

HEAD START FITNESS MINI - COURSE

Discover Some Of The Most
Effective Fitness Techniques That
Will Double Your Results In
Nearly Half The Time...

...Workout Smarter
Not Harder.

By: The Fit Jerk

FLAWLESS FITNESS



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**SPECIAL FITNESS REPORT & OFFER... JUST
FOR MATTHEW'S LOYAL FRIENDS!**

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Preface... Who Is FJ?

I am sure that very question has been burning in your mind from the moment you heard about me, so I guess I will shed some light on this subject.

There are really only 4 things you need to know about me:

1. **I'm called a "FitJerk" for a good reason:** I don't like wasting time, I don't kiss people's asses, I can't handle people who feel sorry for themselves... and I tell it like it is. I don't accept the guilt of those who chose to be mediocre in life. If that's too intense for you, then by all means... don't read my stuff. Doesn't matter to me either way.
2. **I AM VERY RESULTS ORIENTED:** I don't bother with useless, unproven and loose "THEORIES", "STUDIES" or "SUGGESTIONS". When I mention a technique, it's because it WORKS, and it works because either I've personally tested it, or it has been successfully used in some of my case studies. Point Blank Period!
3. **I DON'T CRAVE FAME.** Unlike the other fitness "gurus" who dream about doing seminars or doing live TV talk shows etc... I just turn heads when I walk down the beach... I live a healthy life and sometimes even incur jealousy into others. Then I go to bed happy. Anymore attention and I'll have to start hiring a personal bodyguard. I live a happy life... and I like it that way!
4. **I'm A PHILANTHROPIST.** Yup... I believe people SERIOUSLY need help. This is the main reason why I'm giving away this Head-Start eBook. And yes I know, on the surface it may not seem like it, but I see the bigger picture. If humanity doesn't help humanity... then who will? That... and I am also sick and tired of seeing our amazing North American culture physically blow up into a giant ball of lard. Makes me sick!

I think that pretty much covers it. Now enough about me, let's get down to business!

P.S- Don't forget, you are getting 3 BONUS tips and techniques emailed right to your inbox, so look out for them soon.

About This eBook...

This eBook is called Head-Start because it's a mini course designed to start you off on the right foot towards your fitness goals. It augments my Flawless Fitness Book on which I have spent a lot of time, money and energy to be the perfect fitness resource for anyone who reads it... and this mini-course is NO exception.

What you are getting are tips & techniques that I discovered and came up with over the years which cannot be found anywhere else. This is because my techniques work at a cellular level, which means ANYONE can use it. You don't have to be gifted, talented or special in order to achieve the body that turns heads.

In fact, humans haven't really evolved for a very long time, our digestive system and behaviour to stress functions in the same way today as it did thousands of years ago. The only problem, is that this true, timeless and potent information has been buried underneath all the garbage out there so the general population is blinded.

How else can you explain an ever increasing obesity rate in our culture while simultaneously having an ever increasing number of fitness products? You would THINK that we are getting healthier, when in fact we are not!

I am going to blow the cover on this field of mis-information and let you in on a secret. Why do popular fitness magazines ALWAYS have new workout programs that they hype each and every month? How do they come up with these workout plans over and over again? Do they have some shrine of unlimited fitness knowledge?

Not really, they just understand the core principals that can be used to come up with any fitness plan for any goal. These principals will NEVER be printed in their magazines because if the general population knows about it, their magazine sales will come to a halt.

These principals work as their goose that lays the golden eggs. If you give away the goose, no more eggs.

So what is my goal when it comes to this Head-Start book? My goal is to GIVE you this magic goose. In fact, I am going to give away 8 magic geese! (is that a word?)

You might be asking yourself one important question... "WHY?"

The answer is simple. One, because I can, and two, unlike other clowns out there I actually believe in my product and I believe in my knowledge. That is why you're getting quality tips, not hot air and fluff. I know these tips and techniques work, that's why I know you'll be convinced.

