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Sommario/riassunto	"Everything you've been told about exercise is wrong! For decades we've been told that cardio exercise is a silver bullet against weight gain and obesity and a panacea against heart disease. We've been told that hours spent jogging, cycling, and in aerobics classes will repay us with years of healthy (and fit!) longevity. We believed it. Today, we are heavier and more out of shape than ever--and likely suffering from overuse injuries incurred from years of prolonged cardio exercise. New research is showing that long cardio and endurance workouts do not get us slimmer or stronger. They do not promote longevity or protect against heart disease. In fact, they may do the opposite by putting excessive strain on our heart, joints, and muscles and slow our metabolism. The Great Cardio Myth will show you how to get the same or better fitness results in one-fifth the time of a typical cardio session and debunk unproductive exercise habits. Lose weight (and keep it off) in just a few short workouts per week. Keep your metabolism active for hours after a workout. Strengthen and protect your heart, joints, and

muscles. Burn through belly fat--and other stubborn areas quickly"--  
"The Great Cardio Myth uncovers the science behind cardio and why it  
is an ineffective workout for weight loss and overall health"--

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