



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

By Dale L Roberts

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm.

Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Annihilate Unwanted Body Fat Without Having to

Overwork Feel Rundown What 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 time-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 use Why staying at a consistent pace in your cardio is not working Four smooth treadmill routines that don t require ANY running Four simple elliptical programs that are...



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