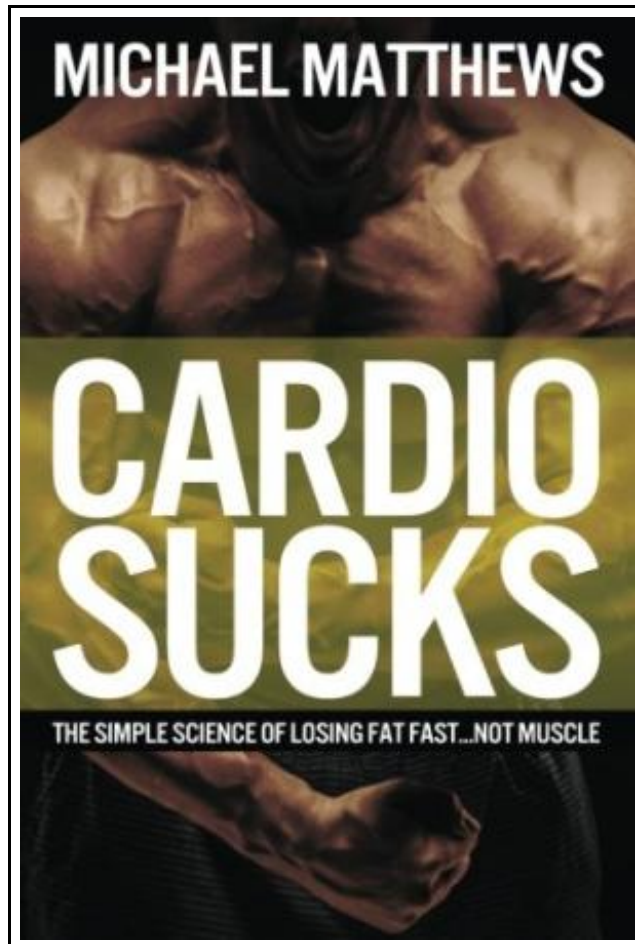


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CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 76 pages. Dimensions: 8.8in. x 5.8in. x 0.3in.If youre short on time and sick of the same old boring cardio routine and want to 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, and you wont have to ever step foot in a gym if you dont want to. And its a fast read--no fluff here. Here are some of the secrets youll learn inside: The 4 biggest weight loss myths and mistakes that keep people fat and stuck in a rut. If youve 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 dont need to chase fads. Why...



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