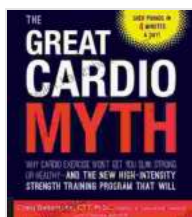
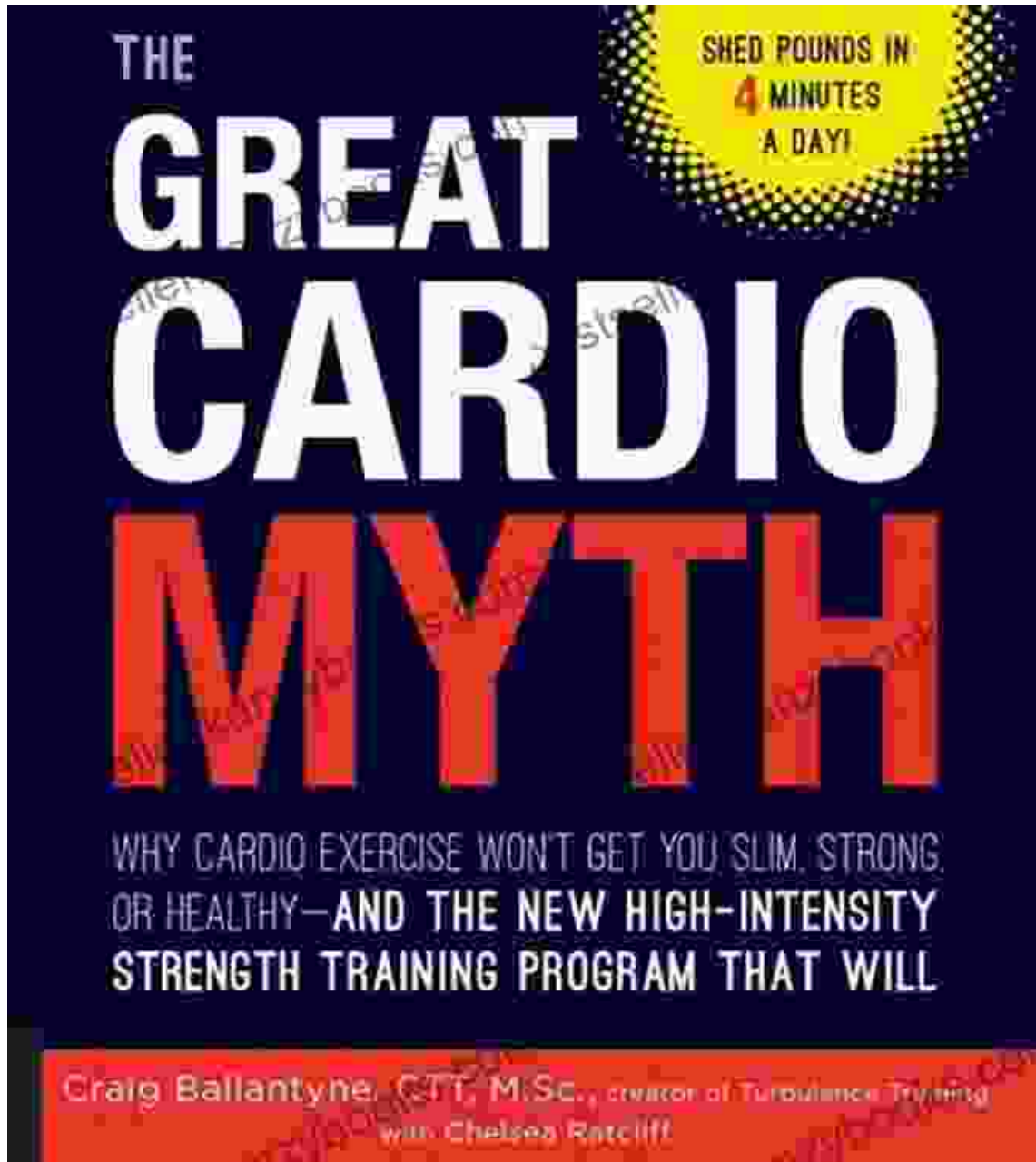


# The Great Cardio Myth: Unlocking the Truth About Heart Disease and Exercise



The Great Cardio Myth: Why Cardio Exercise Won't Get You Slim, Strong, or Healthy - and the New High-

## Intensity Strength Training Program that Will

by Craig Ballantyne

★★★★☆ 4.4 out of 5

Language : English  
Paperback : 58 pages  
Item Weight : 5 ounces  
Dimensions : 6 x 0.14 x 9 inches  
File size : 7615 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting: Enabled  
Word Wise : Enabled  
Print length : 192 pages



Are you struggling with heart disease or high blood pressure? Have you been told that the only way to improve your health is through endless hours of cardio? In his groundbreaking new book, *The Great Cardio Myth*, Dr. Steven Sinatra reveals the truth about heart disease and exercise, and offers a revolutionary new approach to achieving optimal cardiovascular health.

For decades, we have been led to believe that the best way to prevent and treat heart disease is through regular aerobic exercise. But as Dr. Sinatra shows, this is simply not true. In fact, excessive cardio can actually be harmful to your heart.

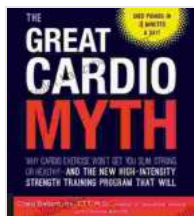
Dr. Sinatra's research has shown that the key to heart health is not cardio, but rather a combination of resistance training, interval training, and flexibility exercises. This combination of exercises helps to strengthen your heart, improve your blood pressure, and reduce your risk of heart disease.

In The Great Cardio Myth, Dr. Sinatra provides a step-by-step plan for achieving optimal cardiovascular health. He shows you how to create a personalized exercise program that is safe and effective for you. He also provides advice on diet, stress management, and other lifestyle factors that can affect your heart health.

If you are serious about improving your heart health, then you need to read The Great Cardio Myth. This book will change the way you think about exercise and heart disease, and it will empower you to take control of your own health.

Free Download your copy of The Great Cardio Myth today!

Free Download Now



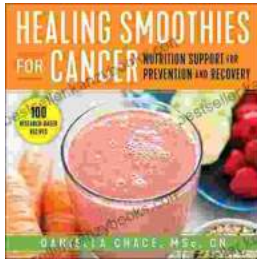
## The Great Cardio Myth: Why Cardio Exercise Won't Get You Slim, Strong, or Healthy - and the New High-Intensity Strength Training Program that Will

by Craig Ballantyne

★★★★☆ 4.4 out of 5

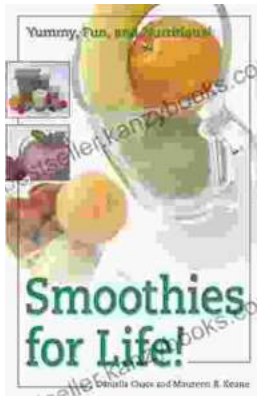
Language	: English
Paperback	: 58 pages
Item Weight	: 5 ounces
Dimensions	: 6 x 0.14 x 9 inches
File size	: 7615 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 192 pages





## **Healing Smoothies for Cancer: Unlock the Power of Nature to Nourish Your Body and Improve Your Journey**

A cancer diagnosis can be life-changing, bringing with it a whirlwind of emotions and uncertainties. Amidst the challenges, finding ways to...



## **Embark on a Culinary Odyssey with Smoothies For Life: A Journey to Vibrant Health and Culinary Delight**

Immerse yourself in the vibrant and flavorful world of smoothies with the indispensable guide, Smoothies For Life. This comprehensive culinary masterpiece is your passport to...