

## **Announcing...**

**The only specially designed and developed home fitness and body sculpting program that is 100% guaranteed to get you the results you want to see and feel... extra fast!**

**The Easier, Quicker, Cheaper And  
Alternative Way To Getting Fit,  
Getting Ripped And Getting The  
Opposite Sex So Interested In You  
They'll Want To Rip All Your  
Clothes Off...**

**...Just to get a glimpse of your beautiful body!**

Welcome!

**Think I'm kidding?**

Just being here right now on this website means you're looking for a way to get fit and get toned in a way that doesn't involve hiring a personal trainer and spending hours at the gym. Both of which can cost a small fortune over time.

Well, in just a moment you're going to discover that getting fit, toning up or even building muscle can all be achieved very easily at home, and without any special equipment whatsoever.

If you just happened to be browsing health and fitness websites and you're not yet quite sure whether fitness training really is for you then why not stay awhile and find out more... otherwise **you could be missing out on a whole new life-changing experience.**

You can find out now, in this report, just how easy it really can be to have that firm, fit body to die for.

And it really doesn't get any better than this!

***So who is this special home training program for?***

Well first off, if you're a man of any age then this program is for you, and if you're a woman of any age then this program is also for you. If you're overweight and lack stamina then this program is for you, and if you want to tone up, get ripped then this program is definitely for you.

You're going to learn about a special exercise and training program that has been designed and developed specially for anyone who wants to **get fit, get toned and get a real tight body**, with or without additional muscle building, and all from following a simple workout program at home.

Just add commitment and determination... and the results will follow. What's more you'll begin to see and feel them sooner than you might think... usually within a **week to 10 days**. Providing you are following the course, you **WILL** begin to see your body shape changing.

I always recommend that you carry out any exercise routines in front of a full size mirror because then you will see the changes taking effect before your own eyes.

Every time you start an exercise routine you'll see yourself actually performing the exercises, and if you're doing them properly, then you should also be breaking out in a real sweat.

And hey... a good sweat means you're **burning calories** and if you're burning calories, you're **getting slimmer!**

If you only want to lose weight then I recommend you get the [Perfect Body Home Fatloss Workout](#) program, if you haven't already, although this advanced fitness program will help you to lose weight too.

However, this program has been specially and specifically developed for serious fitness, body sculpting and toning.

***Just how long does it take to get a perfectly lean and sexy body shape?***

**Not as long as you might think!**

It doesn't matter where you are in the Western world, and it doesn't matter whether you're a man, a woman, a teen, middle-aged or even getting on in years... if you've got a beautiful body... everyone will want to see it.

The best possible kind of "eye candy" is a clear and close view of someone who obviously looks great and looks after him or her self. A man with **lean tight torso, rippling stomach and well defined muscles** can make just about any lady of any age go weak at the knees.

And a woman with a pert and **shapely behind, firm cleavage and a hard flat stomach** is enough to get any man of any age positively drooling with excitement.

There's absolutely no doubt about it... a well shaped, firm and sculpted body is a **big turn on for both sexes**, but it also says so much more than that.

A slim, hard and shapely body shouts **health, stamina and vitality**. These are the essential qualities that everyone recognises as being the vital elements that make up **pure human perfection**.

**Athletes have it and sports stars have it.**

It's what the majority of us should have, if it wasn't for the temptation to over indulge in sweet and fatty foods. And it's what most of us would have if we didn't spend so much time laying around on sofas and in comfortable beds.

An athletic body is what many people really desire, and yet so few people will actually do anything to ensure they get what they really want. It's hard to imagine why anyone wouldn't make the effort, especially when you consider that **fit people have so much more fun** than people who are unfit.

And fit people also enjoy life more. They are more **alert, have more energy, can wear nice clothes, look good, live longer and have a better more active sex life**. So if you're not fit, you're missing out on so much.

But make no mistake... getting to a level of peak fitness does take a little time and of course some commitment, but the rewards are well worth the effort.

