

## **How to Eliminate Frustration with Your Workouts**

### **Attention Workout Warriors:**

If you suffer from getting zero results from your exercise efforts and you're tired of looking at the fat on your body that refuses to go away then,

This information is for you!

Here's why.

You need to realize there's been a cost for neglecting this problem.

There's a convenient, quick way to have consistent workouts. You'll watch the pounds melt away and feel better than ever before!

### **If You Don't Do Something, Your Situation Will Get Worse.**

What most people do when they are facing their weight gain and declining health is to desperately try any new fad which comes along hoping for the magic cure.

DVD's, Special Gyms, Trainers, Boot Camps, Classes.

But for most people, these tactics simply don't work.

\*The primary problem is caused by the same old programs, with only just a new spin.

\*Gimmicks which have more of the same trickery with no results.

\*Most of these methods are dangerous for your health due to a lack of professional guidance.

\*Finally, you end up with aches and pains, along with shame and embarrassment.

And what happens if you do nothing?

If you just keep on doing what you've been doing?

Well, there's an old saying, "If you do what you've always done, you're going to get what you've always got!"

## **How I discovered the Secret to Consistent Weight Loss**

I've got an answer that works...

Here's the story.

I was working in the gym one day when suddenly, this young lady walked by.

She was in awesome shape.

In fact, she was the fittest person in the health club!

One of her arms extended up overhead.

Doing what she later called the farmer's walk.

With a strange looking iron ball with a handle in her hand.

I couldn't take my eyes off her while she was performing this special exercise routine.

Up...down...side to side, and all around!

Curiosity got the best of me.

"What in the world are you doing?" I asked.

She smiled and said, "I'm doing my kettle bell routine."

"What is it, and how did you learn to do this stuff?"

Her boyfriend had introduced this unique training system just a few months before.

She was hooked!

I begged her to tell me more about it.

### **Ultimate Secret to Training Success Revealed!**

The Kettlebell or "girya" in Russian terms, is an iron ball with a handle which is used to do what is known as ballistic exercise...

Which combine cardiovascular, strength, and flexibility training.

It all started in Russia during the 1700's when farmers developed the balls to measure crops.

By swinging the weighted balls around, they became incredibly active.

They started to show off their strength at local festivals.

Pavel Tsatsouline is the Russian fitness expert who's responsible for importing the Kettlebell to the United States.

The craze caught on...and the rest is history!

It's a hand-held gym which results in superior all around fitness.

Replacing barbells, dumbbells, racks, belts, and cardio equipment.

This system develops strength, power, balance, endurance and mental focus.

The Armed Forces, law enforcement, Olympic, Professional, and Collegiate athletes train consistently with them.

You'll enjoy using this phenomenal weapon in the weight loss war!

### **Now it's Your Turn!**

So how does this system work???

Kettlebell exercises build strength and endurance for the legs, back, chest, shoulders, and abs.

Exercises such as the swing, squat, row, snatch, and clean mimic everyday movements.

The unique shape of the ball provides an unstable force which handle uneven loads.

Kettlebells enhance grip, wrist, arm and core strength.

**This System helps you develop the competency to...**

\*Rapid weight loss by melting away your fat.

- \*Accelerate your all-purpose strength.
- \*Build never-ending endurance.
- \*This hand-held gym make you stronger anywhere at any time.
- \*Become the ultimate athlete by developing speed, endurance, and flexibility.
- \*Acquire superior joint health.
- \*Strengthen and recruit the difficult to train stabilizer muscles.
- \*Rehab hopeless back injuries and nagging postural problems.
- \*Build up your adaptation reserves for incredible gains.
- \*Cycle your training for rapid progress.
- \*Mold a strong and athletic body!
- \*Eliminate prolonged post training soreness.
- \*Restore crucial elbow strength and flexibility.
- \*Acquire incredible squatting strength and agility.
- \*Transform your Spinal column through excellent body mechanics.
- \*Develop spectacular shoulder strength and upper back flexibility.
- \*Minimize muscle pulls and stay loose to go the distance.
- \*Discover unique breathing techniques for controlled relaxation.
- \*Have a great workout at a moment's notice wherever you are.
- \*No gym, no weights, no problem!
- \*Get a firm, fit, flexible body while becoming ripped!

## **It's all part of the Heart Coach Kettlebell Program**

You are 100% safe to try this out.

Use it for 30 days to see if it works for you.

I'm certain you will be amazed!

You'll develop a new strength, outlook, and confidence.

If for ***any reason*** you're not **completely satisfied** with the

- \*Rapid weight loss
- \*Acceleration of your overall strength
- \*Acquired crazy endurance
- \*the vitality of a lifetime

**Just let me know--and you'll get all your money back!**

**No questions asked.**

### **It's Decision Time**

You now have a choice to make.

Continue to do what you've been doing (or worse, not doing at all).

You know where it will lead.

No weight loss, strength, energy, vitality, or hope.

Is this where you want to be?

Take a new action in your life.

Make the commitment to complete the Heart Coach Kettlebell program.

Achieve the healthy lifestyle which you've always desired.

**All in just 90 days!**

**Here's what to do now.**

Send an email to me at \_\_\_\_\_@\_\_\_\_\_, asking to talk about the Heart Coach Kettlebell System.

We'll have a personal conversation to determine if this is a good fit for you.