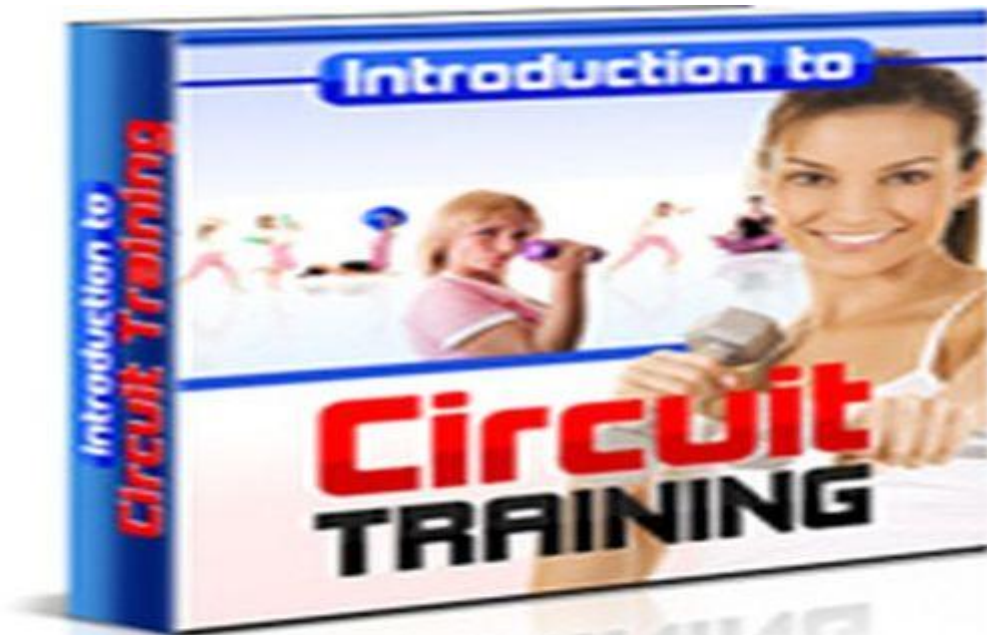


## Exercises For Circuit Training



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ATTENTION: Want To Get In Shape? Burn Fat, Build Muscle, And Tone Your Body With This Proven Workout System Used By Professional Athletes And Military Training Centers! This Is Your Chance Right Now... - This is a complete guide to circuit training and its simply called Introduction To Circuit Training. I've put everything I know about this proven weight loss strategy into simple, understandable language so that you can get in shape sooner than ever. Things like: \*Introduction to Circuit Training: See how circuit training can revolutionize your life! (page 6) \* The Power of Free Weight Exercises: Use your excess body weight against itself! (page 24) \* Water Circuit Training: See how a day at the pool can help you achieve your dreams (page 13) \* Circuit Safety: Make sure you don't do these devastating mistakes (page 7) \* Total Body Workouts: Don't just target one muscle group hit them all! (page 28) \* Personal Workout Schedule: Stay focused and on track with this powerful workout tool (pages 39-49) \* Circuits With Resistance: Up your workout with these powerful weight training pointers (page 9) \* Power Biking: I bet you didn't know working your core could be this fun (page 27) \* Biological Keys: Learn these age old lessons and see success in no time (page 10) \* Work Every Muscle Group: A detailed breakdown of how you can get the most out of your workout (page 20) \* Number of Reps: Push yourself to the limit without

hurting yourself(page 9) \* Plus much, MUCH MORE! When you order your copy of Introduction To Circuit Training today, you get the book in two different formats: -Downloadable eBook: You can be reading Introduction To Circuit Training in as little as 2 minutes from right now (even if it's 2am on a Sunday!). My automated system will deliver your copy as a downloadable PDF file (which can be read on any computer). You can read the book on your computer, or you can print it out if you like. -Downloadable Audio book: I'll also deliver you the Audio book version in MP3 format. You can listen to it on your iPod or other MP3 device, burn it to a CD, or just listen to it right on your computer. The choice is yours! \*When you order you'll get 3 amazing bonuses for free: 1- Fast Track To Fat Loss: How to Create a Lean and Healthy Body Quickly - Your Insider Secrets To Fat Loss! A very detailed e-book that shows you step-by-step what you have to eat, and how to exercise to get your body to look the way you want it lean and healthy. \*Here is a summary of what I am going to throw at you: -The best training strategies that will give you the ultimate body within just a few short weeks. -The myths about body parts and what happens when the wrong body part is exercised separately. -The correct way to exercise each body part for maximum benefit. -The proper time to get a personal trainer. -What the best body exercise and how to perform it for maximum benefit. -Other types of exercises you can use that will take advantage of certain muscle groups to give you the overall tone you want. -How to eat right so your body becomes lean and healthy. -What are good foods and what are bad foods. -The best foods to eat daily. 2- 101-EverydayTips: Give me 15 to 20 minutes and I'll show you how to get results you can measure... by your waistline! \* Here is just SOME of the information you will find inside: = Understand why it's so much harder to keep the weight off now than ever before. (Page 2) = Learn how to best use the effects of drinking water to help you lose pounds. (Page 4) = Learn the 2 most important concepts for losing weight and keeping it off. (Page 3) = Understand why drinking plenty of water is so important. (Page 4) = Discover which popular fruits will fill you up without adding too many calories. Not all fruits are created equal! (Page 6) = Find out which drinks you should stay away from - it's not just soda pop! (Page 5) = Learn what not to do with your vegetables before you eat them. (Page 12) = Understand why fiber is so important and why you need to eat more of it. (Page 7) = Learn which vegetables to avoid and which vegetables to savor. (Page 12) = Learn what vegetable you should be eating every day. (Page 7) = Learn to control that SWEET TOOTH. (Page 8) = Learn which fruit juices are acceptable and which are not. (Page 6) = Realize that an entire week of dieting can be ruined in one day of party food. (Page 9) =