And when I say a little time I mean a few weeks, and as far as commitment is concerned... well can you spare 20 to 30 minutes a day?

That's right! That all it takes to get in shape.

**Why should you start fitness training?**

Well apart from the obvious health and fitness benefits there are some not so obvious benefits, which really could change your whole outlook on life.

It has been proven that regular exercise can act as a **natural anti-depressant**. It's also been shown to increase brain function in elderly people and help delay the onset of dementia.

**And did you know that fitness training makes you feel happy?**

It's absolutely true!

When you exercise your brain releases a compound into the bloodstream known as **endorphins**. Endorphins are natural pain killers and resemble the

effects of opiates on the body. So basically exercising produces something that kinda resembles the effects of a drug.

**Other things that can cause similar effects are excitement, pain and orgasm.**

So exercise is a good thing right?

Oh yes! You better believe it... and there's more...

Regular exercise stimulates cells that strengthen your bones, preventing the onset of osteoporosis. Osteoporosis is a condition that affects the bones and causes them to become thin and weak.

There is also some evidence that shows regular exercise can reduce the risk of developing colon cancer. Research suggests this risk can be reduced by as much as 50%.

Another good reason for exercising is that exercise triggers the release of a chemical in the brain called **serotonin**. This chemical lifts your mood, and reduces feelings of anxiety and depression.

Exercise is also responsible for increasing the efficiency and effectiveness of the immune system, helping to prevent infection.

**And that's just for starters!**

***A guaranteed professional training program designed for you by an ex Royal Marine Commando!***

**Yes... it's true!**

You see, the biggest problem anyone will encounter when it comes to convincing someone that they should start a fitness training program is getting them to actually believe that exercising really is **fun** and that it's quite **addictive**.

Too many people think of exercise as something they were forced to do at school by some strict PE teacher. And if that school experience turned out to be a bad one then it will obviously become firmly embedded in the mind.

**Well it's time to forget about everything you previously thought about exercise because...**

Right now, nobody is forcing you to take up an exercise program but you really do deserve to know that it ain't all bad. In fact it's quite the opposite.

You see, people who take regular exercise will tell you that they always feel good after a training session. Once you experience this feeling of well-being it's very, very hard to go back to your old ways.

It's kinda like giving up smoking. After you've kicked the habit you begin to feel healthier and fitter and so there's no reason to go back.

Sadly, many people who really want to look lean, feel fit and healthy just can't get motivated or say they don't have the time. Some people say they don't know which exercises are the best to do and some think it's going to cost an absolute fortune to get into shape.

**If you're one of those people then you're in for a very pleasant surprise.**

If, in the past you have found it difficult to get motivated, get started and get fit then today all that could change...

In the time it takes you to read the rest of this report you could have already carried out a series of exercises that would start your new body sculpting process.

**Yes... it's that easy and that fast!**

In fact it's perfect... that's why we call it **The Perfect Body Home Workout.**

## **What is The Perfect Body Home Workout?**

We've teamed up with top professional fitness instructor, trainer and nutritionist **Justin Lord** to bring you a home fitness training program like no other.

Justin Lord is an ex Royal Marines Commando, he's an advanced personal trainer and has trained many athletes, sporting personalities and other celebrities. So right off the bat you're going to be in very good hands.

His newly developed training program is **specially designed to get you into shape fast.** Despite what you might have read or heard, you really don't need to join a gym and you don't need tons of expensive exercise equipment either.

All you need to do is watch this series of quality recorded videos, at home and follow the simple exercises.

You simply start at the beginner level on each of the 3 structured courses, which are...

- **Conditioning and Cardio**
- **Strength and Core**
- **Abs and Core**

The Conditioning and Cardio program consists of **cardio vascular** exercise routines designed to make the heart work to its maximum capacity, pumping blood and oxygen all around your body.

