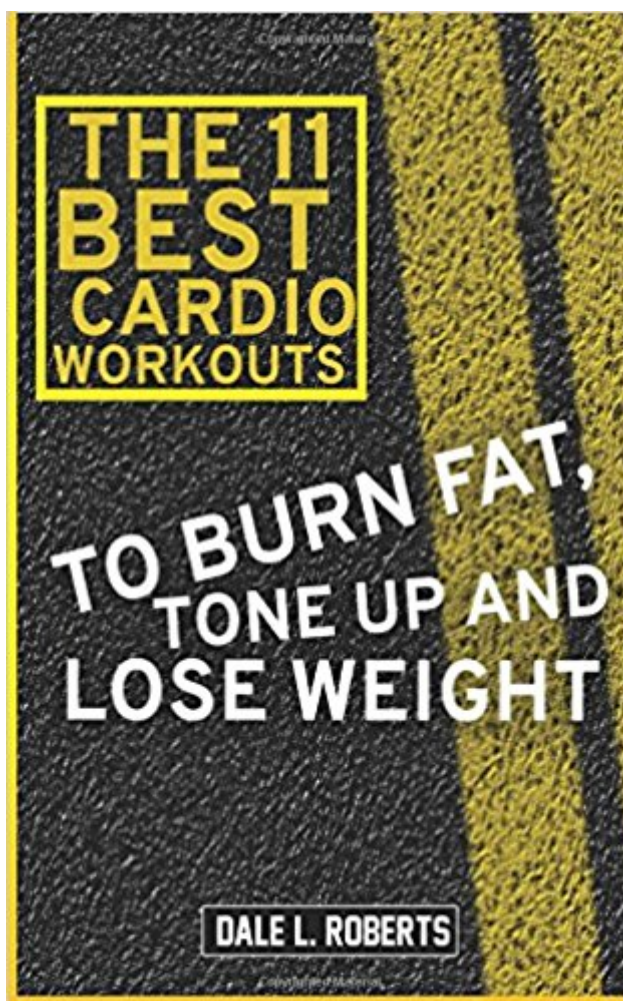


The book was found

The 11 Best Cardio Workouts: To Burn Fat, Tone Up, And Lose Weight



Synopsis

Annihilate Unwanted Body Fat Without Having to Overwork & Feel Rundown What if a few tweaks to your current exercise routine could dramatically increase your weight loss by even five to ten times? What if I told you that you no longer have to toil away exercising hours at a time just to lose little to no weight? What if you could get more time in your day to read, spend time with your family or relax? World-traveled fitness author & personal trainer, Dale L. Roberts, presents his 11 best fat burning workouts specifically for the treadmill, elliptical, and recumbent bike. Based on nearly a decade of developing quality workouts that maximize the most from limited time – Roberts answers the question: what are the secrets to losing more weight in less time with FUN exercise? In this book, you'll learn: How to incinerate fat by a simple tweak that the pros use Why staying at a consistent pace in your cardio is not working Four smooth treadmill routines that don't require ANY running Four simple elliptical programs that are a fun challenge Three recumbent bike plans that will have you smashing it to bits while laughing your way to a smaller pants size A variety of other tips to get the most from ANY workout or exercise plan How to keep your cardio workouts, so you enjoy the finer things in life Additional tips & techniques to use for your cardio outside of the three pieces of cardio equipment offered in this book BONUS: Get an exclusive FREE offer for a report of "The Ten Best Fitness Tools to Get More Results in the Least Time" And, much more! Buy this book NOW to kill stubborn fat dead and stop overworking in your exercise routines! Pick up your copy today by clicking the BUY NOW button at the top of this page!

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& Fitness > Quick Workouts

Customer Reviews

My name is Dale Lewis Roberts and I'm an American Council on Exercise Personal Trainer, Certified, with an ACE specialty certification in Senior Fitness. Since beginning my personal training career in 2006, I have earned numerous certifications in personal training, yoga, nutritional coaching, among others. I have worked with hundreds of clients with a variety of health & fitness goals. While my greatest passions are health & fitness, writing and reading, I also love to spend time traveling with my wife, watching pro wrestling and playing guitar. I currently reside in Phoenix, Arizona, with my wife, Kelli, and our rescue cat, Izzie.

Nice book with solid knowledge. I have been doing the interval training for a month and it seems to have helped my breathing if nothing else.

This book is quick and easy read to gather all your health info needed to get your body moving. Great for those who are new to getting in shape, great for those who are very busy trying to get their 30 minutes in and great for those looking for low impact workouts. Looking forward to the burn!

it has some useful tips and chart for proper burning of fat and staying healthy overall I would give it a 4 stars

Very simple, easy to follow charts for building up your cardio using the treadmill, elliptical and stationary bike. Very helpful.

Pointless "book", more like a pamphlet. Don't waste the \$\$\$

Great book! Helps you get in shape very easily.

Be warned this book does not give you cardio work outs. It's a book about using a treadmill and bike. Nothing more. I was disappointed.

Challenging routines.

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