So first, let's get motivated, because let's face it... standing in a gym or at home with a blank stare on your face, will only make you crave a night on the couch, bundled up to watch re-runs of CSI with 3 bags of artery-clogging potato chips.

What Motivates You?

I am going to share some of my personal sources of motivation and hopefully you can use them to help you reach your goals.

The first source of motivation is PEOPLE. If you don't have positive, like-minded, successful and supportive friends and family members then you need to FIND some.

Being surrounded by this type of energy from people is magnetic! It's a proven fact that you will be a more positive and successful person if that's the kind of people you hang around.

If you don't have this type of support group and you are around negative, and pessimistic people, you need to eliminate them from your life. Stop talking to them and stop befriending them... they are a waste of your time and will only bring you down.

This can be a little challenging if you have a family member who is always negative, but you need to stand your ground and lay it to them straight. Tell them that if you can't have their support then there is no need for you two to talk.

Doing this ONE thing will have a HUGE impact on your life. I can put money on it!

My second source is, believe it or not... TV. Ok first things first, I really don't watch much TV because 90% of the time I believe it's a useless waste of time. But... I DO watch documentaries on successful people and how they got to the top.

So watch documentaries and other programs where you can LEARN from these folks. Imitating winners can only be a GOOD thing.

Another part of TV I like is movies... good movies. There are a bunch of movies that seriously get me motivated every time I watch them. So find movies really touch your core and have a big impact on you every time you watch them. I mean, how can you NOT be motivated after watching a movie like Fight Club?

My third source of motivation is Fear. This one is big because fear can be one of the most important drivers to success. Now I am NOT talking about the fear of failure... every successful person has failed over and over again, but they succeed because they never quit.

The fear I am talking about is the fear of death.

Now, before some of you start saying "oh Im not afraid to die... psh!" hear me out. Look, I am not afraid of death either, its a part of life and will eventually get us all, but what I AM afraid of, is having a life without purpose.

Think about it, if you were to die today, would you die happy and fulfilled? Or would you regret NOT doing the things you should have and could have done? THIS is what I am afraid of... I'm afraid of dying before I accomplish things which are important to me.

I have a little question written on the white board in my room. In big red letters it reads: **"Do I want a lame life?"**

I see this question every time I wake up in the morning and it totally gets me going. So from today onwards, if you are about to put off doing something you always wanted to do, just ask your self... "Do I want a lame life?"

For your sake, I hope you don't.

TIP #1

The Morning Meal Trick

We all know that breakfast is the most important meal of the day. There is no arguing this fact because it's backed by solid research. Here's why: when you wake up, your metabolic rate is on FIRE, and a proper breakfast will make sure it stays at a high level throughout the day.

As you can see, it's imperative (especially if you are trying to lose FAT and get cut) that you have a proper breakfast.

So what is this crazy special trick? It's called FRUITS + Protein Shake. Yeah I know, seems dead simple right? But the fact of the matter is... it's tremendously effective. Bacon & Eggs with 4 pieces of toast with a thick layer of butter on top is OUT! Unless you are seriously trying to bulk up, stop eating that way.

Unless you know how to PROPERLY combine foods for optimal digestion, stay away from that train wreck or you'll end up feeling tired as hell. This is because you've just overloaded your body with so many calories, that it has to use up most of it's energy to digest the food.

I do have eggs in the morning from time to time, but I count that as my source of protein, and I combine it with... you got it. FRUITS!

This has been crucial to my success in getting shredded. You HAVE to take advantage of your mornings (both nutritionally and training wise), if you don't... you basically cut your chances of succeeding with fat loss by 50%. And that is huge!

