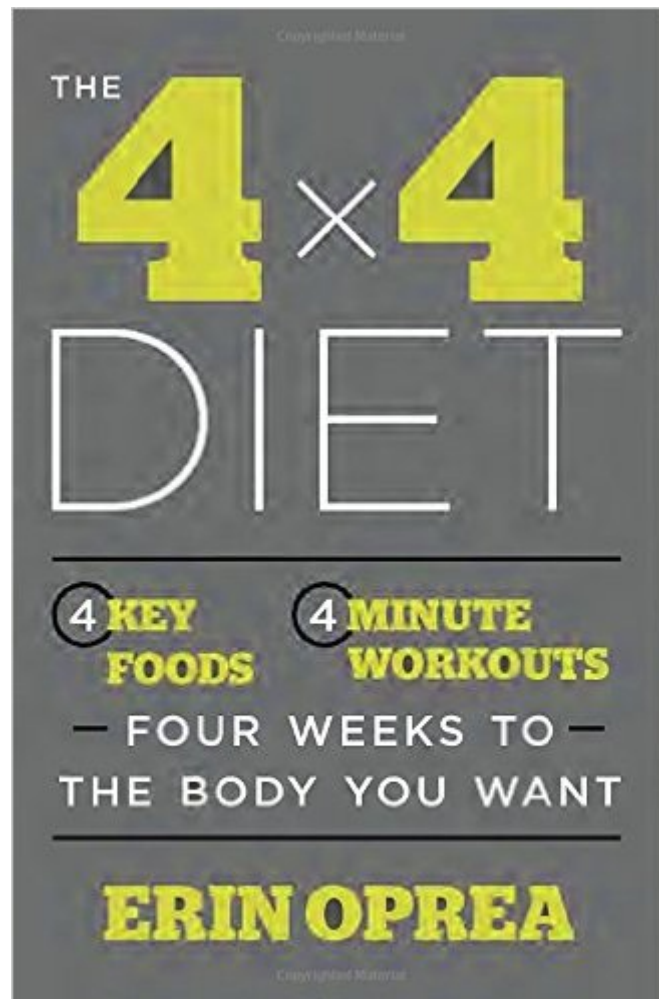


The book was found

# The 4 X 4 Diet: 4 Key Foods, 4-Minute Workouts, Four Weeks To The Body You Want



## Synopsis

Discover the 4 key foods and the 4-minute workouts that will change the way readers 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 readers how to get clean by reducing the 4 major hitches in most diets: sugar, starch, sodium, and alcohol. She also tells readers 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 their body and lifestyle.

## Book Information

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Best Sellers Rank: #26,360 in Books (See Top 100 in Books) #59 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Injuries & Rehabilitation](#) #554 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets](#) #626 in [Books > Self-Help > Motivational](#)

## Customer Reviews

I think I first heard about this book on Instagram with a few people I follow, including Carrie Underwood, the American Idol turned Country Music Star. The concept interested me and so I ordered it when it became available and read it right away, which is a rare thing. Unfortunately, it has taken me several months to write the review for it and now I almost need to read it again. Even though I haven't started any of the plans or ideas presented in the book, I really liked the philosophy behind it. Oprea is a celebrity trainer, including the trainer for Carrie Underwood who wrote the Foreword to the book. Oprea's motto is "lean and clean" and her program offers the secrets to eating clean and getting lean through her Tabata workouts. She states that by following her plan, you'll have less bloating, increased muscle definition, improved cardiovascular performance, and a

boosted metabolism. These are all things I am interested in and are what drew me to her plan. But, I have to admit, I haven't started her plan....yet. I have tried a couple of her recipes and workouts, but nothing as far as a plan goes. What I really appreciated about Oprea's book is her explanations. She doesn't just tell you to cut down on sodium, but WHY you should. Oprea states that eating excess sodium causes our body to retain more water, which leaves to bloating and looking puffy. Then she goes on to explain the difference between salt-free, reduced sodium, and no salt added so you can understand the labels that food makers try to trick you with. She lists out foods high in sodium and how to ration out your sodium throughout the day.

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