

# The 4 X 4 Diet - Erin Oprea Read Ebooks

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**The 4 x 4 Diet Erin Oprea Read ebooks [EN] PDF, ePub, Mobi, Discover the 4 key foods and the 4-minute workouts that will change the way you 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 you how to get clean by reducing the 4 major hitches in most diets: sugar, starch, sodium, and alcohol. She also tells you 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 your body and lifestyle.

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