So, are there any rules or laws to this trick? Not really, but I will go over some guidelines:

- Make sure your protein source comes from whey, the reason being that whey protein is absorbed by the body in about 20-30 mins.
- You can eat as many different types of fruits as you'd like. (Get creative!)
- You can eat as much as you'd like, but make sure you don't OVEREAT or UNDEREAT. Eat till you feel satisfied.
- A cup of tea, coffee or juice is perfectly fine. Go for it, but just make sure that you don't use too much sugar.
- If you are looking to drop the fat even FASTER, have this breakfast after your morning fat-loss workout (which we'll get to in a minute)

In all honesty, combining this trick with a morning workout routine will help you lose at anywhere from 3-5 lbs in just 14 days.

TIP #2

MEAL FREQUENCY

Have you ever seen, or know of a person (first hand) who can eat and eat without ever gaining a pound? In fact they ALWAYS look good, and you secretly hate them because if you let yourself loose and gobble up food you will gain weight?

Well I don't know how you feel... because I am one of those people who can eat copious amounts of food and still look good. How do I do this? Because I know how to keep my metabolic rate in "Turbo-Mode" every minute of everyday. You already know the first part on how to do this, a proper breakfast, but the other part of the answer is meal frequency.

I eat 6 meals a day, but only lunch and dinner are the 'major' meals. The other 4 are smaller and balanced meals that are digested quickly.

I don't care if your goal is to gain muscle or lose fat, if you're not eating a minimum of 4-6 meals a day, your risking the danger of triggering your body into "starvation mode". And you don't want to trigger the starvation mode because that's where your body likes to store lots and lots of FAT! And we know where that leads us... so here are some tips of Meal Frequency:

- 1) Eat meals that fulfill your nutritional requirements, DO NOT keep eating until you feel FULL.
- 2) Try and incorporate spice in your foods. There is a very good reason why the majority of the population in India is skinny (disregarding people in poverty who cannot afford to eat) and that is because they have done studies which show that spice helps increase your metabolic rate to a great degree. If you currently cannot handle spice, start slowly till you can handle it.
- 3) Out of your 4-6 meals, your primary meals should be breakfast and lunch.
- 4) Make sure you hydrate properly. Drink lots of water throughout your day. (for people seeking to gain weight, you will need to consume more. Why? Because 70% of your muscle mass is WATER!... ponder on that for a minute)
- 5) Consume an adequate amount of protein throughout the day. You want to lose fat, not muscle! You should be taking in $0.65 \times$ your body weight (lbs) of protein. so for example if you weight 100lbs, you should be taking in 65g of protein a day (0.65×100) minimum.

TIP #3

The Resistance Workout Secret

You cannot hope to accomplish a goal without the proper amount of knowledge. Going to the gym and working out is one thing, but making sure your workouts are EFFICIENT and EFFECTIVE is another story.

Do you remember those fitness magazines that I was talking about? They know what I'm about to tell you, but they NEVER reveal this in their magazines because they don't WANT you to see awesome results.

Why would they... their business revolves around you buying their new issue every month.

Once you start to apply the technique that I am about to share with you, you will see dramatic results in less time than you ever thought possible.

This is important because failing to see effective results after a sweat throbbing workout can be quite de-motivating. It's one of the reasons a lot of people quite prematurely, so DONT be one of them!

So the key to a successful resistance workout is called ECCENTRIC motion. You can think of this as the "lowering of the weight". Hmm... how's that for a shocker?

I know what you're thinking... "WHAT? You mean lifting the weight isn't important"? – Well, it is... but if you want true muscular growth then you should focus more heavily on the LOWERING (letting gravity do the work for you).

Let's take a closer look. First, when do your muscles grow back bigger and stronger? – When they are pushed and stressed to the limit. And what happens when you push them to the limit? You get micro-tears inside your muscle fibres.

So, how does eccentric motion maximize mico-tears? Well let's use a simple metaphor here. Let's say that a rubber band represents the muscle fibres inside your biceps.

When you do a dumbbell curl, what happens is that your muscles contract and you are able to lift the weight. This would be like taking the rubber band and wadding it up.

