



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

Chael Sonnen, Ryan Parsons

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Not everyone can achieve a six-pack like a fitness magazine cover model, but anyone can achieve a four-pack. By adjusting your expectations to attainable and healthy goals, you can achieve long-term and lasting fitness. Written by famed MMA fighter Chael Sonnen and MMA sports performance expert Ryan Parsons, *The Four-Pack Revolution* uses the latest science and motivational exercises to guide you on a journey toward a healthier and--just as importantly--more sustainable weight-loss program. Instead of a simplistic or one-concept gimmicky diet, *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, 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

With *The Four-Pack Revolution*, you can achieve a four-pack--while still enjoying life.

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From Reader Review The Four-Pack Revolution: How You Can Aim Lower, Cheat on Your Diet, and Still Lose Weight and Keep It Off for online ebook

Stuart says

A very interesting take on how to lose weight and making lifestyle changes.

Matt Wainwright says

A quick and reaffirming read for those who want to get in better shape. I made my journey to getting in shape about five years ago and a lot of what I did is in this book. I never went on a massive diet, I just cut out the stuff that was bad. No added sugars, soft drinks, sweets and replaced it with more veggies and beans. Healthier eating plus getting back to running and I was at my optimal weight again in no time. This book provided me with some great workouts that I plan on using soon. I am in a rut of running and my same weightlifting routines. These workouts will energize my gym time. The workouts alone were worth the price of the book.

matthew says

Awesome book!

I recommend this book to anyone who is trying to improve their health. The material is easy to understand and I found the way they break down goal setting was excellent.

vidyuth Kini says

A Realistic Book

I liked Chael's approach in this book, it is practical, it is easy to both imagine and follow. It is nice to have different approaches to things.

Brandon Cannon says

Loved it.

Great book with good advice and even better inspiration. Chael is one of those guys who is always fun to listen to cause he always seems to have an original take on things and not afraid to share it. I actually find myself agreeing with him many times. Also, there are constantly stories coming out about this guy that prove

that behind the "gangster from Oregon" persona lies a truly great guy.

LESLEY DUFFIE says

Shockingly good

I bought the book because I'm a fan of The American Gangster. I expected it to be full of the same rehashed information that can be found in most diet books. And while much of the information is the same, it is presented in an interesting way that is entertaining and informative. There are only so many ways to tell people to eat right and move more. Chael manages to do it in an interesting way.
