

The beach body we all want

(and exactly how to get it ...)

By Geoff Jowett, Australia's #1 Personal Trainer

The pretty lady in the photo is my good friend Julie, a 24-year-old fashion model who has the kind of beach body we all want.

Julie knows exactly what it takes to get a body that looks great in a bikini. Now, with our revolutionary new Bodysculpt system that melts away fat while toning the muscle underneath, you can have the beach body of your dreams, too.

MELT FAT AND TONE UP FAST

Bodysculpt is an incredible "2-in-1" system: As it (1) trims the kilos from your belly, butt, neck, arms, and thighs, it simultaneously (2) tightens and firms the muscles underneath. As the fat melts away, it reveals the slim, toned muscles that will turn heads on the beach.

Within a few weeks, you'll see the beach body you always wanted in the mirror: A flat stomach – no more pot belly. Toned arms -- no more "chicken wings." Smooth, shapely legs – with thinner thighs and cankles gone. A tight butt. And a leaner neck – no more double chin or "turkey neck."

Have you tried dieting but were unable to keep off the weight you lost? Are you afraid of getting too big or bulky with weight training? Tired of huffing and puffing with exhausting aerobics routines -- without losing an inch off your belly?

Now you can lose weight and get toned – without starvation diets or spending your life in the gym. With the unique Bodysculpt system, you burn fat for up to 48 hours after a short and easy workout ... and lose twice the weight with half the exercise.

BREAKTHROUGH BODY TONING

I spent the last 10 years looking for a system that was quick and easy – even fun. A system that toned muscle while melting fat – yet didn't cause unsightly muscle bulk and bulges.

The Bodysculpt workout is that system! It takes just 20 minutes a day, 3 days a week. Total exercise time: only 1 hour weekly. The secret is interval training with body toning resistance bands instead of exercise machines or free weights. The problem until now has been reaping the benefits of weights for women, without bulking up, but because of the way the bands work with your strength curve, you tone and define, but don't bulk – the secret to a great beach body. I mean seriously who wants to look like the incredible hulk? Nobody I know, that's for sure!

Clinical studies have found that interval

training -- exercising for short intervals, with rests between exercises -- helps you take the weight off faster. And the less you do, the more you lose....

- Researchers monitored two groups of people. The first did 20 minutes of interval training 3 times per week, and in 15 weeks lost an average of 5.5kg of fat. The second group did 40 minutes of aerobics 3 times a week – twice the exercise -- and they gained an average of a kilo of fat during the same period!

- In a study at Laval University in Quebec, one group cycled in numerous short bursts of 15 to 90 seconds and rested in between. A second group cycled 45 minutes without interruption. Those who cycled in numerous short bursts lost 9 times more fat than those who rode without breaks.

- The Wellness Research Foundation studied two identical twins. The first twin sprinted 50 yards, and then rested 30 seconds, six times. The second jogged 10 miles with no breaks. During a 4-month trial, the twin doing short sprints lost 10 more kilos of fat than her sister.

NO STRENUOUS EXERCISE

Why did those exercising harder end up gaining weight? Sustained aerobic exercise – like running, stepping, or boxing -- can trigger production of the hormone cortisol, which is scientifically proven to cause accumulation of belly fat.

The Bodysculpt system gives you a set of body toning resistance bands with which you do easy interval training.

Weights are better for bodybuilders but resistance bands are better for toning, sculpting and defining your body. Body toning resistance bands sculpt and shape the body where weights bulk you up. That's why I had very few of my female clients use weights they did more boxing but the problem there was cortisol elevation from the aerobic stress, putting fat on their tummies. The Bodysculpt workout provides the benefits of weights without the bulk.

The resistance automatically adjusts to accommodate for your level of strength, so muscles are not torn or over-stressed. The stretchable bands continually tailor the resistance to match your strength curve while keeping your muscles under tension during the entire exercise. When working out with weights, tension is maintained only part of the time, resulting in suboptimal muscle conditioning.

Not only do you lose weight with Bodysculpt, but you get stronger and more

toned, too. A study from the American College of Sports Medicine found that resistance training increases body strength and tones lean muscle mass.

