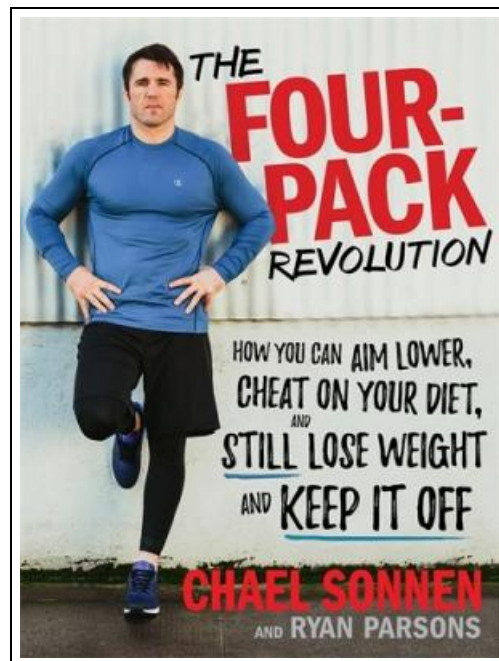


## The Four-Pack Revolution: How You Can Aim Lower, Cheat on Your Diet, and Still Lose Weight Keep It Off (Paperback)



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*(Reggie Streich)*

## THE FOUR-PACK REVOLUTION: HOW YOU CAN AIM LOWER, CHEAT ON YOUR DIET, AND STILL LOSE WEIGHT KEEP IT OFF (PAPERBACK)



Rodale Press Inc., United States, 2018. Paperback. Condition: New. Language: English . Brand New Book. The washboard abs of fitness models and magazine covers are the work of professionals and extreme diets. A proven alternative to the unrealistic programs offered by the dieting industrial complex, The Four-Pack Revolution by famed MMA fighter/TV celebrity Chael Sonnen and MMA sports performance expert Ryan Parsons relies on the latest science and motivational exercises to guide readers on a journey toward a healthier and-just as importantly-more sustainable weight-loss program. By adjusting expectations to attainable and healthy goals, readers can achieve long-term and lasting results. This book is different from other diets that are based on a simplistic or one-concept gimmick. The Four-Pack Revolution presents a total-life approach for attainable goals by: Debunking the myths and revealing the science of weight loss ; Arguing that system resets or breaking your diet can actually have health benefits; Presenting how to manage key hormones through diet ; Designing intense, 10-minute workouts that are more effective than more time-consuming cardio workouts ; Illustrating the healthy ratio of carbs, fat, and protein and how to practice portion control; Sharing tips for maintaining a plan even while eating out; Providing a shopping list for a four-week meal plan.

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