

Cardio Is NOT The Answer To Losing Fat

Hey [name],

I remember when I wanted to cut down some fat so I could look shredded,

Everyone kept telling me,

“Do some cardio...Go for a run”.

But that couldn't be further from the truth...

There are a lot of misconceptions when it comes to cardio, and burning fat is definitely one of them.

Think about it like this...

You go for a run and sprint up some hills...

You continue to run for about half an hour and lose about 500-700 calories.

The calories you put so much time and hard work into losing can be instantly gained back with just 1 protein shake.

Even a simple protein bar can bring back most of the calories you spent so much time losing.

Unfortunately, those are the types of answers that prevent you from achieving your head-turning toned body and waste your precious time.

But don't worry...

Get Shredded has put together a **FREE** guide providing you with the best,

Most efficient methods to help you chop away at your persistent belly fat in the fastest way possible.

No fluff here...

Just the truth.

 **[Click here to learn how to lose fat the best way possible.](#)**