Now, when you lower the dumbbell nice and slow, your muscle fibres are being stretched to their MAX and this is the point where the MOST amount of micro-tears start to occur.

Think of the taking our beloved rubber band and stretching it out to it's max. What will happen if you keep stretching it?

It will eventually snap. The same thing can happen with your muscles, except when you use common sense and the proper amount of resistance, you get micro tears, not huge rips. THIS is what makes your muscles adapt to the new level of stress you incurred upon it, which makes it grow back bigger and stronger.

So the next time you are doing a bicep curl, bench press, shoulder press... or any other weight lifting exercise, focus on the eccentric motion. Make sure it's slow and steady, count for a few seconds inside your head.

Also, play around with the lowering time to see which magic number maximizes muscle growth for you.

TIP #4

The Effective Fat Loss Workout

Workout Duration: 3 Weeks

Rest Period: 60 seconds between each super-set.

Legend: b = for beginners ; a = for advanced athletes

SuperSet: A bunch of exercises performed together without any rest

Optimal Workout Time: When you wake up first thing in the morning.

Super Set 1

Exercise	Reps	Sets
Leg Press	16-20	2(b) / 3(a)
Squat Shoulder Press	7-9	2(b) / 3(a)

Super Set 2

Exercise	Reps	Sets
Lat Pulldowns	10-15	2(b) / 3(a)
Bent Over Dumbbell Row	6-9	2(b) / 3(a)

Super Set 3

Exercise	Reps	Sets
Leg Press	16-20	2(b) / 3(a)
Squat Shoulder Press	7-9	2(b) / 3(a)

Super Set 4

Exercise	Reps	Sets
Sumo Dead Lifts	6-7	2(b) / 3(a)
Lying Hamstring Curls	10-12	2(b) / 3(a)

Super Set 5

Exercise	Reps	Sets
Leg Raises	20	2(b) / 3(a)
Bicycles	50	2(b) / 3(a)

Super Set 6

Exercise	Reps	Sets
Bench Press	10-13	2(b) / 3(a)
Twisting Standing Shoulder Press	8-10	2(b) / 3(a)

Some Thoughts On Fat Loss Workout

First and foremost, I cannot stress enough how important it is to do this workout in the morning as soon as you wake up. The reason being that when you wake up, your body is completely depleted of all its energy sources so the only source left is... FAT!

You should wake up, drink a glass of water and start immediately. Take a shower if you need waking up, but no sugary toothpastes, no morning coffee or tea... nothing.

In fact studies show that you can burn up to 300% more fat when you do a workout as soon as you wake up, and doing this will help keep your metabolic rate in high gear for the following 4-5 hours. Talk about the perfect start to your day!

Also, you should change up the order of each super set for everyone of those 3 weeks. So week one, you will do as outlined, then week 2 you might want to start from the bottom up. Then week 3 you can mix and match to come up with your own order.

This keeps the body guessing and will not only enhance the workouts, but prevent any plateaus.

As for the amount of resistance, here is my simple rule of thumb for this workout. Pick the appropriate amount of weight that lets you hit the rep ranges, but **MAKE SURE YOU DO NOT GO BELOW THE MINIMUM**. This is vital. If you pick a weight that's too light and end up doing an extra 3 reps, that's fine. But don't undercut your sets.

On cardio: As you will no doubt notice, there is a lack of cardio in here. But don't freak out, these super sets will burn just as many calories as intense cardio... if not MORE. There ARE specific methods of doing cardio effectively, but it's not in the scope of this mini-course to cover all of that.

On frequency: So, how often should you do this? 3 times a week is plenty. 4 if you are 'advanced' and know how to recover quickly. The ideal days would be Monday, Wednesday & Friday with the weekend for proper recovery.

Heck, you can even go for a run on the weekends if you love cardio that much, but the important thing is to make sure that you get a 24 hour rest period, as most people just cannot handle a routine like this 4 days a week.

