



## Cardio Sucks: The Simple Science of Losing Fat Fast.Not Muscle (Paperback)

By Michael Matthews

Createspace Independent Publishing Platform, 2012. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. 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...

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