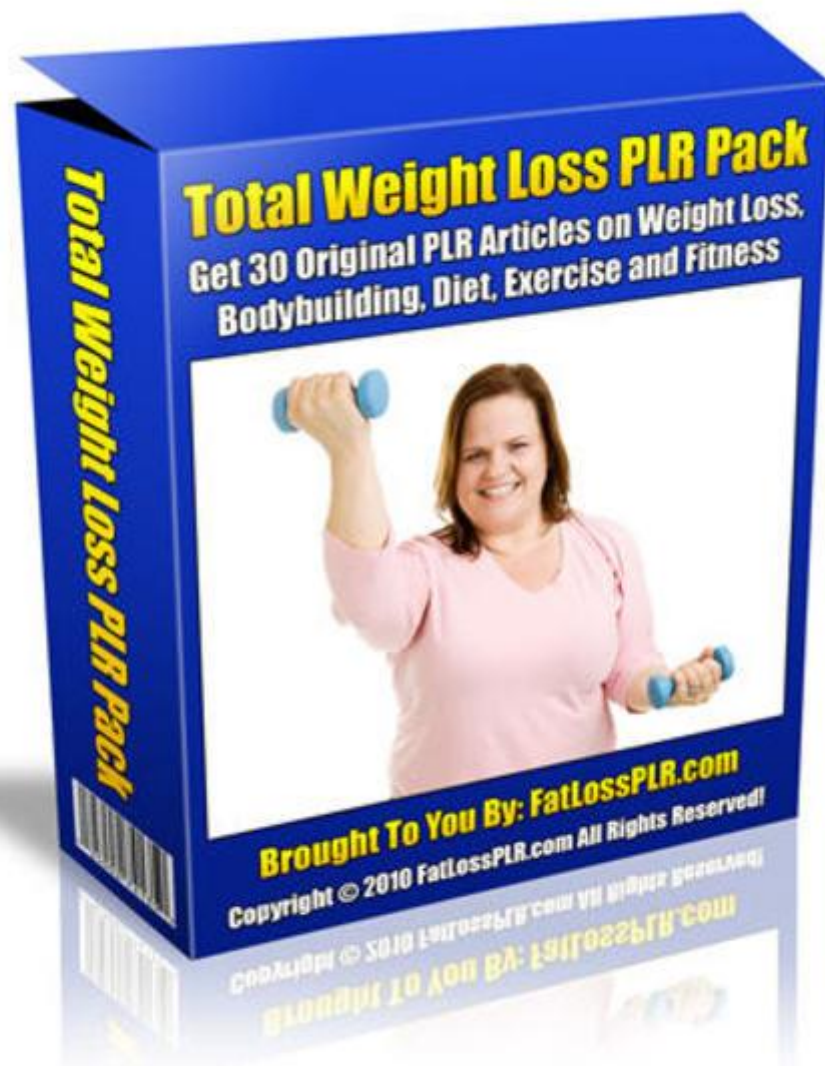


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-----xxxxxxxxxxxxxxxxxxxxx----- Quick Fitness Recipe: 6 Easy Steps to Squatting for Fitness It only takes one minute to do a cardiac stress test to determine the fitness of your cardiovascular

system. This test, the Squatting Fitness Test, used before the treadmill stress test or one of the chemical stress tests such as the Thallium Stress Test, became popular! The Squatting Fitness Test also a great way to check your heart periodically to make sure your home exercise routine is in line with your heart's fitness. As your numbers for this test improve, you can increase the duration or intensity of your home workout regime. Here are the simple steps to follow: 1. Sit calmly for several minutes. Find the artery in your wrist or neck. Count the beats for ten seconds and then multiply that number by six. This gives you your resting heart rate for one minute. 2. Men with resting heart rates less than 75 and women with resting heart rates of less than 80 can do the following "squats" twenty times. Everyone else should only repeat the squats ten times. 3. Stand up straight. Touch your heels together with your toes fanned out. While you lift your heels, making sure to keep your back straight, squat down all the way. Do each squat in -----xxxxxxxxxxxxxxxxxxxxx----- Please note that NO salesletter is provided with this product! Your RIGHTS to Our PLR Content: [YES] Can Be Edited Completely and Put Your Name on it. [YES] Can be used as web content [YES] Can be used in an autoresponder e-course [YES] Can be used in a special report (free or paid) [YES] Can be used in an ebook (free or paid) [YES] Can be submitted to article directories (provided you rewrite the content) [YES] Can be published offline! [YES] Can be given away! [YES] Can be sold [YES] Can be offered as a bonus [YES] Can be packaged with other products [YES] Can be added to non-PLR membership sites (for your members' personal use ONLY) [YES] Can be used to create promotion materials for your affiliates [YES] Can be offered through auction sites. [YES] Can translate the content into a non-English language\*. [NO] Can sell Resale Rights to the Source files (i.e., the editable .DOC and .TXT Files) [NO] Can sell Master Resale Rights to the Source files (i.e., the editable .DOC and .TXT Files) [NO] Can sell Private Label Rights to the Source files (i.e., the editable .DOC and .TXT Files) [NO] Can giveaway the Source files (i.e., the editable .DOC and .TXT Files) [NO] Can use unethical marketing methods or SPAM to conduct your business with the product. [NO] Can use or impersonate my name (Arindam Chakraborty), company name (NuttieContent.com) or any other of my business or personal information to conduct your business with the product There are 2 major exceptions to the above terms: \*EXCEPTION#1: If you translate the private label content into any non-English language, you own complete copyright to it. In such circumstances, you CAN sell/giveaway private label rights to the content! \*EXCEPTION#2: If you change the private label content completely (or at least enough to make it unique), then again you own complete copyright to it. In such circumstances, you CAN

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