

REVEALED!



The only 3
exercises you
need for a

**SEXY
STOMACH,
TIGHT
TOOSH,
& TONED
THIGHS**

COPYRIGHT: All rights reserved. No part of this report may be reproduced or shared in any form or by any means, electronic or mechanical, including photocopying, recording, or by any information storage or retrieval system, without permission in writing from the copyright holder (SERG Holdings, LLC)

DISCLAIMER: Before beginning any new exercise or nutrition program, consult your physician. Particularly if you are pregnant, nursing, elderly or have any chronic or recurring conditions. The information within is not meant to replace or be used instead of, advice from a qualified medical professional. The publishers and authors of this information are not liable or responsible for any injury or mishap caused directly or indirectly from using this information. You are solely responsible for how you perceive and use the information within, and do so at your own risk.

TABLE OF CONTENTS

Let's Get Started	2
An Odd Exercise For All Round Fitness	3
Functional Leg Strength...Without Hurting Your Knees	4
The KING of All Exercises	5
Your Fast Start Exercise Plan	6
What To Take Away From This Report	7
Your FREE GIFT (\$49 value)	8
BONUS REPORT	9

Let's Get Started:

Dear Friend,

For women; legs, butt and belly come before everything else when it comes to weight loss.

Because when getting into and looking fab in those skinny jeans; your legs, butt and belly will literally make or break you.

But the fact is, the difference between a squeeze, and snug fit that compliments your curves - is nothing more than a simple, 3-step workout that anyone can do.

It doesn't matter how fit or healthy you are now, or how much free time you have - it only takes 30 minutes every other day - and you don't need any special equipment.

Just follow what I'm about to share and results will come – fast!

So, without further ado let me show you... *The ONLY 3 Exercises You Need for A Sexy Stomach, Tight Tush and Toned Thighs...*

An Odd Exercise For All Round Fitness

The exercise I am going to share with you first is called a "*mountain climber*." Take a look at the pictures so you know why.

This is a phenomenal exercise for core strength, tight legs and a healthy heart too.

Here's how to do a mountain climber...

1. Get into an "almost" push-up position, with your hands shoulder width apart on the floor.
2. Now pull your left leg up, almost trying to touch your chest
3. As you put your left leg back to the starting position, now pull your right leg up to your chest
4. And repeat

It's quite hard to understand with all I can show you in this report, but you can see a good video of it by searching you tube for "mountain climber exercise"

You're essentially jogging on the spot, but with your hands flat on the floor.



Functional Leg Strength...Without Hurting Your Knees

The lunge looks more like a silly walk then an exercise. But doesn't matter, because you can do it in the privacy of your own home and is excellent for toning your legs.

Here's how to do a lunge...

1. Take a big stride forward.
2. Now bend your back leg so the knee almost touches the floor.
3. Your front leg will also bend at the knee.
4. Now simply walk forward, bending your legs like this. Keep your upper body straight and ridged

Lunges will strengthen your legs, knees, develops better posture, balance and stability.

Because you're working large muscles, you burn off a lot of calories too.

Hold weights (water bottles) for an even better workout.



The KING of All Exercises

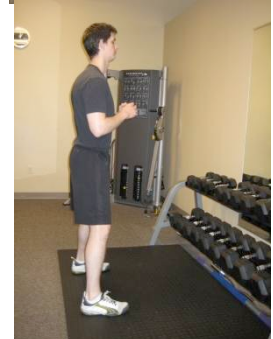
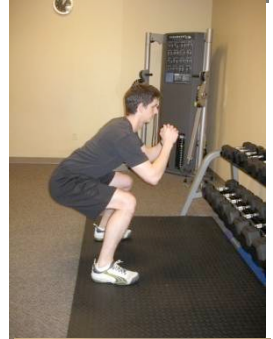
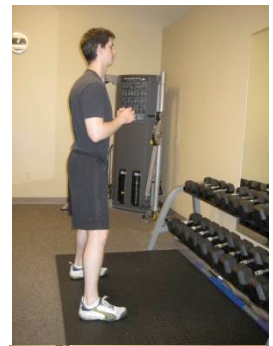
Like the push-up, this is an exercise you'll either love or hate. But it's also incredibly beneficial to your health. You just need to make it a habit.

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.



Your Fast Start Exercise Plan

Week: _____

Exercise	Time
Mountain Climber	3 minutes
Lunge	3 minutes
Squat	3 minutes
Rest	1 minute

(Repeat circuit for 30 minutes)

___Day 01 ___Day 02 ___Day 03

Instructions:

Print off this page every week and stick on your fridge, by your computer or somewhere else where you'll see it.

It's important you push hard when you're exercising. You get a 1-minute rest after each circuit, so you shouldn't be slacking off in between.

Do this 3 times a week. Check off Day 01, Day 02 and Day 03 after you complete each day. It's good to set specific days to help with the habit forming... For example: block in your calendar for Monday, Wednesday and Friday.

Don't forget to take five minutes before and after for warm-up and warm-down.

What To Take Away From This Report:

The reality is looking great IS easy... As long as you can learn these 3 simple exercises, and spare just 30 minutes every other day.

Which is something anyone should be able to do.

The trick is just doing it. And I've put together a plan to help you with that. Please get out your calendar and block off the next month for working out now.

If you do that, you will have easily doubled your chance at success.

Because as the premier fitness professional in town, I know for a fact just doing these exercises (and eating right) will get you the Sexy Stomach, Tight Tush and Toned Thighs of your dreams.

I've seen it with my own eyes. Start today and see for yourself.

If you are desperate to really get results, but you feel you need additional help to stay focused and stay committed, please see how your free gift below will help you...

\$49.00 value

FREE FITNESS & WEIGHT LOSS DIAGNOSTIC CONSULTATION

Expires in 30 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 \$49 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 build a solid foundation to ensure I maintain my results FOR THE REST OF MY LIFE!

That is why I am calling your office right away to claim this gift certificate and schedule me Body Diagnostic Consultation...

Expires in 30 days, claim right now!

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 late night episodes 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. There is a big difference between a “trainer” and a “fitness professional”.

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, and 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!

\$49.00 value

FREE FITNESS & WEIGHT LOSS DIAGNOSTIC CONSULTATION

Expires in 30 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 \$49 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 build a solid foundation to ensure I maintain my results FOR THE REST OF MY LIFE!

That is why I am calling your office right away to claim this gift certificate and schedule me Body Diagnostic Consultation...

Expires in 30 days, claim right now!