PRESENTS:

EXPOSED: The Five Biggest Weight Loss and Fitness Myths

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REVEALED The Truth About How to Lose Weight and Keep it Offi

www.rzonefitness.com

Dear Fitness Seeker

If you've asked for this report, then I am assuming you are interested in becoming a healthier and fitter individual.

Maybe you have tried diets, various pieces of fitness equipment, or oils promising to melt fat from your body. The huge companies who steal your money by promising impossible results if you just drink their shake, take their pill, or do 10 minutes of exercise on their revolutionary new weight loss machines are abusing your trust in the name of profits and market share.

The real truth is that most (if not all) the products they're peddling are worthless to you, that is. To them, the products are incredibly valuable - because they're raking in huge profits at your expense.

• Are you sick of the hype and outright deception being fed to you by the weight loss and fitness industries?

• Are you tired of being led to believe it's your fault when the junk they sell you doesn't work?

• Do you want someone you can trust to tell you the truth about real, lasting weight loss and fitness, and show you how to quickly and easily adapt your eating and exercising habits so you can achieve the results you want and deserve?

If you answered "YES!" to any of these questions,

then this may be the most important report you ever read.

What I am about to tell you addresses the most important issue you face - **your health**. From my experience as a certified fitness professional, one critical point has been hammered home countless times: our health is the most valuable asset we have... and if it goes south, we will spend everything we have, financially *and* emotionally, to get it back!

Thankyou, Glenn Greer Co-Owner of Rzone Fitnes <u>www.rzonefitness.com</u> Coral Gables, Pinecrest, West Kendall Visit Doral R first licensed studio.





MYTH #1: Dieting will eliminate fat.

Your body can't discriminate between intentional calorie deprivation (as in a diet), and starvation. When you dramatically reduce your caloric intake, your body shifts into a protective mode by slowing your metabolism down and holding onto fat (an important energy source) and burning muscle instead. In the beginning of a diet you WILL lose weight by dramatically cutting calories. But it won't be fat loss, it will be water weight and lean muscle tissue - the exact OPPOSITE of what you want to get rid of. Not only will

harsh diets slow your metabolism down to a crawl, causing your initial weight loss to come to a gradual halt, they will also inevitably bring about a "rebound" effect. This rebound will make you even fatter than you were before starting the diet. When you rebound, not only do you generally put on more weight than you actual y lost with



the diet, your percentage of body fat generally increases because your body cannibalized muscle tissue as an energy source during the dieting process. This results in the "yo-yo" effect that almost al dieters experience. To permanently lose the fat stores in your body, you've got to burn more calories and increase your metabolic rate (the rate at which your body burns fuel throughout the day - even when you're NOT exercising) with a precise exercise routine and proper nutrient ratio adaptations (that means eating the right stuff at regular intervals).

Even if you don't exercise (but I recommend you do), just eating 5-6 small, high quality meals each day (and by a meal, I mean anything from a nutritious snack to a sit-down dinner) will substantial y increase your metabolism - and you'll burn more calories!

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MYTH #2: Pills, powders and shakes can make you <u>skinny.</u>

Fat burners, diet pills, nutritional supplements - you know who gets the most out of these products? The manufacturers and sellers. Some of this stuff is extracted from foods and has a role in nutrition, but it's not a substitute for eating right. And much of the "miracle" drugs you see advertised are exceedingly dangerous to you.

Don't believe me? The next time you see an advertisement in a weight loss magazine for one of these "miracle" products - or if you see a commercial on TV for one - read or listen to the



DISCLAIMERS AND WARNINGS that accompany these ads. A lot of this stuff is dangerous and it has no place in a healthy, permanent weight loss and fitness lifestyle.

Sure, if you're willing to risk exposing your body to these drugs, you might be able to lose some weight - at first. But you will experience no long-term benefits - none!

In fact, it's real y much worse than that "Dieting" in any form that denies your body the essential nutrients and calories it needs to function efficiently can cause you to lose weight...until you stop the diet. And anyone who has "dieted" knows you cannot sustain the diet indefinitely. Your body screams out for nourishment and eventual y you give in. That's when the rebound effect begins. You will inevitably regain al the weight you lost - **PLUS MORE**.

