



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

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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