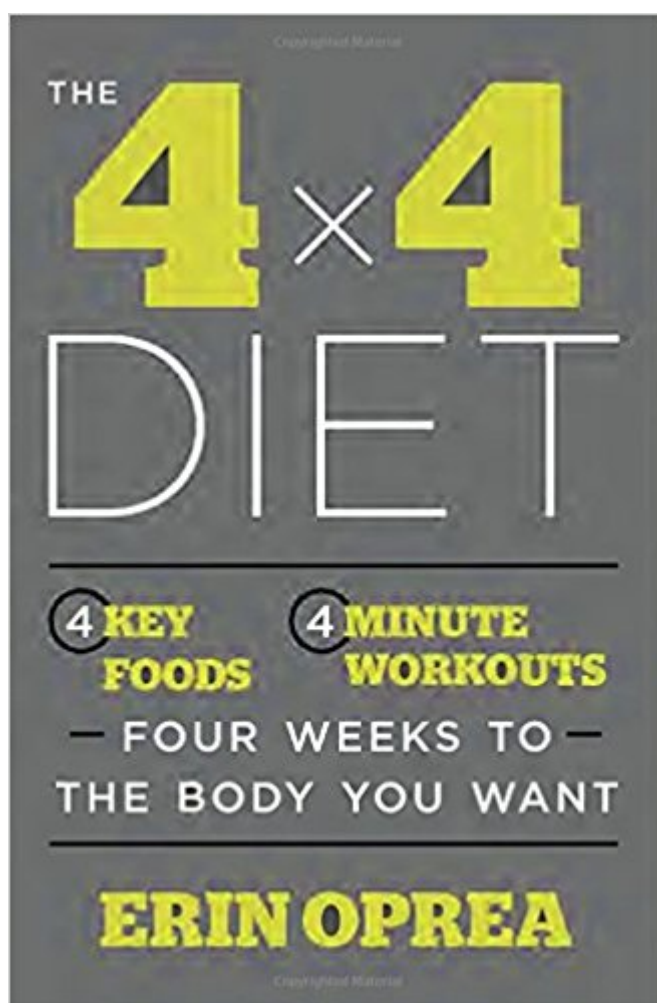


The book was found

# 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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## Customer Reviews

"I've had the pleasure of working with Erin for many years now and her approach to food, fitness, and overall health has not only been effective for me, but practical as well. Erin has taught me a lot about physical fitness and has helped me move from 'dieting' to maintaining a consistent healthy lifestyle. The 4 x 4 Diet is a philosophy that anyone can implement into their daily lives...It's not a diet...it's a lifestyle."--Carrie Underwood

"Erin's approach, like most successful ideas, is simple and realistic. The more you apply her principles of food and exercise, the more success you will have."--Jennifer Nettles

"In the wake of all the books selling "magic quick fixes" for health and weight loss, Erin's simple yet effective 4 step

nutrition plan has proven to our family that she knows what she is talking about. Her philosophy is simple yet life changing for all who will take her advice. Her nutrition tips, combined with being active (which she has proven to us really can be fun!) is a sure combination for achieving your goal - whether weight loss or just overall better health. And thankfully, her program is not just for young folks and "boot camp" types but for middle agers like Alan and I!" Denise Jackson and Alan Jackson "I love doing tabatas. They, along with Erin's 4 principals, have worked for me like nothing before. Fitness and nutrition can be fun and easy when you're working with someone like Erin!"-- Leann Womack "It's hard to find time to work out on the road or while promoting a record. Erin taught me how to incorporate fitness and nutrition into my lifestyle. She is super encouraging and really cares about the people she trains. She's more than my trainer. She's a friend." -- Lauren Alaina

ERIN OPREA is a NESTA- and AFAA-certified personal trainer as well as a former marine who has served two tours of duty in Iraq. She has been Carrie Underwood's personal trainer since early 2007, and has earned the title of "Trainer to the Stars." She currently lives in Nashville with her husband and two boys.

Great book with awesome tips on how to stay active. Workouts in the book are also really good and constantly changing so that you don't get bored with the same exercises. She mentions modifications to make the exercises easier or harder, which really helps. Love this book!