And the regained weight is predominantly fat. During your diet your body cannibalized some of your lean muscle to use as fuel. After the diet, your regained weight does not come back in the form of lean muscle plus some fat - it comes back almost exclusively as fat.



MYTH #3: A regimen <u>of aerobic</u> <u>exercise</u> will burn the most <u>fat.</u>

You must be able to monitor and control your cardiovascular intensity to maximize the number of calories you burn. And, if aerobic exercise is not supplemented with resistance training (lifting weights) to at least maintain muscle mass, you cannot effectively accelerate the fat loss process. Each pound of lean muscle tissue burns 35-50 calories a day while your body is at rest. Where as body fat is not metabolically active, so little to no fat is burned for each pound of body fat.



Therefore, a combination of properly monitored aerobic exercise and resistance training enables you to rapidly burn the maximum amount of fat.

SPECIAL NOTE: This may sound like it's involved and time consuming. It's not! With the proper fitness and nutrition system in place, you can quickly burn fat, lose weight and get fit in as little as 40 minutes per session - exercising in the privacy of your home only 3 times per week. And in 12 weeks you can dramatically transform your body.



MYTH #4: Resistance training doesn't burn fat.

Nothing could be further from the truth. Muscle is metabolically active tissue. Fat is not. Fat is an energy source for the body, but most people have much more than they need.

Fat does not use energy - it is used as energy. Muscle uses energy. Lot's of it. The more lean muscle you have, the more fat you burn. And here's the biggest benefit, and why everyone needs to incorporate resistance training in their exercise program: the more lean muscle you have, the more fat you burn - WHILE YOU ARE AT REST!



You see, that's real y the ultimate weight loss and fitness

secret. Looking great is not just a function of how much fat you burn when you're working out, because you can only exercise so much in a given week.

The real secret is how metabolically active your body is the other 95% of the time. People with more lean muscle burn fat at a much greater rate than do those with less lean muscle.

That doesn't mean you have to look like Arnold or Madonna to be an efficient fat-burning machine. But you do have to at least maintain -and preferably increase - your lean muscle tissue.

It's easy with the proper resistance training program.

SPECIAL NOTE: Women will NOT become "bulky" or "muscle bound" by incorporating resistance training into their exercise routine. In fact, just the opposite is true. Lean muscle is more compact and firmer than fat. Resistance training will tone and sculpt your muscles making them smaller, firmer and sexier. Women are not genetically predisposed to adding muscle "mass."

Men, on the other hand, will gain mass and see exciting muscle growth through the proper use of nutrition and resistance training.



MYTH #5: Thigh <u>reducers, tummy trimmers and body</u> part shapers can <u>"spot" reduce.</u>

Al over the country people are falling for the tv commercials (like those that are featured on the Sky Shopping Channels) touting muscle- specific exercisers for body fat reduction.

You cannot reduce your waist size by working the abdominal muscles, nor can you reduce your thighs with a thigh exerciser. It's a scam. A total rip-off. The only way to reduce body fat is by combining a precise program of supportive nutrition with the right balance of aerobic and resistance exercise.



If it sounds hard, it's not. It's just hard to cut through al the lies, misinformation and total nonsense being shoved down your throat by these big, mega-buck companies attempting to further line their pockets at your expense.



The Truth About How to Lose Weight and Keep it Offi

Here's the Real Deal on How to Fuel Your Body.

You must eat to lose weight. You must feed your body with nutrientdense whole foods and feed your mind with solid, fact-based information instead of the latest fitness hype. **As I explained in Myth 1, diets do Not work**. When you drastically cut down on food intake to try and lose weight, your body thinks you are starving it and so it automatically slows its metabolism and hangs on to al of its resources, especially its fat stores. Why? Because it doesn't know when it might get food again.



You know that you will eat again, but your body senses that it isn't getting adequate nutrition to sustain its many functions. So, it's just

common sense. If you fuel your body by giving it good, whole foods comprised of proteins, starchy carbohydrates and fibrous vegetables, AND if you combine that with a sensible workout program, you will be able to build lean muscle. Lean muscle will speed your metabolism and burn fat more efficiently. Not eating adequate calories can be just as detrimental as eating too many.

So, isn't that great news? You've just been told that you must eat to lose weight. But eat what? The plan that follows is a new way of eating that you can learn over time.

