



The 4 x 4 Diet: 4 Key Foods, 4-Minute Workouts, Four Weeks to the Body You Want

Erin Oprea

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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.

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