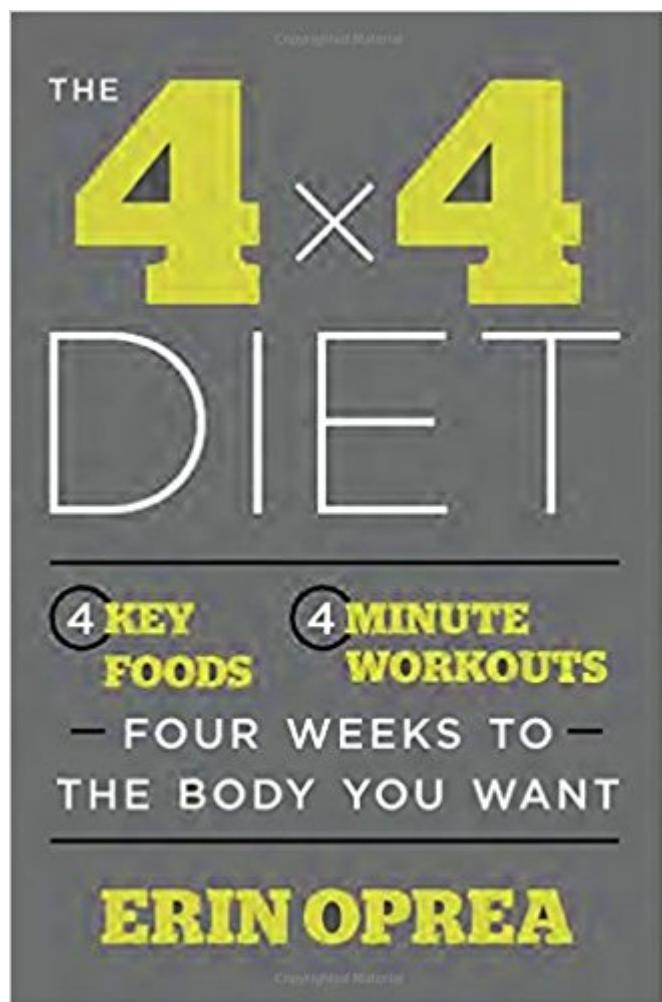


The book was found

The 4 X 4 Diet: 4 Key Foods, 4-Minute Workouts, Four Weeks To The Body You Want



Synopsis

Discover the 4 key foods and the 4-minute workouts that will change the way readers look and feel in just 4 weeks. Celebrity trainer and former marine Erin Oprea's motto is "lean and clean." Her unique 4 x 4 diet shows readers how to get clean by reducing the 4 major hitches in most diets: sugar, starch, sodium, and alcohol. She also tells readers how to get lean, using her 4-minute tabata workouts: 8 repetitions of 20 seconds of high-intensity moves, then 10 seconds of rest. Within 4 weeks, the average person will be able to reduce bloating and belly fat; gain increased muscle definition in the arms, legs, and stomach; improve cardiovascular endurance; and break sugar and sodium addictions. Complete with meal plans and recipes, the 4 x 4 diet is perfect for anyone looking to streamline their body and lifestyle.

Book Information

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Customer Reviews

"I've had the pleasure of working with Erin for many years now and her approach to food, fitness, and overall health has not only been effective for me, but practical as well. Erin has taught me a lot about physical fitness and has helped me move from 'dieting' to maintaining a consistent healthy lifestyle. The 4 x 4 Diet is a philosophy that anyone can implement into their daily lives...It's not a diet...it's a lifestyle."--Carrie Underwood"Erin's approach, like most successful ideas, is simple and realistic. The more you apply her principles of food and exercise, the more success you will haveâ|. She got me back on track after the birth of my son. I saw my strength and stamina increase and watched my body change for the better." --Jennifer NettlesÂ "In the wake of all the books selling "magic quick fixes" for health and weight loss, Erin's simple yet effective 4 step nutrition plan has

proven to our family that she knows what she is talking about. Her philosophy is simple yet life changing for all who will take her advice. Her nutrition tips, combined with being active (which she has proven to us really can be fun!) is a sure combination for achieving your goal - whether weight loss or just overall better health. And thankfully, her program is not just for young folks and "boot camp" types but for middle agers like Alan and I!" "Denise Jackson and Alan Jackson" I love doing tabatas. They, along with Erin's 4 principals, have worked for me like nothing before. Fitness and nutrition can be fun and easy when you're working with someone like Erin!" -- Leann WomackÂ œltâ™s hard to find time to work out on the road or while promoting a record. Erin taught me how to incorporate fitness and nutrition into my lifestyle. She is super encouraging and really cares about the people she trains. She's more than my trainer. She's a friend. -- Lauren Alaina

ERIN OPREA is a NESTA- and AFAA-certified personal trainer as well as a former marine who has served two tours of duty in Iraq. She has been Carrie Underwood's personal trainer since early 2007, and has earned the title of "Trainer to the Stars." She currently lives in Nashville with her husband and two boys.

Great book with awesome tips on how to stay active. Workouts in the book are also really good and constantly changing so that you don't get bored with the same exercises. She mentions modifications to make the exercises easier or harder, which really helps. Love this book!

Practical, easy to read guide to healthy choices and exercise. This book has changed the way that I look at food.

Exactly what I was looking for. Walking for miles bores me but these exercises don't. I think Erin is brilliant!

would recommend

Love this book and the workouts! It is all laid out and easy to follow!

Great book, title grabs you but not really a diet, just a way of life!

Great information and practical for a beginner in the clean eating diet and interval fitness. The recipes are great, wished there were more.

Easy simple tasks that anyone could do to change their lifestyle and be healthier. Great recipes, quick and buildable workouts. Love the end pages of schedules to follow with recipes for 4 weeks.

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