Most of us struggle when first introduced to change and new ways of doing things especially eating. So many life activities are tied to food. When we celebrate special occasions, food is usually involved. Birthdays, holidays, new jobs, graduations. We are a nation that loves to eat. And there is nothing wrong with that if moderation is the guide. By taking the time to truly understand the best way to eat, then putting these guidelines into practice and making the plan a part of your life, you will be able to enjoy special occasions without feeling guilty about what you eat and without being miserable from depriving yourself of the foods that others are enjoying.

If you're in the habit of skipping meals, then you must make the commitment to - EAT - at least three meals, especial y breakfast to jump start your metabolism. Now as quickly as you can, add a fourth meal to your day how do you get started on this plan?

Add a meal? Yes, add a meal. Think about it — if the definition of metabolism is the speed with which your body burns through fuel, then if you fuel your body frequently, it will run more efficiently. Look at this scenario: if you skip breakfast and then get to work and your day goes crazy and you don't have time for lunch, by the time dinner comes around, you are starving. To fil your stomach quickly, you grab whatever is fast and filling and eat and eat and eat, usually until you are miserable.

So, here's what happens. You haven't fed your body all day; it thinks it's starving and has slowed its metabolism to compensate for the lack of fuel.

Then all of a sudden, you put al of this food (usually full of fat calories because you grabbed something fast) into your system and now your body has to instantly perform and metabolize al of those calories. Well, just because you suddenly feed your body a large amount of food, doesn't mean that its metabolism kicks in accordingly.

Your metabolism is still sluggish, and it does not efficiently burn the heavy burden of calories you just gave it. So where does the extra fuel go? To your fat stores!

Ideally, you should space your meals every three or four hours apart. When you can add a fourth meal to your day, your body will respond by upping its metabolism because of its need to keep burning the fuel you are giving it. Your goal should be to eat 5 meals a day. Look at it this way. If you don't put fuel in your car, it stops running. But if you keep the tank fueled, you have no problems. Same goes for your body.

Experiment to see what suits you best. Remember, everyone is different. Go about changing your eating habits at your own pace. But also remember — your results will only be as good as your nutrition. There is no way around the food issue, if you feel that you are "addicted" to food or types of foods, such as carbs or sugar, then you must find a way to deal with that issue. Until you can break free of whatever hold food seems to have on you, your results will suffer. My programs can help you understand how food affects your system and provide you with the motivation to succeed.

So, how do you get started on this plan? Well, the easiest way is to break the process down into **manageable steps**. Look at the following five guidelines on the next page to get started.





Revealed: Five Guidelines To Get You Started Fuel your body with supportive meals.

STEP 1:

Review the list of proteins, carbohydrates and vegetables in this ebook and also you can download our nutrition guide book and shopping list at gablesfitness.com 11. Pick foods you like and go shopping. The key to success is to always have good foods readily available so that you're not tempted to grab high calorie or fast food. If you don't have a steamer, I suggest you get one. Steaming seasoned vegetables is a guick, easy and healthy way to prepare a wide variety of fresh fibrous vegetables.

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If you set aside time to plan your shopping strategy, you're on your way to conquering step 1. (If you're not sure how to shop, call me and schedule a grocery shopping tour. Better yet, grab a group of your friends, family or co-workers and we'll schedule a group tour. You'll have fun and learn valuable information.) Stock up with spices and herbs such as onion and garlic powder, Italian seasoning, basil, thyme, oregano, dill, parsley, Cajun seasoning, cayenne pepper, chili powder, cumin, and the list goes on. Pick your Favorites.

STEP 2: Look at what is in your refrigerator and cupboards.



If you stock high-calorie, high-fat foods, stop doing it. DO NOT ADD TEMPTATION that will throw you off track before you have a chance get started. Does this mean that you should never have ice cream in the freezer or crisps in the cupboard? No. But as you get started, it's best not to stock temptation. There will



come a time when your body will start to want the good foods you are feeding it instead of what you fed it before. Then you may be able to put the tempting foods back in your house (that is, if you still want them) because you will have learned how to control your urges. But until you start to notice that change, don't set yourself up for failure.

What if you have kids? Well, all the more reason to start stocking healthier food choices. We learn our nutritional habits at home. You have a great opportunity to help your

children learn better eating habits at a young age which will translate into them becoming healthier adults. Your whole family can benefit from eating these foods. Kids especially.