## **What are the benefits of a cardio vascular workout?**

The main benefits are a reduction in blood pressure and a lower resting heart rate, resulting in a stronger heart, which can work harder during exercise sessions.

## **Is high blood pressure a real problem?**

High blood pressure is a very common condition in both men and women and can be a major cause of heart attack and stroke. Quite simply, lowering your blood pressure, the natural way, through exercise, can have **a long-lasting positive effect on your whole life.**

People with high blood pressure will, when diagnosed, be offered a course of medication by their doctors, which will help to control the blood pressure level. First bringing it down to a safer level and then maintaining that level.

But unless you do something to change your lifestyle, like eating a more healthy diet and doing some regular exercise, you'll be on blood pressure tablets for the rest of your life.

Now that's a daunting thought!

**If you have high blood pressure then cardio exercises are for your benefit.**

Cardio vascular exercise can also have a very beneficial effect on the lungs. Many people will feel like they can breathe easier after a good workout. And breathing becomes easier and deeper the longer you carry out the exercises.

Long-lasting effects of cardio conditioning include a dramatic increase in **stamina and staying power.** Also, many people will experience a noticeable reduction in the levels of stress and this leads to an **inner feeling of happiness and well-being.**

Happiness is what many people strive for in their lives and never really experience. If only they knew that to feel happier you only have to exercise. It doesn't get any simpler than that!

Cardio conditioning is also a great way to stay in control of your weight too. Calories burn up very quickly during these workouts and the body's metabolism also increases, which helps burn fat fast.

Perhaps one of the least appreciated effects of a good cardio vascular exercise routine is **better sleeping.** Sleep, as we all know, is essential in

promoting good health. And you can only get truly fit and healthy if you get enough sleep.

In **The Perfect Body Home Workout** program, the Cardio and Conditioning course is divided into 3 parts, each increasing in intensity. You start at the basic beginner level, then progress to the intermediate level and finally get to and stay with the advanced level.

By the time you get to this final level you will have noticed a **dramatic improvement in your levels of fitness, endurance, flexibility and general well-being**. And all these qualities will be needed as you move through the other routines in the program.

Now I should mention that as you become fitter and stronger through the cardio exercise program your body will become more efficient, and this could lead to you actually burning less calories. It's known as reaching a plateau, and so to avoid this problem you will move onto the next series of exercises.

## **Strength and Core**

This series of exercises is specially designed to **build strength** throughout the upper and lower regions of your body known as the core. The core consists of many different muscles that stabilize the spine and pelvis and affect the entire length of the torso.

Core conditioning exercises will target all the muscles that provide your body with **flexibility and movement**. If these muscles were very weak you wouldn't be able to stand up let alone walk any distance.

Many of the core muscles are in place to protect the back, and as we all know the back can cause all kinds of problems. Back pain is one of the most common complaints in the world!

These back problems are mostly due to pressure on the spine and because the spine has to support most of the body's length. Also lifting and bending can put pressure on this area, especially the lower region.

So it's very important to build strength in all the core muscles, which will also form the **new body shape you desire**. I should mention here that this series of exercises will also help reduce any existing back pain too.

As with the Cardio workouts, there are 3 levels of training... beginner, intermediate and advanced.

Starting at the beginner level you will carry out a series of simple exercises that are designed to affect the **Rectus Abdominis**. This is the area at the front of the abdomen and is responsible for that well-known "six-pack" look.

Another important muscle group is the **Erector Spinae**. This is a group of 3 muscles that run from the neck right down to the lower back.

Other muscle groups that will be strengthened by this series of core exercises include the ***Internal and External Obliques***. These are situated on the front and sides of the abdomen. And located under the Obliques is the ***Transverse Abdominis***.

The Transverse Abdominis is the deepest stomach muscle and its job is to protect the spine and give stability. Another muscle group affected by these specific exercises are the ***Hip Flexors***, which are situated in the front of the pelvis and upper thigh.

