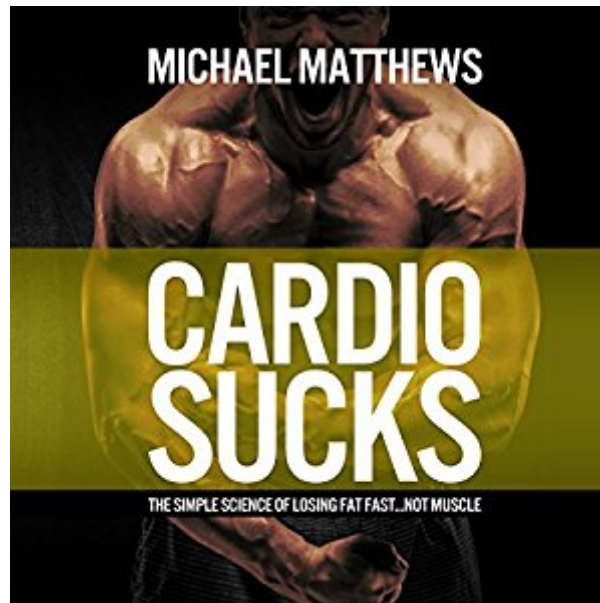




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Cardio Sucks: The Simple Science Of Losing Fat Fast...Not Muscle



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! PLEASE NOTE: When you purchase this title, the accompanying reference material will be available in your My Library section along with the audio.

Book Information

Audible Audio Edition

Listening Length: 3 hours 5 and 5 minutes

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#28 in Books > Audible Audiobooks > Health, Mind & Body > Exercise & Fitness #326

Customer Reviews

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 loosing fat and/or building mussle 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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