

Secret to rapid weight loss finally revealed

Discover the #1 celebrity trend in Hollywood to shed the kilos and tone up fast... without any strenuous exercise!

By Geoff Jowett, Australia's #1 Personal Trainer*

By the time you finish reading this article, you will know the celebrity secret to consistently losing two kilos of pure fat every week so you can actually fit into those jeans you have hanging in your closet but can't wear any more.

Julia Roberts, Hillary Swank, Sheryl Crow, Ashlee Simpson, Uma Thurman, Daryl Hannah, and Victoria's Secret model Marisa Miller all attest their amazingly toned and sexy bodies to this breakthrough method.

Even Rafael Nadal, the number 1 tennis player on the planet, swears by this technique for getting himself in shape and super defined. It's that good!

You are about to discover a type of low intensity, fun, easy and gentle type of exercise that causes a chain reaction in your body to burn fat ... a LOT of fat, for hours... but first let's talk about what doesn't work.

For years, we've been told aerobic exercise is the best method for burning off our extra body fat. Unfortunately according to modern research, this just doesn't seem to work very well.

IN FACT DOZENS OF SCIENTIFIC TRIALS HAVE CONCLUDED THAT AEROBIC EXERCISE DOES NOTHING FOR LARGE SCALE FAT LOSS.

Thousands of people are trying desperately to lose weight on the

treadmill, exercise bike, or huffing and puffing with other strenuous aerobics – without lasting results.

But now there is an exercise routine that has a multitude of benefits aerobics can't deliver. Including:

- Losing at least two kilos per week – guaranteed or you pay nothing...
- Getting a toned, defined look -- sculpt your body into a shape that turns heads...
- Gaining incredible energy – no more feeling tired and worn out so much of the time...
- Becoming super-fit – better cardio endurance than the guy who runs miles every day...
- Avoiding illness - lowers blood pressure and staves off diabetes.

Study after study has proven the incredible fat burning effects this method has on the body. One study found that you lose 9 times as much fat with this easy method as doing sweaty, hard, gut-busting aerobic exercise.

IT WORKS SO WELL BECAUSE OF A PROCESS CALLED EPOC

EPOC (or excess post exercise oxygen consumption) drains muscles of their inbuilt energy source. Muscle energy has to be replenished in the body, and it can take up to 48 hours to happen.

During this time, your body has no alternative but to draw and burn up your fat reserves. So for the next two days while you sit at work, watch TV, or have that peaceful nap, your blood cells rush around that belly or those thighs, grabbing as much of the fat as they can -- and taking it away to

burn for energy. It's exactly what all of the celebs listed above do to get their a-list bods. And resistance band training is the number 1 way to do it.

According to People Magazine, Marisa Miller said, "I can throw the resistance bands in my suitcase and do it in my hotel room. They're good for toning your butt, your legs, your arms – anything."

Ok, if you are raring to go there is now a system available in Australia that does all of the above and more. 3 times a week is all you need to create a 24/7 fat burning, muscle toning nirvana... and it's called Bodysculpt.

Bodysculpt is an incredible "2-in-1" resistance-band EPOC system: As it (1) trims the kilos from your belly, butt, neck, arms, and thighs, it simultaneously (2) tightens and firms the muscles. As the fat melts away, you get toned and defined.

And when the fat is gone, what's left in its place is not saggy skin -- but a lean body you'll be pleased and proud to show off on the beach: A flat stomach – no more pot belly. Toned arms -- with no more "chicken wings." Smooth, shapely legs. A tight butt. And a leaner neck – no more double chin or "turkey neck."

For Annie Slattery, a 24-year-old gym teacher, being overweight was particularly humiliating because her students teased her for 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!'"

AND THE LESS YOU DO, THE MORE YOU LOSE

The Bodysculpt System includes a set of body toning resistance bands

with which you do quick and easy, gentle movements. The resistance automatically adjusts to accommodate for your level of strength, so muscles are not torn or over-stressed.

With Bodysculpt, you can sculpt your body into physical perfection the way Michelangelo carved David out of a block of marble. The toning movements trigger a hormone release that melts the pounds off for hours after you stop exercising.

The resistance bands tone, define and sculpt the muscle, so when the fat is gone, you're firm instead of flabby. And unlike weights you never bulk up. Your body simply trims and tones because of the unique way the resistance bands work with your strength curve.

Plus you also get 3 FREE DVD's to show you how to best use the resistance bands -- the same workouts that the celebs use to get their beach bodies fast. Not only that but a handbook that reveals all of the celebrity diet tips to toning, plus a food and exercise diary – all free with your resistance bands.

TRY IT RISK FREE FOR 21 DAYS

That's all the time you'll need to see rapid, dramatic results. Send no money now. Just call 1300 202 232 and mention code **SH02BS** to get the Bodysculpt Two-in-One Resistance Band 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. I'm confident that you will lose at least 5 kilos or more within the first 2 weeks alone – and look trimmer and more toned.

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 21 days. We won't charge you a dime for your Bodysculpt System. And you can keep the system materials FREE with our compliments. That way, you risk nothing.

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



TRY IT RISK FREE FOR 21 DAYS! Send no money now. Just call 1300 202 232 and mention code SH02BS to get the Bodysculpt Two-in-One Super System sent to you absolutely FREE.