TIP#5

Reverse Rep Count

Let me ask you something, when you work out do you have a GOAL in your head of how many reps you want to do? Or do you just perform the workout until you “feel the burn”?

Even if you DO have a goal, what is the rate at which you succeed? Well personally, I almost always hit my rep out that I need (not want) because I use something called the **Reverse Rep Count**. If you use this, you sort of trick your brain into thinking your almost done and you can squeeze out every ounce of energy you have available.

Here’s how to use it. First, decide on the number of reps you would like to do. Let’s say you need to do 6 reps for shoulder press. Now as soon as you lift the weight, most people go “one, two, three....” STOP! Instead, try it the other way around.

Start at six and work your way down. Now when you go “six, five, four, three, two....” and if your arms start to give out or you feel as if you should quit... you won’t, because you are thinking: “I only need ONE more rep, I can do this!!”

It’s even MORE effective when you have a spotter and he/she is counting down FOR you. Then at the last rep, they can look at you and be like “common, ONE rep, you need ONE, do it!” and then help you achieve it.

Try it out, because I bet that your time in the gym (or at home) will be put to much better use and you will get a lot more done in a lot less time!

TIP#6

The Power Food

This one will come as a shock to most people. It is as effective as it is simple. This one food fills you up, fights diseases and contrary to popular belief, actually fires up your fat loss. So what exactly am I talking about?

PEANUT BUTTER

Alright so you might be thinking to yourself... "Calling something that has about 200 calories per serving is hardly a good way to lose weight and become healthy"

Well you are right about the calories, but **dead wrong** about the effects of peanut butter on your health. Sure, if you're a moron and eat spoon-fulls of the stuff everyday... you will gain weight. That's a no brainer, but think of it as a tool. Kind of like a hammer. A hammer can be used to build a house... or knock someone out.

It's all in how you use it, so here are some of the ways you can *effectively* use peanut butter and incorporate it into your eating lifestyle...

1. Its jam-packed with nutrition. One serving of peanut butter has:

- 3mg of Vitamin E (A powerful anti-oxidant)
- 49 mg of Magnesium (Most north Americans are deficient in magnesium... helps build your bones strong and synthesize protein effectively)
- 205mg of Potassium
- 0.2mg of Vitamin B6 (Builds up the immune-system)

Research also shows that eating peanuts can decrease your risk of heart disease, diabetes, and other chronic health effects. A study from the Journal of the American Medical Association found that consuming about an ounce of peanut butter 4-5 days a week can lower your risk of developing diabetes by **30%!**

2. It's got fat, but the good kind. Peanut butter is creamy and thick for a good reason, it's got the fat, but it's got monounsaturated fat. Why is this a good thing? Well it has been shown that adults who had a diet high in monounsaturated fat had LESS BELLY FAT than those who had a diet high in simple carbohydrates and saturated fat. Go poke on that!

3. It can help you lose the lbs. You see, peanut butter is very high in fiber and protein, which means that when you eat it, you feel fuller for much longer and therefore you end up eating LESS overall. I mean, it even helps fight cravings... who can resist licking a spoon full of peanut butter? Mmm. Alright, I think I might go have some right now.
4. It's a muscle builders dream! Guys... if you want to pack on some lean muscle, make sure peanut butter is an ESSENTIAL food that you always have in your house. I bulk up for the summer and bulk down for the winter because of competitions and such, and during the "bulking up" stage, I can't imagine NOT having peanut butter in my house. I love this stuff!

Things to be aware of:

First and foremost, like I mentioned above, please don't MIS-USE or MIS-INTERPRET this information. Brainlessly indulging in peanut butter is a great way to look like the Michelin Man. But, use it properly... and it will help you go far.

Also, when buying peanut butter, make sure you take into account the SODIUM and SUGAR levels of each brand. Natural brands usually have half the sugar of most commercial brands and are usually lower in sodium. This is a very good thing so take that into consideration.

What about the oil off the top?

