



# **Cardio Sucks!: The Simple Science of Burning Fat Fast and Getting in Shape (The Build Healthy Muscle Series)**

*Michael Matthews*

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**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!**

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