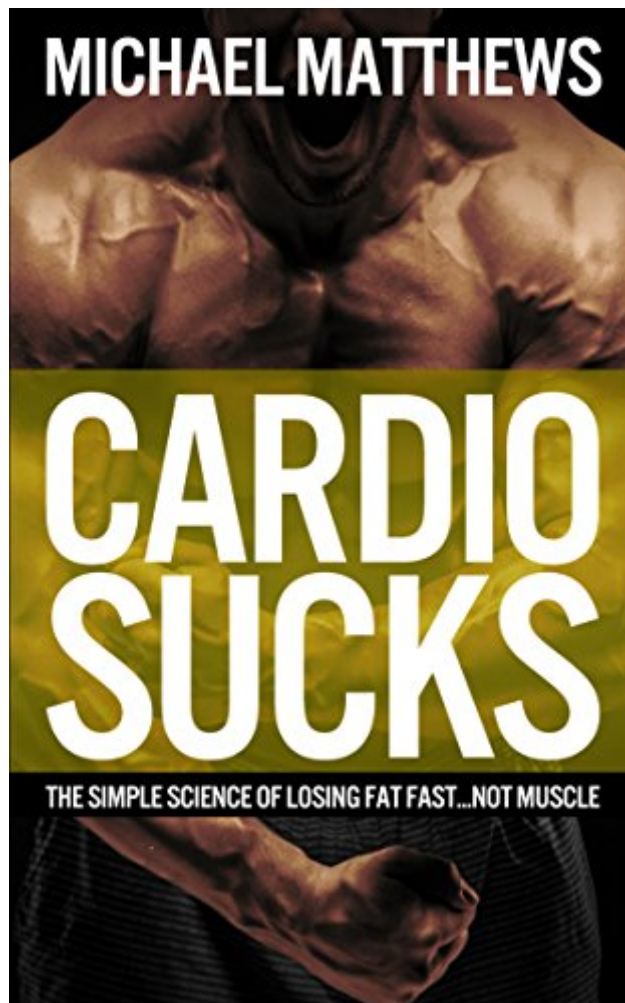




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# **CARDIO SUCKS: The Simple Science Of Losing Fat Fast...Not Muscle (The Muscle For Life Series Book 5)**



## 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 read this book. Here’s the deal: If your goal is to get or stay lean and maintain your cardiovascular health, you don’t have to “pound the pavement” or grind out long, boring cardio sessions. Ever. That’s right! No tedious jogging! No droning away on one of the hamster wheels in the gym! And no sacrificing hours and hours every week just to get a “six pack.” You also don’t have to subject yourself to restrictive “diets” that feel more like punishment than self-improvement. What if I told you that you could dramatically transform your body eating foods you actually like every day 7 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. How the four “tiers” of dieting ultimately determine your results: energy balance, macronutrient balance, food choices, and nutrient timing. Why “clean eating” is overrated and guarantees nothing in the way of losing fat and building muscle and what you should do instead. How to create flexible dieting plans that allow you to get the body you want eating the foods you love. How much cardio you should do to lose weight and how much is too much and why. 5 simple eating habits that keep you lean, healthy, and happy without having to obsess over every calorie you eat. The ultimate guide to high-intensity interval cardio • the absolute best type of cardio for burning fat as quickly as possible. How to use “fasted cardio” • to lose fat and stubborn fat in particular even faster. 7 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! Imagine...just 12 weeks from now...being constantly complimented on how you look and asked what the heck you’re doing to make such startling progress...Imagine enjoying the added benefits of high energy levels, no aches and pains, better spirits, and knowing that you’re getting healthier every day...The bottom line is you CAN

achieve that "Hollywood body" without having your life revolve around it. **Â SPECIAL BONUSES FOR READERS!**With this book you'll also get two free eBooks (one for men and one for women) that teach you the fundamentals of strength training and muscle building as well as give you tried-and-true weightlifting programs that will change your body in the first 8 weeks. You'll also get 10 weight loss meal plans that show you how to put flexible dieting principles into practice and make them work for you.

## **Book Information**

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## **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 and 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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