When you open some peanut butter jars, (usually the natural/organic kind) you will find some oil floating around at the top. Don't be scared, it's actually good stuff. It's packed with nutrients and heart-healthy fat.

TIP #7

Color Your Way To Health

If someone opens your fridge at THIS very moment, what exactly would they find? And more importantly what kind of colors would they see? (Minus any food packages etc.)

If the foods you have aren't colourful, then you are NOT getting all the nutrients, vitamins and essential antioxidants that you SHOULD be getting. Each color signifies a different class of nutrients, and each nutrient has unique benefits.

Here I have taken the time to break down the colors for you, and what each one means. Go through it and the next time you are out grocery shopping... make sure your fridge is colourful and vibrant. If I open it, I should see a frickin' rainbow! Got it? Good.

- 1. WHITE** – Did you know that a cauliflower offers practically the same cancer-fighting benefits and broccoli? It's the cancer cousins. And potatoes are a great source of Vitamin C. Also, garlic and onions contain sulfur compounds that may help ward off stomach and colon cancer. The other white foods... such as chicken, eggs, cheeses, seafood and tofu provide the all-essential protein!
- 2. RED** – Tomatoes, cherries and watermelons are filled with lycopene, which may protect against cancer and heart disease.
- 3. Blue/Purple** – Blueberries and blackberries are antioxidant rich and also contain anthocyanins – which prevent tumors from forming and suppress their growth. That's always a good thing wouldn't you say?
- 4. Green** – Vegetables such as spinach and broccoli are known cancer-fighting agents and also contain lutein which keeps your vision clear, focused and sharp.
- 5. Yellow/Orange** – Carrots, sweet potatoes, pumpkin, mango, corn and most melons have a variety of carotenoids, which reduce the risk of developing cancer.

And there you have it. Some of the ways you can, and SHOULD add color to your life when it comes to nutrition. You don't even have to think about this stuff... just buy fruits and vegetables that are RICH in these colors and you are all set!

TIP#8

Become The Energizer Bunny

Have you come across days where you know you SHOULD workout... but you put it off because you are tired as hell? You know that lame-ass feeling where you just don't want to get up and be lazy on the couch forever?

Well... I don't get that feeling but I'm sure some of you do! ;) So here's what to do about it. Actually, first of all here's what NOT to do about it→ DO NOT grab a can of RedBull® and then hit up your workouts. I can't believe I'm about to give away my secret formula... but here's what I do.

1. Half a glass of Red wine
2. 2g of Vitamin C (From Chewables)
3. Shot of Espresso

And sha-bam! You will be able to go non-stop for about an hour without a hitch. Play around with the formula until you find the amounts that work for you. For bigger dudes (or dudeets) a full glass of wine will be perfect, for others (especially those with a LOW alcohol tolerance)... you will want to take less.

THE RETARD WARNING: Please use this at your OWN risk. I take no responsibility if you get injured or suffer any side-effects or consequences while taking this formula. It's meant for entertainment purposes only. Check with your doctor before you decided to try it out and implement this into your regular workout routine. You have been warned!

CONCLUSION

So there you have it. I have no doubt that you're excited to put these effective tips and techniques into action. Head-Start was supposed to be 10 pages long but as you may have noticed, I had to push that limit by a fair margin.

If you have questions, then I have answers. Email them to: info@flawlessfitnessbook.com. After you've put everything to the test, I recommend you to grab a copy of Flawless Fitness. It will take everything to a whole new level. And as you clearly know by now, I don't mess around. I just give you the hard facts, backed by tips and techniques you can put to action TODAY.

If you're just looking for "reading material", go read a story book. But if you want rock solid fitness info... that's when you come to me. I really don't know anything else. I live, breathe, eat and poop fitness... so take advantage of this!



And yeah, I know what you're thinkin':
"What more can you possibly teach me after giving away such powerful information?"

How about this: I will guide you step by step on how you can create a customized workout plan that fits YOU like a GLOVE in 2 minutes FLAT! (This info stays with you for life!)

