"Get All The Support And Guidance You Need To Finally Get In Shape And Get That Beautiful Body!"

**This Book Is One Of The Most Valuable Resources In The World When It Comes To Exercise Tips For That Great Body!**

Keep reading to get the help you need…

**From:** [Insert Your Name Here]   
**Date:** [Insert Your Date Here]   
  
**Dear Friend,**

Enhanced fitness and a great body doesn't simply depend on what physical activity you do, it likewise depends upon how vigorously and for how long you carry on the activity. That’s why it’s crucial to exercise inside your target heart rate range when doing cardio, for instance, to reach a certain level of intensity level.  
  
Is your body image making your life difficult... maybe even miserable?  
  
Does it seem like you’ve tried everything in your power to get into shape, and yet, despite your best intentions, you’re still plagued with:   
  
•    Not knowing how to get motivated  
•    Not understanding even exercise basics  
•    Not knowing how to use weights or cardio training  
  
If this describes you, there are some things you should know...  
  
First, you are NOT alone! It may seem like it sometimes, but not being happy with body image is far more common than you’d think.  
  
I ought to know, because I’ve struggled with the exact same problem ...  

**You Really Need To Have The Right Information On Exercise To Achieve A Better Body!"**

Exercise is a particular form of physical activity — planned, purposeful physical activity executed with the intent of gaining fitness or other health advantages. Exercising at a health club, swimming, cycling, running, and sports, like golf and tennis, are all kinds of exercise.   
  
How can you tell if an action is considered moderate or vigorous in intensity level? This is just one of the issues that is important in getting in shape.  
  
And the worst part? The more you put it off, the harder it is to get going!

Make no mistake about it...

**"NOT Taking Control Of Your Exercise Routine Will NOT Help You Get The Body You Want!"**

Your lack of knowledge about exercise may not be your fault, but that doesn’t mean that you shouldn’t -- or can’t -- do anything to CHANGE it!   
  
The costs of continuing to repeat this pattern are just too steep if you want a better body...  
  
To truly accomplish fitness goals and have a more beautiful body, you’ll need to incorporate structured, vigorous actions into your schedule to help you accomplish even more of your fitness and health goals.   
  
So today -- in the next FEW MINUTES, in fact -- we’re going to help you STOP feeling bad, and learn how you can quickly and easily get your beautiful body... for GOOD!

That is why I've written this book...

**"This Book Below Will Show You Exactly What What You Need To Do To Get Into Shape!"**

As a person just like you who has struggled with getting and staying in shape, I have searched high and low to find the best exercise strategies to fix this problem and I am fully qualified and equipped to help you put an end to the issue of not being satisfied with the shape you're in.  
  
Starting or getting back to a workout routine involves more than simply scheduling your exercises and joining a gym. As a matter of fact, it's totally possible to join a gym and never really go, even as those monthly payments appear on your bank statement. I understand this because I've done that a couple of times in my life. Sticking to your goals demands a couple of mental tricks to help keep you going, centered and motivated.  

Are you ready?

**"Introducing… Beautiful Body Essentials!"**

This powerful tool will provide you with everything you need to know to be a success and achieve your goal of getting in shape.

With this product, and it’s great information on exercie it will walk you, step by step, through the exact process we developed to help people get that beautiful body.

**Who Can Use This Book?**

**- Internet marketers**

**- Network marketers**

**- Life Coaches**

**- Personal Development Enthusiasts**

**- Self Improvement Enthusiasts**

**- Web Publishers**

**- Writers and Content Creators**

**And Many More!**

**In This Book, You Will Learn:**

|  |  |
| --- | --- |
| tick | **Exercise Basics** |
| tick | Set Your Goal And Stick To It |
| **tick** | **Get Your Exercise Plan Together** |
| tick | Make Sure To Warm Up |
| tick | **Incorporate Cardio Training** |
| tick | And so much more! |

**"Why It Is Very Important For You To Invest In This Book Right Now..."**

What's really important now is NOT the tiny amount you'll invest in this book but how much you'll LOSE OUT if you don't!

Understand that you could really be missing out on finallt getting in shape.

Don't let anything stand in the way between you and your success with your plan for a more beautiful body and getting your exercise routines under control.

You see, how much longer are must people learn the HARD WAY before investing in themselves?

Think about how much you could change your body if you really applied the strategies in this book. You could be a success in changing the way you look in a short period of time.

I cannot even begin to imagine someone who would not take advantage of this!

Thankfully, you are a sharp person... otherwise you wouldn't be looking for a way to change the way you exercise.

And to show my sincerity, I'll show you something that will definitely sweeten the deal...

**"Here Is Your Unbeatable Money Back Guarantee!"**

This book could be the most important book you will ever read. Make no mistake about it because if you do not equip yourself with the right knowledge, you will get into a LOT of trouble and waste tons of money (even more than the price of this book by 10 to a hundred times, in fact!)

Get this... it's yours for only **$( )**.

**And… if you are not convinced, here is an insane guarantee for you:-**

|  |  |
| --- | --- |
|  | **"Your Purchase Is Backed By My 100% Iron-Solid, Satisfaction Money Back Guarantee!"** |

|  |
| --- |
| That's right. You can test drive this product for a **full 30 days**after your purchase to check out this product to see if it is for you.  Read it. Absorb. Apply it to your life. Observe the results.  If for any reason at all, you're not satisfied with this product whatsoever, just contact me, let me know why, and I'll refund your purchase, provided you delete the copy off your hard drive.  **YOU CANNOT LOSE.** |

**"Grab Your Copy Today, Even If It Is 2 A.M. In The Morning!"**

**Purchase A Copy For Only $**()

**Warm Regards,  
[Insert Your Name Here]**

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**P.S.S.** **You've got nothing to lose in this investment. You will only miss 100% of the shots you don't take. Don't make the same mistake of those who close this page and miss out on a tremendous opportunity!**