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You don't have to be a gourmet cook to prepare meals. As a matter of fact, the more simply you cook, the more you'll come to appreciate the rich, natural flavors of food. Just about anyone can grill, not just meat, but vegetables too. Browse your local bookstore for low-fat cookbooks. Or make up recipes of your own using herbs and spices that you like. I've included some recipes but I'll bet you can come up with tasty ideas of your own. Just remember to reduce butter, oil, mayonnaise and other high fat condiments in your marinades and salads. Beware of salad dressings. Yikes — what a trap. If you make



a salad at home or order one in a restaurant, get the dressing on the side and use it sparingly. Search for recipes on the internet. You'll amazed at all of the web sites dedicated to better health.

STEP 4: Carve out some time to cook ahead.

Even if it's just a couple of days worth, that will be a great help. Make sure to prepare different foods so that you will be assured of having choices. For example, grill some chicken breasts marinated in your favorite recipe (remember — watch marinades containing large amounts of oil read the labels!). Perhaps make up some ground turkey breast burgers flavored with your favorite spices (maybe fresh garlic, salt and pepper, chopped onion) and toss on the grill along with the chicken. Now you have two sources of lean protein to choose from to make up your meals. A day or so later, you might want to mix up some tuna salad by draining a tin of white albacore tuna (packed in water) and mixing in one tablespoon of low fat mayonnaise, some dill pickle relish (a teaspoon or two) and juice from a couple of lemon wedges. You can then make up a quick tuna salad by spooning tuna onto salad leaves with some cucumbers and carrots or make a tuna sandwich on whole wheat or pita bread and include lettuce and as many veggies as you want on the sandwich. There's your protein (tuna). Carbohydrate (bread) and vegetables,all in one sandwich. See, it's really pretty easy.



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Now you have good whole foods in your house and you're getting rid of the high fat booby traps. Hopefully you've looked up some good recipes and are ready to experiment with new ways of cooking. All you do now is keep going back to your list of proteins, carbohydrates and vegetables and pick one item from each column to make up your meals.



Portion Size

For women, the protein portion of a meal should equal 3-4 oz. and for men 5-6 oz. If you want to buy a food scale until you get better at guessing portion sizes, go ahead.

But just remember that a protein portion will be about the size of your open hand, a carbohydrate portion should be about 1 cup, or about the size of your fist, and vegetables should be about $1\frac{1}{2}$ cups.

The fibrous vegetable group is one group that you can eat more of. Their bulk will fill you up. but they do not

have many calories. What if you're feeling great, but aren't losing any weight? Then gradually cut your portion sizes down, or cut the carbohydrate portion from your last meal and add to your fibrous vegetable portion but don't quit eating! Remember, your body will think you are starving it (which you are) and will slow its metabolism accordingly. If you are feeling sluggish and low on energy and you are losing weight quickly, you might be under-eating. Try increasing your portion size gradually until your energy improves. You are your own best judge. And one important point to remember — you are doing this the correct way, which means you are combining supportive nutrition with weight resistance training designed to increase your lean muscle mass. You may not see the scale move very much, but you should start noticing your clothes feeling better and your body feeling tighter. Remember, you are going for loss of body fat and an increase in lean muscle mass. Sometimes that won't show up on a scale right away. Don't become a slave to the scale!!

Where's Fruit on the List? Fruit gets its calories from fructose, which is a simple sugar, and with this new way of eating you need to reduce simple sugars as much as possible. Simple sugars, like fat, are easily stored as fat. If you want to eat fruit, I recommend

including it at the end of a meal as your dessert. That way, the protein in the meal will slow your body's insulin response to the sugar in the fruit. Processed Foods They are quick, convenient, and a deadly trap for people trying to lose weight. Have you ever read the ingredients on a frozen pizza, or a pack of biscuits? And what about those pre-packed deli meats that are all nice and rounded into unrecognizable loaves of something unnatural? How



do they get the meat to look like that anyway? The fact is that processed foods, even the ones that say "lowfat" or "fat-free," are still usually laden with extra calories from sugar,



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or include other additives such as salt or sodium. Don't make the mistake of going down the snack aisle and thinking you are making a healthy choice by stocking up on all of those low fat/no fat products. I am sorry to say that most of these items are using marketing gimmicks to get you to buy them by making you think that they are good for you. Don't take my word for it. Just read the labels and the list of ingredients. Buy whole foods whenever possible. Yes, you are going to have to organize yourself to have time to prepare what you eat. But if you can hang in there and figure out a system that will work for you, I promise you that you will fed better and look better in a short time. Honest!

