



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

*By Michael Matthews*

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

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

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### Editorial Review

#### Review

*"I lost 4 pounds this month and this time off helped my body replenish to increase the weightlifting this week."*

#### **-Mauricio Cruz López (Amazon Verified Purchase)**

*"I followed his program - didn't even keep to the meal guidelines that much, sure I followed the recipes from his "Shredded Chef" book but I didn't count protein, fat, carbs etc. I still lost 5 kgs in my first 4 weeks."*

#### **-"ChrisH"(Amazon Verified Purchase)**

*"I went from 242lbs to 167 lbs in 8 months. Have kept the weight off for 9 months."*

#### **-John (Amazon Reviewer)**

*"I'm actually starting to have fun doing them now. And my body has changed a LOT. In addition to losing fat, my body is also getting better tone and shape than it had when I was just running. Awesome."*

#### **-Curry (Amazon Verified Purchase)**

*"As a 20 year fitness veteran, I love the simplicity and truthfulness of this book. I am always telling people interested in cleaning up their health the tips that are well summed up in this book."*

#### **-Jason Smith (Amazon Verified Purchase)**

#### From the Author

Hi,

I'm Mike and I believe that every person can achieve the body of his or her dreams, and I work hard to give everyone that chance by providing workable, proven advice grounded in science, not a desire to sell phony magazines, workout products, or supplements.

Through my work, I've helped thousands of people achieve their health and fitness goals, and I share everything I know in my books.

So if you're looking to get in shape and look great, then I think I can help you. I hope you enjoy my books and I'd love to hear from you at my site, [muscleforlife.com](http://muscleforlife.com).

Sincerely,

Mike

From the Inside Flap

### **BOOKS BY MICHAEL MATTHEWS**

*Bigger Leaner Stronger: The Simple Science of Building the Ultimate Male Body*

*Thinner Leaner Stronger: The Simple Science of Building the Ultimate Female Body*

*Muscle Myths: 50 Health & Fitness Mistakes You Don't Know You're Making*

*The Shredded Chef: 120 Recipes for Building Muscle, Getting Lean, and Staying Healthy*

*Eat Green Get Lean: 100 Vegetarian and Vegan Recipes for Building Muscle, Getting Lean and Staying Healthy*

*CARDIO SUCKS! The Simple Science of Burning Fat Fast and Getting in Shape*

## **Users Review**

### **From reader reviews:**

#### **Stacey Lawrence:**

Hey guys, do you really wants to finds a new book you just read? May be the book with the name Cardio Sucks!:The Simple Science of Burning Fat Fast and Getting in Shape (The Build Healthy Muscle Series) suitable to you? The actual book was written by renowned writer in this era. Often the book untitled Cardio Sucks!:The Simple Science of Burning Fat Fast and Getting in Shape (The Build Healthy Muscle Series)is the main one of several books which everyone read now. This particular book was inspired many men and women in the world. When you read this publication you will enter the new age that you ever know ahead of. The author explained their strategy in the simple way, and so all of people can easily to know the core of this publication. This book will give you a lot of information about this world now. In order to see the represented of the world in this particular book.

#### **Paul Leavens:**

The actual book Cardio Sucks!:The Simple Science of Burning Fat Fast and Getting in Shape (The Build Healthy Muscle Series) will bring that you the new experience of reading a book. The author style to spell out the idea is very unique. Should you try to find new book to learn, this book very suitable to you. The book Cardio Sucks!:The Simple Science of Burning Fat Fast and Getting in Shape (The Build Healthy Muscle Series) is much recommended to you you just read. You can also get the e-book through the official web site, so you can more easily to read the book.

**Timothy Quintero:**

The publication untitled *Cardio Sucks!:The Simple Science of Burning Fat Fast and Getting in Shape* (The Build Healthy Muscle Series) is the publication that recommended to you to see. You can see the quality of the book content that will be shown to an individual. The language that writer use to explained their way of doing something is easily to understand. The writer was did a lot of investigation when write the book, and so the information that they share to your account is absolutely accurate. You also might get the e-book of *Cardio Sucks!:The Simple Science of Burning Fat Fast and Getting in Shape* (The Build Healthy Muscle Series) from the publisher to make you more enjoy free time.

**Kimberly Casselman:**

As we know that book is essential thing to add our understanding for everything. By a guide we can know everything we would like. A book is a set of written, printed, illustrated or blank sheet. Every year had been exactly added. This e-book *Cardio Sucks!:The Simple Science of Burning Fat Fast and Getting in Shape* (The Build Healthy Muscle Series) was filled in relation to science. Spend your spare time to add your knowledge about your scientific disciplines competence. Some people has various feel when they reading a book. If you know how big benefit from a book, you can truly feel enjoy to read a guide. In the modern era like at this point, many ways to get book you wanted.

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