So all these muscle groups, and a few more, will be affected by carrying out this simple series of strength and core exercises. And remember... you will be doing this all **from your own home** and not in some expensive gym with a very expensive personal trainer by your side.

You will then move onto the intermediate level, which consists of the same exercises only a more intense workout. Finally you will reach the advanced level and then you will be reaching a point where you and everyone else will see that a **new you really has emerged**.

By this stage you will have developed a body shape that you only ever dreamed you could achieve. But there will still be a little more to do to get that perfect sculpted shape you see on the catwalks and in the beefcake competitions.

But by now you will have already achieved so much and the rewards will be surely coming your way. I'm talking about **the wolf whistles, the compliments and the admiring glances**. You'll be feeling so good about yourself that your confidence and self-esteem will have shot off the scale!

And when you finally experience this level of inner happiness and well-being you will never want to go back to the old you ever again. And why would you want to?

Okay, well you're almost there but not quite...

The final series of exercises in **The Perfect Body Home Workout** program involves working on those abs. This is the area of the stomach that gets you noticed and everyone always talks about.

In men it's the firm washboard look and in women it's the flat tight stomach with the hour-glass waistline look.

Now the ladies shouldn't think that by doing this series of exercises you'll ever get to look like Arnold Schwarzenegger, because you won't. You will certainly look a million dollars and many people will even think that you're a professional model or athlete.

But you can rest assured you won't pack on pounds of rippling muscle.

And for the guys? Well again this whole series of exercises won't make you look like Arnie.

Dedicated muscle building on a grand scale takes many years and involves a series of gruelling routines including weight training, special diets and a whole host of special supplement intakes.

But hey... so you might not end up looking like Arnie... but you could end up looking like a **professional footballer, professional athlete, boxer and even a personal fitness trainer like Justin Lord.**

And just wait till you see his perfect body shape!

What's more important though is that you will look and feel great. And you WILL turn heads... you can count on that.

Okay now let's look at the final part of **The Perfect Body Home Workout** program.

## **Abs and Core**

As with the other 2 specially designed workout programs, you will start at the beginner level, and as before you will work towards the intermediate and advanced levels.

Now this series of exercises will help you develop that **“six-pack”** and rock hard stomach. It's quite possible that you will have already begun the process through the series of Strength and Core exercises, which will have started the development of some strong stomach muscles.

The problem is you might not be able to see these muscles right away because they will be behind a layer of fat. Getting rid of this fat and allowing your muscles to show through is what this series of exercises has been designed for.

Of all the body features, concerning weight loss and muscle development, the abs are without a doubt the most desirable feature to have.

Some people say this feature can be very difficult to achieve.

And that's because fat is usually deposited around the stomach area first and it is the hardest to shift. But with this series of exercises even the flabbiest of stomachs can be **tamed and trained.**

Now, if you've ever wondered about all those TV, newspaper and magazine advertised ab-enhancing aids... **then forget it.**

You probably know that there are many gadgets and gizmos on the market today, which the makers claim can help you develop the perfect sculpted stomach in a matter of weeks. Well... all of them are completely useless.

From vibrating ab-belts to ab-rockers and ab-loungers, they are all a waste of time and money, and any professional trainer will tell you that. And that also goes for all that "new" fat busting stuff you see advertised like patches, supplements and compounds.

These ads are designed to make weight loss and muscle development appear to be something you can do while you're asleep... which is just total nonsense!

### **Let's keep it real folks!**

Now, revealing those stunning abs is just a case of sticking to a series of 4 well designed and extremely simple exercises. In **The Perfect Body Home Workout** program, top professional trainer, Jason Lord, shows you **exactly** what you have to do to get ripped.

It only takes a few minutes a day to get a flat stomach and no special equipment is needed, although you will see results faster if you invest in a medicine ball and a pair of resistance bands.

As you progress through the exercise routine and move on up to the intermediate level and finally the advanced level you WILL see those all-important sexy abs, right there in your very own stomach.

That's when your full length mirror will become your best friend. That mirror will never lie to you. What you see is what you will have become.

