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The Cardio-free Diet

By Jim Karas

SIMON SCHUSTER, United States, 2007. Paperback. Book Condition: New. 231 x 183 mm. Language: English . Brand New Book. Are you constantly pounding away on the treadmill but never losing a pound? Does every step on the StairMaster become more and more painful? Are you tired of endless workouts that only make you want to eat more?

Cardiovascular workouts do burn a few calories, but far fewer than you think. And the more cardio you do, the hungrier you feel. Not only does cardio fail to help you lose weight, but it kills -- it kills your time, your energy, your joints, and your motivation. You burn a few measly calories but then eat twice as many afterward. The result? Weight gain -- and lots of it. The Cardio-Free Diet is a revolutionary four-phase program that emphasizes strength training to boost your metabolism; build lean, sexy muscles; and achieve all the same heart-healthy benefits of cardio. With just twenty minutes a day, three days a week, you can look and feel noticeably leaner, stronger, and younger than ever before. Weight loss expert Jim Karas has shaped the bodies of Diane Sawyer, Paula Zahn, Hugh Jackman, and even Oprah's best pal, Gayle...



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