

# TIGHT, TONED & TERRIFIC IN 10 MINUTES A DAY



**The  
Official  
Fitness  
Guide  
For Busy  
People**

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## **Let's Get Started:**

Dear Friend,

Can you get in great shape with just 10 minutes per day?

Absolutely. In fact, you'll be amazed by just how much really effective fitness training you can do in just ten minutes a day. I'll show you how.

Follow these instructions, focus your mind...intensely...for just 10 minutes each day, and you'll not only tighten and tone your body...you'll transform it.

You'll quickly see how these exercises build lean, strong muscle (don't worry ladies, no bulging bodybuilder muscles will result – you don't have the testosterone for that – but you men who are reading this – and who DO the exercises – will see your muscles grow quickly).

And you'll also see how, when practiced intensely, even for just 10 minutes a day, you can elevate your heart rate dramatically (be sure to check with your doctor before beginning) and get a fantastic cardiovascular workout while strengthening your muscles at the same time.

If you're super busy and need a fast way to get fit on your lunch break, then read on.

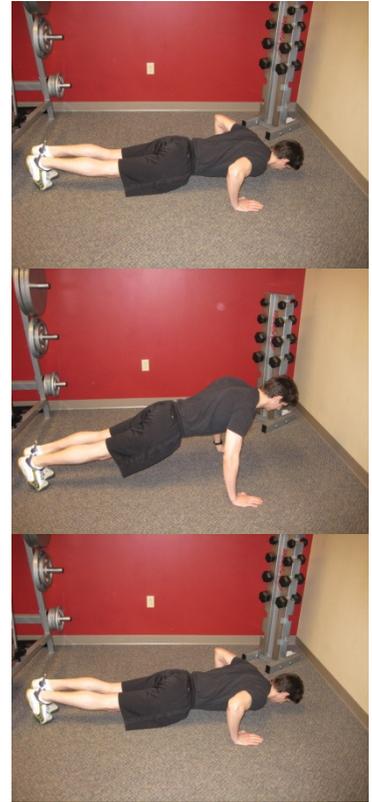
First, you need to know which exercises to do...and how to do them...

## The Ultimate Upper Body Exercise

Whether you want to build serious muscle, or just tighten and tone your upper body, there's really no beating the push-up. It's simple and effective.

Here's how to do a proper push-up, step-by-step...

1. Lie face down on the floor
2. Put your palms on the floor, just about level with your breast and fairly tight to your body
3. Then push up. Try and keep the rest of your body rigid.
4. Stop pushing up just before you lock your elbows. Hold for a second and then lower yourself back down slowly. Go until your nose is almost touching the floor.
5. That's one. Now just repeat.



While you're doing push-ups, you are working your arms, chest, core, legs... You name it! So if you can spend just 5-10 minutes per day doing push-ups you'll see AND feel amazing results in a very short time indeed.

Best of all, you can do them anywhere and there's no need for any expensive equipment.

## Super Tight, Awesome Abs

The next exercise you need to know for getting terrific in 10 minutes is the crunch. There's no better way to build abdominal muscle and give you a flat as a pancake belly.

Here's how to do a crunch...

1. Sit down on the floor and lock your toes under a desk or other weight you can find.
2. Lie down on your back, with your arms crossed on your chest and your knees bent at about 45 degrees.
3. Sit-up so that the bottom of your elbow touch your legs.
4. Then sit back into lying position. Just so your shoulders are flat on the floor then start sitting up again.
5. Repeat.



It's important you keep your arms crossed over your chest. Although it's popular practice to have your arms behind your head, this is actually dangerous because it strains the neck and bends the back. Two things you don't want to do.

Make sure the strain is always on your core. When you get to the point where you need to *"throw"* your upper body to sit-up, you should stop.

## Terrific Thighs and Tush

The squat is a great exercise, because you don't need any equipment, can do it almost anywhere, and the results are phenomenal.

Here's how to do a squat...

1. Stand up with your arms by your side. Feet about one foot apart.
2. Now sink your butt to the floor, bending at the knees. As you go down pull your arms up, so they're straight out in front of you
3. When you go down as far as you can, hold for a second.
4. Now use your legs to stand up straight again, moving your arms back to the side of your body
5. Repeat

It's important to try and keep your back straight as you squat. Squatting is great for adding strength to your legs and working your core too.

For the 10 minute workout plan, you will squat holding dumbbells... The same weight you use for your chest presses.



# 10 Minute Workout Plan

Week: \_\_\_\_\_

Exercise	Reps
Chest press	10
Sit-up	10
Squat	10

Move up the next dumb bell set

Chest press	8
Sit-up	8
Squat	8

\* Do this fast, but controlled. See how many circuits you can go through in your 10 minutes and then use that number as a bench mark to work against every day you train.

\* Just keep going through this circuit until your 10 minutes is up

\* Start with weights you are comfortable with

\* Warm up and warm down

## **What To Take Away From This Report:**

Fairly simple, right?