HARNESS HORMONES TO BURN FAT FASTER

Why does the 2-in-1 Bodysculpt system help you get thinner and stronger? The scientific studies cited above found that short bursts of exercise trigger biological mechanisms in your body that actually cause you to burn more fat and lose weight faster.

Specifically, short exercise periods help to release more HGH (human growth hormone) into your blood stream, levels of which decline as you age. This essential hormone can help prevent weight gain and burn away more fat faster. And fat-burning continues for many hours long after your brief Bodysculpt work-out is over.

With Bodysculpt, you can sculpt your body into physical perfection the way Michelangelo carved David out of a block of marble. The interval training triggers a hormone release that melts the kilos off for hours after you stop exercising. The resistance bands strengthen and harden the muscles underneath, so when the fat is gone, you're firm instead of flabby – and look great in a bikini, halter top, shorts, or strapless evening gown – without getting too big like you can with weights.

WANT A SLIM, SLENDER, SEXY BODY

- For Annie Slattery, a 24-year-old gym teacher, being overweight was particularly humiliating because her students teased her about being chunky. "Thanks to Bodysculpt, I lost 16 kilos and got trimmed and toned without bulking up," Annie says.

- Emily Nelson lost 14 kilos thanks to Bodysculpt. "Previously weighing 77 kilos, I am now 63 kilos -- and I feel fantastic," says Emily. "The effect from Bodysculpt is amazing!"

- Kirsty Griffin went from 98 kilos to 72 kilos. "Bodysculpt helped me lose 26 kilos and has changed my entire outlook on life," says Kirsty. "I can now wear bathers with confidence in front of my family and not shout 'Don't look at me!'"

THE FUTURE IS HERE

In one convenient home workout kit, Bodysculpt gives you everything you need to get the beach body you want. Including:

- Color-coded resistance bands – with door anchor, handle grips, and a quick-clip system that instantly allows you to create 15 different levels of tension.
- Black carry bag – turns your Bodysculpt system into an easy-to-carry "portable gym" you can take anywhere.
- Quick Start Guide – start losing weight and toning muscles with Bodysculpt within minutes of taking it out of the box.
- Bodysculpt Handbook – basic and advanced exercises, training tips, nutrition and diet guidelines, and more.
- FREE Trim Club membership – includes 24/7 "ask an expert" support by phone and online.
- Plus 3 FREE Bonus DVD's – Getting Started, Interval Training, and Exercise Bank.

RESULTS GUARANTEED

Send no money now. Just call 1300 202 232 and mention code SDM03BS to get the Bodysculpt Two-in-One System sent to you absolutely FREE.

All we ask is a small contribution of just \$14.95 to offset our postage and handling costs.

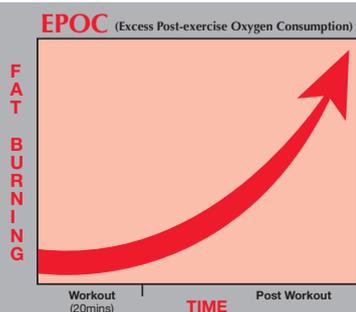
When your Bodysculpt System arrives, put it to the test – and judge for yourself! I'm confident that by following our field-proven system, you will lose at least 5 kilos or more within the first 2 weeks alone. Yes, order now and you can still slim down by Christmas – the transformation with Bodysculpt is that fast!

If you do not lose all the weight you want ... or look the way you want ... or you are not 100% satisfied for any other reason (or for no reason at all) ...

Just let us know within 14 days. We won't charge you a cent for your Bodysculpt System. And you can keep the system materials FREE with our compliments. That way, you risk nothing.

But I urge you to call 1300 202 232 for your FREE Bodysculpt System today. This special free offer is for a limited time only. And once it expires, it may never be repeated again.

STUDIES SHOW YOU CONTINUE TO BURN FAT FOR UP TO 48 HOURS AFTER EVERY SESSION.



*Selected Australian Personal Trainer of the Year in 2003 by the National College of Business.

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TRY IT RISK FREE FOR 14 DAYS! Send no money now. Just call 1300 202 232 and mention code SDM03BS to get the Bodysculpt Two-in-One Super System sent to you absolutely FREE.