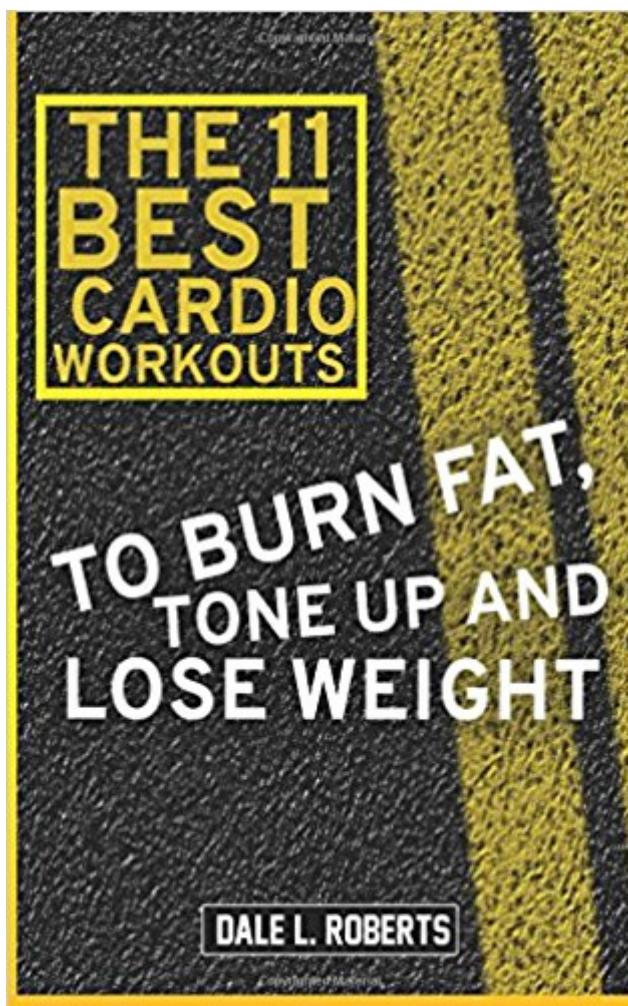


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# The 11 Best Cardio Workouts: To Burn Fat, Tone Up, And Lose Weight



## Synopsis

Annihilate Unwanted Body Fat Without Having to Overwork & Feel RundownWhat if a few tweaks to your current exercise routine could dramatically increase your weight loss by even five to ten times? What if I told you that you no longer have to toil away exercising hours at a time just to lose little to no weight? What if you could get more time in your day to read, spend time with your family or relax?World-traveled fitness author & personal trainer, Dale L. Roberts, presents his 11 best fat burning workouts specifically for the treadmill, elliptical, and recumbent bike. Based on nearly a decade of developing quality workouts that maximize the most from limited timeâ "Roberts answers the question: what are the secrets to losing more weight in less time with FUN exercise? In this book, you'll learn:How to incinerate fat by a simple tweak that the pros useWhy staying at a consistent pace in your cardio is not workingFour smooth treadmill routines that don't require ANY runningFour simple elliptical programs that are a fun challengeThree recumbent bike plans that will have you smashing it to bits while laughing your way to a smaller pants sizeA variety of other tips to get the most from ANY workout or exercise planHow to keep your cardio workouts, so you enjoy the finer things in lifeAdditional tips & techniques to use for your cardio outside of the three pieces of cardio equipment offered in this bookBONUS: Get an exclusive FREE offer for a report of "The Ten Best Fitness Tools to Get More Results in the Least Time" And, much more!Buy this book NOW to kill stubborn fat dead and stop overworking in your exercise routines! Pick up your copy today by clicking the BUY NOW button at the top of this page!

## Book Information

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## Customer Reviews

My name is Dale Lewis Roberts and I'm an American Council on Exercise Personal Trainer, Certified, with an ACE specialty certification in Senior Fitness. Since beginning my personal training career in 2006, I have earned numerous certifications in personal training, yoga, nutritional coaching, among others. I have worked with hundreds of clients with a variety of health & fitness goals. While my greatest passions are health & fitness, writing and reading, I also love to spend time traveling with my wife, watching pro wrestling and playing guitar. I currently reside in Phoenix, Arizona, with my wife, Kelli, and our rescue cat, Izzie.