Learn which butters are preferred when trying to lose weight. (Page 17) = Find out the truth about canned fruits. (Page 7) = Learn that having a cup of coffee with some cream and sugar can be as bad as eating a large piece of rich chocolate cake. (Page 10) = Understand why setting meal times and sticking to them is so important. (Page 8) = Understand why skipping meals can actually make you fall a step behind when trying to lose weight. (Page 11) = Learn that you should be eating at least 4 meals a day! (Page 11) = Discover if eggs are an acceptable part of your diet. (Page 12) = Find out why eating diversely can help you stick to your diet and keep you from getting sick. (Page 13) = Find out the best time to eat breakfast and why. (Page 13) = Discover the truth about carbohydrates in your diet. (Page 14) = Understand the importance of protein in your daily eating plan. (Page 14) = Realize that you do not need to cut out fats entirely and how much is an acceptable amount. (Page 14) = Discover what a non-stick frying pan can do for your weight loss plan. (Page 17) = Discover the benefits of fresh parsley - it does more than just make your breath fresher! (Page 18) = Understand that taking a day off from working out is not only acceptable... but encouraged! (Page 22) = Learn to be on the lookout for low-fat and no-fat substitutes. (Page 18) = Discover why you really should chew your food 8-12 times before swallowing. (Page 20) = Learn two advantages to exercising outdoors. (Page 22) = Learn 3 everyday secrets to help you burn calories while at work or play. (Page 25) = Learn how to fight the urge to become a couch potato. (Page 26) = Discover how to use stairs to your advantage. (Page 27) = Learn what meats are preferable when trying to lose weight. (Page 15) = Find out how punching your pillow can help you lose weight. (Page 35) = Learn what to do with high tech gadgets such as remotes and cell phones to help you burn calories. It's not throwing them out - we promise! (Page 29) = Learn why body massages can be a great tool for losing weight. (Page 34) = Understand how good posture can help you to burn more calories each day. (Page 41) = Discover the value of high fiber multigrain breads. (Page 15) = Learn how you can use the concept of "grazing" to actually eat more meals a day and still lose weight. (Page 16) = Understand why smoking can negatively effect your weight loss plan. (Page 27) = Finally understand what TV commercials are good for. (Page 31) = Learn what role salt has in obesity. (Page 17) = Learn 2 great stress relieving AND calorie burning activities that you will always have time for. (Pages 31 and 32) = Understand when "cheat food" is acceptable. (Page 16) = Learn how to calculate the total calories in each gram of fat... and hence no which foods to stay away from! (Page 16) = Learn to do pelvic gyrations regularly. Whether you do them while people are watching or not is up to you. (Page

33) = Discover which breathing exercises will help burn extra calories. (Page 34) = Understand why you shouldn't eat certain snack foods and how you can BENEFIT from others. (Page 9) = Understand the importance of a warm-up to your exercising routines. (Page 38) = Learn how to use elevators to your advantage, when no one is looking of course. (Page 39) = Find out which is better for you, tea or coffee, and why. (Page 10) = Learn which wines to dine with and which wines to avoid altogether. (Page 20) = Discover which ways to reward yourself are acceptable and which are counter-productive. (Page 21) = Understand why it is important to count calories and how to use that information to lose weight. (Page 10) = Learn the hidden danger of fried foods. (Page 11) = Learn to let your dog lead you on your next walk. (Page 36) = Learn a simple exercise you can do anywhere at any time of day to burn extra calories. (Page 37) = Discover the correct intensity level for your beginning workouts... it's a lot less than you'd think. (Page 21) = Learn a simple technique that will continue to motivate you to lose weight. (Page 39) = 7 common exercises and the number of calories you can expect to burn during each. (Page 42) 2 bonus quizzes to see how well you've retained all of your newfound knowledge. And there's MUCH more - guaranteed!

3- 36-potent-Foods: Who Else Wants To Lose Weight & Live Healthy Naturally? Imagine ... No Pills No Exercise No Extra Costs It's true. Scientists at universities have proven you can lose weight safely without pills, without exercise, without extra costs and without low-calorie diets! But you have to trick your brain into telling your body when you're full so you don't overeat. That's done with potent foods that make you feel full while burning fat and tasting great. In 36 Potent Foods to Lose Weight & Live Healthy, you will discover:

- a fruit that melts away the fat and leaves you feeling satisfied longer.
- Michigan State University found certain types of bread actually reduces your appetite.
- University of Florida found this fruit helps dissolve fat and cholesterol.
- people think this vegetable puts on the pounds but St. Helena Hospital found you can achieve rapid weight loss.
- this miracle from Asia makes your metabolism run on high and even lowers cholesterol.
- what the Roman gladiators ate for strength - it wasn't meat!
- these sweet tiny fruits will satisfy the "sweet tooth" in all of us so we don't eat empty calories.
- and more...

And best of all, you can find all the 36 Potent Foods in your grocery store. No crazy over-priced supplements No starving yourself No stressing over weight loss because these work naturally

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