



Cardio Strength Training: Torch Fat, Build Muscle, and Get Stronger Faster

By Robert dos Remedios

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Cut workout time in half and get double the results!

If you're a guy with little time to work out and pounds of fat to burn, the thought of having to spend hours in the gym lifting weights and doing cardio can be a daunting proposition. Now, Cardio Strength Training solves both problems with simple, fast, and effective workouts that incorporate challenging, muscle-building combination moves and fat-frying cardio exercises to help you kill two birds with one stone. Built on the same principles Robert Dos Remedios uses to train Division I collegiate athletes, Cardio Strength Training provides safe and innovative workouts and nutritional advice for anyone looking to drop pounds of flab and build a functionally strong physique. Every workout is no longer than 15 minutes and is built on the same training methods outlined in the highly successful book, Men's Health Power Training.

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Editorial Review

About the Author

Robert Dos Remedios, CSCS, director of speed, strength, and conditioning at College of the Canyons in Southern California, is the recipient of the 2006 National Strength and Conditioning Association (NSCA) collegiate strength coach of the year award. He is a contributor and advisor to Men's Health magazine.

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