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

Dale L. Roberts

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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 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 & techniques to use for your cardio outside of the three pieces of cardio equipment offered in this book
- BONUS: 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!

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