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Cardio Sucks: The Simple Science of Losing Fat Fast...Not Muscle (Muscle for Life Book 6) - Kindle edition by Matthews, Michael. Health, Fitness & Dieting Kindle eBooks @ Amazon.com.

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Cardio Sucks!:The Simple Science of Burning Fat Fast and Getting in Shape (The Build Healthy Muscle Series) Paperback - July 24, 2012 by Michael Matthews (Author)

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**CARDIO SUCKS! The Simple Science  
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The Simple Science of Burning Fat Fast  
and Getting In Shape (The Build Healthy  
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Here is a quick description and cover  
image of book CARDIO SUCKS! The  
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4.3 out of 5 stars 407 ratings

**Cardio Sucks: The Simple Science of Losing Fat Fast...Not ...**

seriously, the best book on cardio, diet, loosing weight, and not muscle, I've ever read. it has clear, science-backed, advise and rules to accomplishing all of the above mentioned things. plus it has some great ideas for cardio that aren't your traditional cardio. and if that isn't enough for you there is some awesome bonus material.

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