

THE

4 × 4

D I E T

**4 KEY
FOODS**

**4 MINUTE
WORKOUTS**

— FOUR WEEKS TO —
THE BODY YOU WANT

ERIN OPREA

Erin Oprea

The 4 x 4 Diet: 4 Key Foods, 4-Minute Workouts, Four Weeks to the Body You Want



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Discover the 4 key foods and the 4-minute workout routines that will change the way you look and feel in just 4 weeks. Superstar trainer and former marine Erin Oprea's motto is definitely "lean and clean." Her exclusive 4 x 4 diet demonstrates how to obtain clean by reducing the 4 main hitches generally in most diets: sugars, starch, sodium, and alcoholic beverages. gain increased muscle definition in the arms, legs, and stomach; Within 4 weeks, the standard person will be able to reduce bloating and stomach fat; She also tells you ways to get lean, using her 4-minute tabata workouts: 8 repetitions of 20 secs of high-intensity moves, after that 10 mere seconds of rest. improve cardiovascular endurance; Complete with meal plans and recipes, The 4 x 4 Diet plan is perfect for anyone looking to streamline your body and way of life. and break sugars and sodium addictions.



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Realistic and Doable! In the event that you follow Erin Oprea you understand that she actually is a happy, bubbly person that used to be a U.S. Marine. Erin is the REAL Offer and keeps it true! Simply started reading. She truly preaches moderation and believes that meals is fuel. Additionally, her workouts are fast and fun, which doesn't make fitness boring! The cover-slide was a little broken, but again it made it through the US mail. You cannot go wrong with this purchase as it offers a solid foundation for just about any fitness path you travel. She's helped sculpt some of Hollywood's most popular bodies and proceeds to support and encourage her followers. --trainer to Carrie Underwood too! I love following author, Erin Opea, on Instagram for healthful living inspiration! Can't wait to work at Carrie Underwood legs!.Five Stars! Move Erin! Great recipes and workout routines. ---- p.! I also incorporate "Beet Shots" into my healthy "life style" now. Thanks a lot Erin!Unlike most of the "fitness" stars that are "Instagram famous".. Great recipes, quick and buildable workouts. *rolls eyes*. Five Stars Love this book! The hardest part is dealing with my own motivation but if you follow Erin Oprea on social media, she is always posting motivation! Erin is so positive and "retains it real" on her Instagram therefore i was very excited to order, receive, and go through her book. ERIN MAY BE THE REAL DEAL!!s. :) A Definite Recommendation The book itself is great! I suggest following her on Instagram aswell if you can. This book includes realistic methods to stay/get in form and live a healthy lifestyle.. Helpful and easy to follow This is an excellent book that covers all areas someone needs for direction in weight loss and/or strength training. so far, so excellent! Waste of Money This is simply not a book to purchase for a kindle... Easy simple tasks that anyone could do to improve their lifestyle and become healthier.. Love the end pages of schedules to follow with recipes for four weeks. Give up starch? The world's thinnest populations go on starches, yams, rice, potatoes, millet, barley, corn. This diet is not particularly healthful.Don't outfit them with fat and oil and youcan lose fat easily. This gives a great possibility to look at how you can make small . This gives a great possibility to look at ways to make small adjustments to improve your daily life.. It's amazing! We have to pay attention to when and what we eat.. Good recipes included with the rest of the information.. I'm a lover!. I don't believe we realize how much glucose and sodium we do put into our bodies as busy people! New healthy lifestyle I love the info and new lifestyle I have obtained from purchasing this book! It isn't a diet plan at all! Easy simple tasks that anyone could do to improve their . Need to go back and reference too many times. Two thumbs up Two thumbs up Great! Awesome read for certain Appreciate love love! She breaks everything down and helps it be so simple.. Food is the most significant thing we put in our bodies. Great ! Highly recommend Great information and readable! A plan I feel I can actually adhere to. She trains a whole lot of country superstars in Nashville, including Carrie Underwood!!



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