Nice book with solid knowledge. I have been doing the interval training for a month and it seems to has helped my breathing if nothing else.

This book is quick and easy read to gather all your health info needed to get your body moving. Great for those who are new to getting in shape, great for those who are very busy trying to get their 30 minutes in and great for those looking for low impact workouts. Looking forward to the burn!

it has some useful tips and chart for proper burning of fat and staying healthy overall I would give it a 4 stars

Very simple, easy to follow charts for building up your cardio using the treadmill, eliptical and stationary bike. Very helpful.

Pointless "book", more like a pamphlet. Don't waste the \$\$\$

Great book! Helps you get in shape very easily.

Be warned this book does not give you cardio work outs. It's a book about using a treadmill and bike. Nothing more. I was disappointed.

Challenging routines.

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to Lose Weight, Walking For Weight Loss, Workout Plan, Burn Fat, Lose Weight) The 11 Best Cardio Workouts: To Burn Fat, Tone Up, and Lose Weight DUKAN DIET: Lose Weight FAST And Lose Weight FOREVER: Four Phase Plan (Fat Burning Diet, Weight Loss Motivation, Burn Fat, Diet Plan, Weight Loss Plan, Dukan, Belly Fat) Intermittent Fasting: How To Lose Weight, Burn Fat & Build Lean Muscle The Easy Way (Intermittent Fasting, Burn Fat, Build Lean Muscle, Lose Weight) Jump Rope Workouts: The Easy & Fun Way To Do Cardio, Burn Fat, And Build Muscle Weight Loss: Lose Weight and Body Fat: 3 Simple and Easy Methods to Improve: Health, Fitness and Nutrition (Weight Loss Strategies, Proven Weight Loss, ... Habits, Belly Fat, Weight Loss Tips) How to Burn Belly Fat: 37 Fitness Model Secrets to Burn Belly Fat ( Abs, Ab Workouts, Healthy Living Tips) BELLY FAT: 40 EFFECTIVE HABITS to BURN BELLY FAT for A SLIM WAIST (Belly Fat, Fat Burning For Women, Weight Loss, Zero Belly Diet, Flat Belly Diet, Abs Diet, Waist Training Workout) (FIT BODY Book 1) Six-Week Bikini Countdown: Tone your butt, abs, and thighs fast combining Pilates with select strength and cardio interval training workouts Intermittent Fasting Hacks: How To Eat Whatever The F\*ck You Want To Burn Fat, Get Lean and Look Phenomenal! (Burn Fat, Intermittent Fasting, Fat Loss, ... Fasting, Clean Eating, Bodybuilding) Belly Fat: The Healthy Eating Guide to Lose That Stubborn Belly Fat - No Exercise Required (Belly Fat, Healthy eating, weight loss for women, low fat, ... wheat, detox, grain free, gluten free) Wild Diet: WHOLESOME DIET FOR A WHOLESOME LIFE!: (the wild diet, No carbs diet, Low Carbs food list, high protein diet, rapid weigh loss, easy way to lose weight, how ... way to lose weight, how to lose body fat) Bodybuilding: Arm Bible: 39 Best Workouts For Bigger And Stronger Arms (Bodybuilding For Beginners, Weight Training, Weight Lifting, Bodybuilding Workouts) (Bodybuilding Series Book 2) Lose Weight Without Dieting or Exercise Cookbook: How to Lose Weight Without Dieting or Exercise and Never Be Fat Again Weight Loss Cookbook Low Carb Diet: Burn Fat! Discover Delicious Recipes! And Lose Weight FAST! (Gluten Free Diet, Candida, Atkins Diet, Celiac, Fibromyalgia, Diabetes, Cancer, ... Belly, Grain, Brain, Epilepsy, Belly Fat) Belly Fat (3rd Edition): 51 Quick & Simple Habits to Burn Belly Fat & Tone Abs! Burn Belly Fat: 31 Ways to Melt Fat Around Your Belly & Tone Your Abs! Belly Fat: 51 Quick & Simple Habits to Burn Belly Fat & Tone Abs! Swim Workouts for Triathletes: Practical Workouts to Build Speed, Strength, and Endurance (Workouts in a Binder) The Men's Fitness Exercise Bible: 101 Best Workouts to Build Muscle, Burn Fat, and Sculpt Your Best Body Ever!

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