***** NO OTHER PROGRAM OUT THERE CAN DELIVER THIS *****

The ONLY other way you can possibly get such personalization is if you pay HUNDREDS of dollars to a personal trainer. But how many personal trainers practice what they preach? (Hint: It's less than you think)



Also note that the person on that book cover is me... I put myself on the front lines to PROVE to you that this information WORKS and will work EVERYTIME.THIS BOOK WILL PRACTICALLY PAY FOR ITSELF IN JUST ONE WORKOUT.

HERE'S WHAT ELSE IS INCLUDED IN FLAWLESS FITNESS...



WHEN to workout. Just by working out at specific times, you will learn how to increase the effectiveness of your workouts by 120%!



How to workout. Just lifting weights or doing push ups will only get you so far... you need to understand how to apply the proper amount of stress at the right areas so that you will see results... FAST!



When to REST... You will learn the OPTIMAL rest period for muscle growth and proper energy recovery so you will never feel "burnt out"



How to eat according to your BODY'S CYCLE. Believe it or not, this little technique has been responsible for my massive energy boosts during the day WITHOUT coffee or energy drinks!



How to NEVER hit another plateau ever again! Hitting a plateau is one of the biggest reasons people QUIT, but you will learn how to blast past them and see results



How to AVOID over-training. This is one of BIGGEST mistakes people make. Over-training can actually work AGAINST you, but you will learn how to avoid this and workout in LESS time with GREATER results!




The food portioning technique that provides OPTIMUM digestion so you don't feel bloated. (I practically guarantee that you or people you know, are breaking this rule right now, and you feel tired as a result)




How simple home-made supplements work BETTER than store-bought powders and can save you HUNDREDS of \$\$

 **The recipes to my top-secret workout shakes which will give you endless energy for you workouts, help you recover 2x as fast and have an absorption rate that is so high, almost 100% of it will go where it needs to... right to your muscles!**

 Awesome stretches that will help you become more flexible and prevent muscle soreness and injuries! (And it does not matter if you are young or old... did you know that flexibility is easier to achieve than strength OR bigger muscles?)

 **How to make a KILLER workout plan that fits you like a glove! I have even included pre-made plans that work "out of the box" (...but you can also customize them to suit your needs!)**

 OVER 70 DIFFERENT exercises to choose from! The combinations that you can come up with on a weekly basis are practically unlimited... plus when I add more, you will be the first person to know about it and will get your hands on the updates for FREE (details below)

 **How spending 3-4 hours a week can PUT YOU IN THE BEST SHAPE OF YOUR LIFE... GUARANTEED!**

 And Much Much more...

Plus don't forget, Flawless Fitness customers get UNLIMITED email support to me 24/7! It's like having FJ as your very one personal coach << That little bonus ALONE should be worth a few thousand dollars. I get ALOT of questions and comments on a daily basis. This will ensure that your email has FIRST PRIORITY.

Because let's face it... who wants to spend time with underachievers who ask fluff questions all day long? NOT ME. Putting a price tag on this information is the ONLY REAL WAY that I know of... **TO SEPERATE THE "DOERS" FROM THE "LOSERS"**



OH AND DON'T FORGET, YOU ARE COVERED BY MY...



IF YOU FEEL THAT THE INFORMATION IN MY BOOK DID NOT HELP YOU ACHIEVE YOUR FITNESS GOAL(s), YOU WILL GET A FULL REFUND.

All I ask is that you provide a small written log (it doesn't even have to be complete), just to prove that you tried out my book. You have 60 days for crying out loud! The only reason I ask for this is because I CARE about my product.

If it didn't work for you (I would be VERY surprised if it doesn't) then I will spend some 1-on-1 with you until you get the results you WANT. That's part of my guarantee. Who else offers this? No one!

This ensures that Flawless Fitness will ALWAYS be the BEST fitness book that money can buy. PERIOD!



The FitJerk