Practical, easy to read guide to healthy choices and exercise. This book has changed the way that I look at food.

Exactly what I was looking for. Walking for miles bores me but these exercises don't. I think Erin is brilliant!

would recommend

Love this book and the workouts! It is all laid out and easy to follow!

Great book, title grabs you but not really a diet, just a way of life!

Great information and practical for a beginner in the clean eating diet and interval fitness. The recipes are great, wished there were more.

Easy simple tasks that anyone could do to change their lifestyle and be healthier. Great recipes, quick and buildable workouts. Love the end pages of schedules to follow with recipes for 4 weeks.

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Ketogenic Diet: Ketogenic Diet Mistakes to Avoid for Rapid Weight Loss (Ketogenic Diet for Weight Loss, Ketogenic Diet for Beginners, Diabetes Diet, Paleo Diet, Anti Inflammatory Diet, Low Carb Diet)  
HCG Diet: HCG Diet Plan: HCG Diet Cookbook with 50 + HCG Diet Recipes and Videos - HCG Diet for Beginners: HCG Diet Plan - Follow HCG Diet Plan (HCG ... HCG Diet for Beginners, HCG Phase 3)  
Swim Workouts for Triathletes: Practical Workouts to Build Speed, Strength, and Endurance (Workouts in a Binder)  
Ketogenic Diet: Ketogenic Diet Mistakes You Need To Know  
**\*\*BONUS\*\*** 30 Day Accelerated Fat Loss Meal Plan! (ketogenic diet, ketogenic diet for weight loss, ... diet, paleo diet, anti inflammatory diet)  
Whole Food: The 30 Day Whole Food Challenge  
Whole Foods Diet  
Whole Foods Cookbook  
Whole Foods Recipes (Whole Foods - Clean Eating)  
Whole: The 30 Day Whole Foods Challenge: Complete Cookbook of 90-AWARD WINNING Recipes Guaranteed to Lose Weight (Whole, Whole foods, 30 Day Whole ... Whole Foods Cookbook, Whole Foods Diet)  
Ketogenic Diet For Beginners: Simple and Fun 3 Weeks Diet Plan for the Smart (Ketogenic Diet, Weight Loss, Keto Diet, Fat Loss, Ketogenic, Health, Fitness, Ketogenic Diet For Weight Loss)  
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South Beach Diet: South Beach Diet Recipe Book: 50 Delicious & Easy South Beach Diet Recipes (south beach diet, south beach diet recipes, south beach diet beginners guide, south beach diet cookbook)  
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Weight Loss Plan For Women: Weight Maintenance Diet, Gluten Free Diet, Wheat Free Diet, Heart Healthy Diet, Whole Foods Diet, Antioxidants & ... - weight loss meal plans) (Volume 73)  
Atkins Diet: Dr Atkins New Diet Revolution - 6 Week Low Carb Diet Plan for You (Atkins Diet Book, Low Carb Cookbook, Atkins Diet Cookbook, High Protein Cookbook, New Atkins Diet)  
Dukan Diet: The Truth About The Dukan Diet -

All You Need To Know About The Dukan Diet For Effective Weight Loss And Fat Burn (Diet For Weight Loss, Low Carb Diet, Diet Recipes) CHEAT SHEET SIMPLY for USA FOODS: CARBOHYDRATE, GLYCEMIC INDEX, GLYCEMIC LOAD FOODS Listed from LOW to HIGH + High FIBER FOODS Listed from HIGH TO LOW with OVER 375 foods BORN IN THE USA Mental Toughness Workouts: 30 Workouts To Forge Your Mind & Body To Greater Heights The Lean Muscle Diet: A Customized Nutrition and Workout Plan--Eat the Foods You Love to Build the Body You Want and Keep It for Life! Wild Diet: WHOLESOME DIET FOR A WHOLESOME LIFE!: (the wild diet, No carbs diet, Low Carbs food list, high protein diet, rapid weight loss, easy way to lose weight, how ... way to lose weight, how to lose body fat)) Atkins Diet: 4 Weeks To Cracked Weight Loss, Strongest Energy And Better Your Life 4 Weeks To Cracked Weight Loss, Strongest Energy And Better Your ... (Including 60 Very Best Atkins Diet Recipes)

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