### **Oh! And you're going to love what you see... guaranteed!**

Now... you should know that everyone's abs are slightly different in shape, so when you see yours they might not look exactly like those you have seen in those glossy magazines or on TV.

## ***What will your abs look like?***

Well, within just a few short weeks of working with **The Perfect Body Home Workout** program you're certainly going to find out.

And that's not all. As you progress through your workout routines you will achieve weight loss and muscle development results like no other program can offer.

### **And your new shape can be yours for life!**

That's right... by continuing with your healthy eating and exercise routines you can keep your new body for as long as you want. Hey... wanna be the fittest senior on the block? You can be!

All that's required now, on your part, is to make that life-changing decision to start out on this special program. And believe me, there can be no better incentive for getting fit, firm and into shape than being the centre of attraction... **which you will be.**

Now before you make that all-important decision just imagine...

You'll be able to wear tighter, figure hugging clothes. I mean fashionable clothes that you really want to wear and not those baggy styles that you feel you have to wear.

You'll be able to sit on the beach and soak up all that lovely attention you'll be getting. And... if you're looking for love... then you won't have to look very far. **It will find you!** Admirers will be all around you.

**That's what happens when you have a great sexy body.**

Apart from the obvious health benefits of **The Perfect Body Home Workout** program, you'll experience a very deep and personal feeling of self-confidence, and that's something money just can't buy. **Truth is it's priceless.**

Imagine having the self-confidence to be able to go up to a beautiful girl or hunky guy and fire-up a conversation, without ever feeling that your advance might be rejected.

Confidence is a great turn on for both sexes and it's part of the foundation for long-lasting relationships, including working relationships.

**The Perfect Body Home Workout** program can help you achieve so much more than just a fit body. Its beneficial side effects just happen to be what you've really wanted out of life all along. **Happiness and contentment!** And they are what you really deserve. They are your basic right.

***Perfection does come at a price... but a lot less than you might think!***

Okay, let's just recap...

**The Perfect Body Home Workout** program is a set of 9 quality video recordings featuring top professional personal trainer Justin Lord.

Each sub-set consists of 3 levels of training from beginner through to intermediate and finally, the advanced level.

The special training exercises are specifically designed to target different areas of the body, beginning with **Conditioning and Cardio** then **Strength and Core** and finally **Abs and Core.**

**All the exercises can be performed at home with no special equipment required.**

And so long as the program is followed, as recommended, then your perfect body shape will be achieved. **And that's fully guaranteed.**

**The Perfect Body Home Workout** program is priced at just \$197.00 and that includes free shipping and handling to anywhere in the world.

Now when you compare that price to what it would cost you to attend a gym for 6 months, which would be around \$240, and the cost of hiring a top personal trainer for say 20 sessions, which would be around \$900, it really is amazing value.

Justin Lord is one of the best trainers around and you could be working out alongside him in your own living room. Why not get the whole family to join in? Or why not make it a "his and hers" affair.

Getting fit and slim together with your partner has the power to create a long-lasting bond.

Ready to order?

**Wait just one minute!!!**

Now hold on there just a minute....

I've got something else for you.

When you order **The Perfect Body Home Workout** program you'll also get 3 valuable guides absolutely free.

**That's right... completely FREE!**

You'll get *"The Perfect Nutrition Plan"* and *"The Perfect Action Plan"* plus a recommended *"2 Week Meal Plan"*

## ***Free Bonus #1***

### **The Perfect Nutrition Plan**

Regular exercising is very important if you want to achieve a perfectly sculpted body but so is healthy eating. Remember, you are what you eat.

**The Perfect Nutrition Plan** outlines exactly what you should eat, how much of it you should eat and when you should eat it.

It is designed to help you get results faster by ensuring you only eat what is going to help you lose weight and what is going to help you put on muscle.

