



# The Cardio-Free Diet

*Jim Karas*

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**The Cardio-Free Diet** Jim Karas

**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 King. With easy-to-follow instructions, Jim shows you how to exercise the right way in order to see incredible results. You won't just lose weight -- you'll sculpt a whole new physique.

Watch the pounds disappear as you prepare delicious dishes such as apple balsamic chicken, Dijon turkey, feta vegetable omelets, and grilled tomato tuna. You can even enjoy a daily glass of wine! With detailed shopping lists, a variety of daily menus, and helpful tips on how to maintain your diet when eating out or ordering in, you'll never have to worry about what to eat.

*The Cardio-Free Diet* offers maximum results in minimal time -- so break free from the mindless, ineffective cycle of cardio and get the body you've always wanted!

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