Drinks



If I put 10 teaspoons of sugar on a plate in front of you and asked you to take a spoon and eat that sugar would you? Chances are the answer would be no (I hope!). But; if I put a soft drink in front of you and asked you if you would drink it, chances are the answer would be yes. Well, guess what - by drinking the soft drink, you just ingested those 10 teaspoons of sugar. Sugar is sugar, whether you drink it or eat it. Look at the label on your favorite soft drink. You will see that it has around 35-40 grams of sugar. Well, there are approximately 4 grams in a teaspoon.

Do the math and you see where I come up with

the 10 teaspoons of sugar. So there's a handy piece of information that will help you figure out how much sugar is in your favorite processed foods. You might be frightened by what you learn. Also, watch out for fruit juices. They are touted as healthy drinks but check the sugar Remember my discussion about fruit? Well, fruit juice has fructose just like the whole fruit, and sometimes even added sugar. Read the label and become a smarter shopper And how about those meal replacement beverages that you're supposed to have for breakfast and lunch? You're then advised to eat a sensible dinner? Well, I've seen some beverages with as much as 42 grams of sugar per serving! That's more sugar than a soft drink. And I don't know about you, but if those two drinks were all I had all day, by dinner all "sense" about what a "sensible dinner" is would be completely lost. I'd be running to the nearest pizza place ordering the works! Be careful out there!

Suggested Foods

Remember, quality nutrition is just as important as your workouts. Exercise is the spark. Nutrition is the fuel. Without both, there can be no flame, no results. So as soon as you start exercising intensely, you must begin eating the right way to ensure that you are consistently feeding your body what it needs to re-create itself, so you can enjoy rapid and rewarding progress.





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Food Selection

Too many people get hung up on the finer points of nutrition. How many calories do I need to consume? How many carbs do I need to eat for breakfast? Etc... Now I am not saying that these sort of things aren't important, but let's concentrate on eating and drinking the right types of foods before we start worrying about the amount of calories you are eating. How does that sound? I try to make our Nutrition plans as simple as possible. So let's take a more simple approach to helping you achieve your goals. Whenever you are creating a meal, I suggest that you follow the "Plate Method", like that outlined on the right. This way you will have al of the macronutrients covered (healthy proteins, whole grain carbohydrates - think fiber not carbs, and some healthy fats. First off, mark off half your dinner plate. This space is for vegetables and/or fruit. Then divide the other half in two. One half of this half is reserved for your whole-grain carbohydrate sources potatoes, rice, pasta, breads etc). The other half is for your lean protein sources (meat, poultry or fish).



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Click here to check out our Nutrition Guide and Sample Templates at our website

Protein	Carbohydrate	Vegetable
Chicken breast	Baked potato	Broccoli
Turkey breast	Sweet potato	Asparagus
Lean turkey mince	Yam	Lettuce
Cod	Squash	Carrots
Haddock	Pumpkin	Cauliflower
Salmon	Steamed brown rice	Green beans
Tuna	Steamed wild rice	Peppers
Crab	Pasta	Mushrooms
Lobster	Porridge	Spinach
Prawns	Barley	Tomato
Fillet steak	Beans	Peas
Lean steak mince	Corn	Brussels sprouts
Lean pork	Quinoa	Cabbage
Eggs	Beans	Celery
Low-fat cottage cheese	Sweetcorn	Courgette

Choose a portion of protein, carbohydrates and vegetables from each column to make a meal.

This is a quick list of foods that comprise sensible meal plans. Add your own favorites based on the guidelines.



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Download our nutrition support packages by clicking here.

What Now!

By implementing these suggestions, you will begin to see and feel changes in your body. If you want to know how our team can help you achieve lasting results visit our website, <u>rzonefitness.com</u> and fill out the contact form or free trial form and we can discuss your situation and we'll give you honest, sound advice that will get you on the right track. If you've ever felt defeated, fed up and completely confused by what you've read or heard you owe it to yourself to call and chat. You can do this. We can help.



These Girls Are On Fire!

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