Also, because exercise can build and tone your muscle structure it's important that you eat the right foods to ensure that your muscle isn't broken down by the body because of these exercises. This can happen if you don't eat a healthy and balanced diet.

Getting the right food into your body as part of your overall exercise routine can actually help you to **lose weight** at the same time as building muscle. As you pack on more muscle your body will burn up more calories in order to maintain it.

**So eating more can actually help you lose more weight!**

You'll learn about proteins, carbohydrates and fibre and how your body needs them all in varying proportions. It's not rocket science and you'll soon become accustomed to eating healthy foods when you realise just how delicious they actually are.

## ***Free Bonus #2***

### **The Perfect Action Plan**

In the DVD training program, **The Perfect Body Home Workout**, you'll get guidance about how much time you should spend on each exercise and how much time you need to spend at rest.

But what you will also need is a well designed schedule, so you know exactly what exercises you should be doing on any given day. And that's what this action plan is. It's the perfect accompaniment for **The Perfect Body Home Workout** program.

This guide takes you through from day one right up to reaching your peak performance and maintaining that level. It's a simple step by step approach to reaching your final goal.

All of these special guides have been written for this program only, and you can only get **The Perfect Body Home Workout** program by ordering from this website.

## ***Free Bonus #3***

### **2 Week Meal Plan**

This guide will get you started on your healthy eating diet. You'll find advice about the type of foods you should eat and when you should eat them, with recommended meals and recommended frequency.

You'll soon see that your special diet is full of delicious foods, which you can incorporate into your own meal plan later. The 2 week meal plan is not a stringent "must do" rule, it's a guide that you can adapt to suit your own preferences at any time.

You won't find **The Perfect Body Home Workout** program on any other website and you won't find it in any shop anywhere in the world. This unique training program is **only available from us**.

Why not order your copy today?

Still not sure?

Okay, if you've already tried all kinds of other fitness programs and they didn't work, then I guess you might be a little skeptical, and who can blame you?

I don't want you to miss out on all that fun you can have in just a few weeks from now so here's what I'll do...

Order **The Perfect Body Home Workout** program today, get the free bonus guides and take up to 2 months to try it all out for yourself absolutely risk-free.

**Yep! That's what I said!**

Order today and you'll get a full 60 days to try it out for yourself. Then if you're not completely happy with the results, just return the whole package to me and I'll personally give you your money back.

## ***100% No-Quibble, 60-Day, Full Money-Back GUARANTEE***

The **Perfect Body Home Workout** program is fully guaranteed to get you the results you want or your money back. Order today and if you don't see amazing **results within 60 days**, simply return the DVD package for a full "no-quibble" 100% refund.

**To lose weight, get fit, look sexy and feel really confident...**

**Order *The Perfect Body Home Workout* Program Now**

**Only £197.00 including Shipping & Handling**

**Order button**

**Safe & secure payment processing**

**All orders are processed and dispatched within 2 business days**

If you could just buy a new, fit and healthy body it would probably cost many millions of dollars. But you already have the perfect body right there inside you. You've just got to let it out.

**And... we're all waiting to see it.**

Don't deny yourself the right to be fit, healthy and sexy. It's what you were born to be.

Simply order The ***Perfect Body Home Workout*** program right now and claim your birthright!

All the best to you,

xxxxxx xxxxxxxx

Director

**xxxx xxxxxxxxxxxx**

**P.S.** Remember! You can take up to 2 months to try out the ***Perfect Body Home Workout*** program completely risk free! If it doesn't help you get fit, healthy and toned just like I said it would, then send it back and you'll get a 100% refund. No questions asked.

**P.P.S.** Don't forget you also get 2 great bonus products absolutely **free**. And remember... you can't buy the ***Perfect Body Home Workout*** program anywhere else. It's only available from this website.

**P.P.P.S.** You really don't have to go to the gym, hire an expensive personal trainer or buy a load of exercise equipment to get a slim, trim and tight sexy body. Just simply follow this specially designed training program and you can have it all. Why not start right now?

