



Cardio Core 4x4: The 20-Minute, No-Gym Workout That Will Transform Your Body!

By Jay Cardiello, Pete Williams

Rodale Incorporated. Paperback / softback. Book Condition: new. BRAND NEW, Cardio Core 4x4: The 20-Minute, No-Gym Workout That Will Transform Your Body!, Jay Cardiello, Pete Williams, Change your life without changing your lifestyle with this revolutionary workout that provides the benefits of cardio and strength training in one anytime, anyplace 20-minute program We all want to be fit and healthy, but few of us have the time or inclination to log the countless hours in the gym it takes to sculpt a physique on par with the Hollywood elite. Enter Jay Cardiello's "Cardio Core"e "4x4," which shows you that your body can be your gym. Cardiello tailored this program for his tight-on-time celebrity clients, but you don't have to be a celebrity to get these kinds of results. "Cardio Core 4x4 "provides a program that requires only 20 minutes--which includes both the cardio and core workouts--and it's equipment-free, enabling readers to train whenever and wherever they can. Cardiello offers a dynamic approach with a series of specific movements for a well-toned core. His fit tips provide readers with bite-sized takeaways for optimal nutrition and total health. "Cardio Core 4x4 "is an excuse proof, surefire fitness package.



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