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Dale L. Roberts

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Dale L. Roberts : The 11 Best Cardio Workouts: To Burn Fat, Tone Up, and Lose Weight before purchasing it in order to gauge whether or not it would be worth my time, and all praised The 11 Best Cardio Workouts: To Burn Fat, Tone Up, and Lose Weight:

Annihilate unwanted body fat without having to overwork and feel rundown. What if a few tweaks to your current exercise routine could dramatically increase your weight loss by five to 10 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 and 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 a fun challenge Three recumbent bike plans that will have you smashing it to bits while laughing your way to a smaller pants size A variety of other tips to get the most from any workout or exercise plan How to keep your cardio workouts, so you enjoy the finer things in life Additional tips and techniques to use for your cardio outside of the three pieces of cardio equipment offered in this book And, much more!

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