You really can get results with just 10 minutes going through that workout. But, it's intense; you need to really push yourself to benefit from it. There's no time for rest.

Make sure you re-hydrate afterwards. And if you can, adding a brisk 10 minute walk to this workout plan would be incredibly beneficial.

Remember, this 10 minute workout should be considered a "*last resort*."

If you would prefer even faster, safer results, then I recommend a longer workout. For help with time management and how you can fit a longer workout into your busy schedule, I urge you to take advantage of your free fitness & weight loss diagnostic consultation gift certificate below.

I work with a wide range of very busy professionals; if they can find time for health & fitness, then you can too.

**\$87.00 value**

## **FREE FITNESS & WEIGHT LOSS DIAGNOSTIC CONSULTATION**

***Expires in 14 days, claim right now!***

\_\_\_ **Yes!** I want to schedule a private consultation with you to discuss hiring you as my coach. I understand that your services are “in-demand” and your time is limited. That’s why I’m acting now to take advantage of this gift certificate (an \$87 value) and requesting to schedule a private Body Diagnostic Consultation with you at your next available appointment.

During my Body Diagnostic Consultation you will give me a complete fitness assessment, and then share exactly what I need, to get in the best shape of my life. Including:

- Specific to me information from a qualified expert
- Finally! Actionable advice on how I can achieve my health & fitness goals
- The opportunity to sign on with you as a client and get fit and healthy once and for all. If there’s availability, I understand you are the premiere health & fitness experts in town, and demand is huge!
- ***And so much more!***

I’m sick of wasting my time on false solutions and promises that don’t deliver. I’m ready to commit 100% to do what it takes to achieve my goals and take action now.

Furthermore, I understand that if I’m able to hire you as my personal coach, my success is 100% guaranteed. I’m not only going to get maximum health, fitness, and weight loss results in minimum time, but I’m going to build a solid foundation to ensure I maintain my results FOR THE REST OF MY LIFE!

That is why I am calling your office at **605-271-9600** right away to claim this gift certificate and schedule me Body Diagnostic Consultation...

***Expires in 30 days, claim right now!***

\*\*\* BONUS REPORT \*\*\*

## ***How To Choose A Personal Trainer***

### **A Guide To Making An Informed Decision So Results Come Quickly And Last Forever**

Okay- you've decided it's time to "get in shape".

Finally, you're ready to look better and feel better the sensible way- through nutrition and exercise. Because time and experience has shown you the truth...

Diets don't work, ab gizmo's don't work and infomercials are a joke.

You're finally ready to get real and transform your body once and for all.

You've heard the amazing success stories, watched many a late night episode of "Extreme Makeover", read about the celebrities secret weight loss weapon...

And have decided to seek out the guidance of a personal trainer.

But not all personal trainers are created equal, so how do you find the right personal trainer for YOU?

#### ***1. They must be certified by a nationally accredited institution.***

The gold standard for certification agencies are the American Council on Exercise, National Strength & Conditioning Association, and American College of Sports Medicine.

A qualified trainer should at minimum have a certification with one of these agencies. But that just means they've passed the "baseline of

standards” to call themselves a personal trainer. It does not mean they are good at what they do or can deliver a specific result.

## ***2. They should do more than just “take you through a workout”***

A top quality fitness professional does more than just “take you through a workout”. Anyone can count to 15 by themselves and hold a clipboard.

Look for a coach who will educate you about all the components necessary to achieve optimal health and a fitness result. Your trainer should review nutrition education with you, educate you about proper supplementation, review resistance training (whether that be balance training, core work, Stability balls, medicine balls, etc.), Cardiovascular exercise to maximize fat burning, flexibility to avoid injury and speed recovery, and really walk you through all the steps that encompass the “mental development” side.

Goal setting, putting together a plan of action, and then holding you accountable and supporting you through the entire process is absolutely critical to your success.

## ***3. Ask for Proof of Results***

A top fitness pro should be able to do more than just talk about results- they should be able to prove they deliver. Ask for proof of client results. Do they have before & after photos of clients, testimonials, references? Can you speak with a client to inquire about their experience working with them? If a fitness pro can't offer this kind of concrete proof than be careful.

## ***4. Ask for a Guarantee***

According to a Consumer Reports study there is more dissatisfaction in the diet industry than any other industry. That's crazy. Think about it- if you took your car to a mechanic you'd expect it to be fixed- not come back with 2 or 3 pings and a loose belt!

Working with a fitness professional should be the same as any other industry. If they aren't willing to guarantee your results, then find someone who will. Spending your time and energy without a guarantee of results is like going to that terrible mechanic!

Don't waste your money or more importantly your time working with someone who can't offer an iron clad guarantee of your success.

### ***5. Look for someone who will empower you for life!***

A great fitness coach will do more than just help you to achieve your goals. A true professional will teach you the foundation of knowledge so you will no longer be lost in the "sea of confusion" when it comes to all the diet and exercise hype.

The foundation of knowledge and correct technique you'll learn will allow you to maintain your results for life!

**\$87.00 value**

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