

5 EXERCISES

ANYTIME ANYWHERE



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Let's Get Started:

Dear Friend,

If not being able to get to the gym has been holding you back from the body you deserve, these *"5 anywhere, anytime exercise..."* will fix you up.

You need absolutely no special equipment for them and minimal space.

The trick is to make exercise a habit, and that's easy to do with these exercises. They're simple, fast and super effective. I have even put together a schedule for you, so just pick dates and you're ready to rock!

Get started by learning the exercises below, and in no time you will see amazing results, sure-fire and fast!

AS the premier health & fitness expert in town I have coached hundreds of clients to amazing body transformations... So you know everything I am about to share is PROVEN.

Without further ado, here's *"5 Anywhere, Anytime Exercises for Losing the Love Handles and Getting Rid of the Gut...Fast!"*

Great Chest, Back, Arms and Shoulders

Yes, you guessed it! I'm talking about push-ups.

I know most people dread doing push-ups, that's a shame because it's the "*ultimate exercise...*" And once you get into the habit of doing them, they're a cinch!

Here's how to do a proper push-up, step-by-step...

1. Lie face down on the floor
2. Put your palms on the floor, just about level with your breast and fairly tight to your body
3. Then push up. Try and keep the rest of your body rigid.
4. Stop pushing up just before you lock your elbows. Hold for a second and then lower yourself back down slowly. Go until your nose is almost touching the floor.
5. That's one. Just repeat.



While you're doing push-ups you are working your arms, chest, core, legs... You name it! So if you can spend just 5-10 minutes per day doing push-ups you'll see AND feel amazing results in a very short time indeed.

Best of all, you can do them anywhere and there's no need for any expensive gym equipment.

The Ultimate “Office” Exercise

Here you'll see how to do a dip. This is another great anywhere, anytime exercise. All you need is a chair.

Here's how to do a dip...

1. Sit on a chair with your hands placed by your side
2. Extend your legs a little, you knees should be bent with your feet on the floor
3. Lift your body off your chair and hold your weight
4. Slowly lower your upper body by bending at the elbows. So you sink towards the floor. Breathe in through your nose
5. Then push back up to the start position while breathing out through your mouth. Repeat

Dips are another great all round exercise, and they're especially good at tightening and toning your triceps. If you have loose, hanging skin on the back of your arms, good nutrition and a daily round of dips should make it disappear.

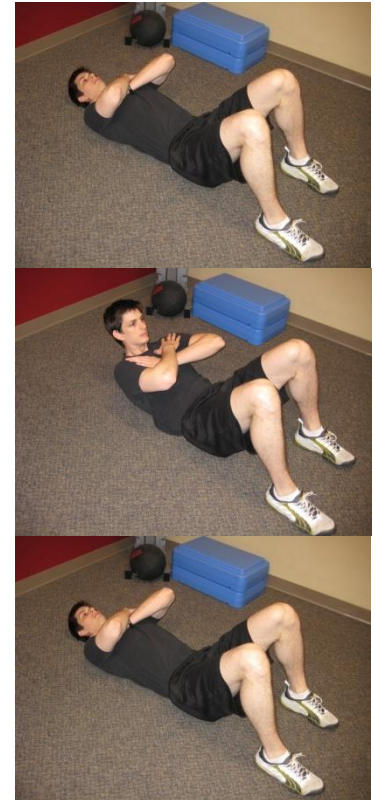


Awesome Abs...In An Instant

Well, I think you know what's coming.

Here's how to do a sit-up...

1. Sit down on the floor and lock your toes under a desk or other weight you can find.
2. Lie down on your back, with your arms crossed on your chest and your knees bent at about 45 degrees.
3. Sit-up so that the bottom of your elbow moves toward your legs. Keep your low back on the ground.
4. Then sit back into lying position. Just so your shoulders are flat on the floor then start sitting up again.
5. Repeat.



It's important you keep your arms crossed over your chest. If you choose to have your arms behind your head, be sure that it does not strain the neck and bend the back. Two things you don't want to do.

Make sure the strain is always on your core. When you get to the point where you need to *"throw"* your upper body to sit-up you should stop.

Sit-ups of course, tighten and tone your abdominal region.

Functional Leg Strength...Without Hurting Your Knees

The lunge looks more like a silly walk then an exercise. But no matter, because you can do it in the privacy of your own home and is excellent for toning your legs.

Here's how to do a lunge...

1. Take a big stride forward.
2. Now bend your back leg so the knee almost touches the floor.
3. Your front leg will also bend at the knee.
4. Now simply walk forward, bending your legs like this. Keep your upper body straight and ridged

Lunges will strengthen your legs, knees, and help you develop better posture, balance and stability. Because you're working large muscles, you burn off a lot of calories too.

Hold weights (water bottles) for an even better workout.



The KING of All Exercises

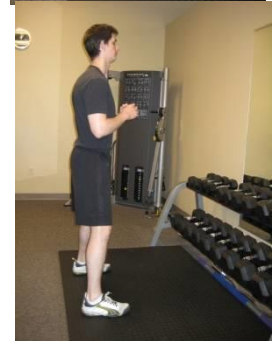
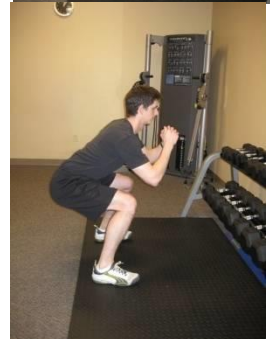
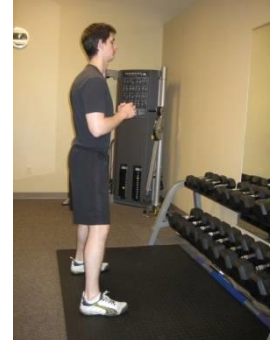
Like the push-up, this is an exercise you'll either love or hate. But it's also incredibly beneficial to your health. You just need to make it a habit.

Here's how to do a squat...

1. Stand up with your arms by your side. Feet about one foot apart.
2. Now sink your butt to the floor, bending at the knees. As you go down pull your arms up, so they're straight out in front of you
3. When you go down as far as you can, hold for a second.
4. Now use your legs to stand up straight again, moving your arms back to the side of your body
5. Repeat

It's important to try and keep your back straight as you squat.

Squatting is great for adding strength to your legs and working your core too.



Your Fast Start Exercise Plan

Week: _____

Exercise	Time	Reps
Push-up	5 minutes	
Dip	5 minutes	
Sit-up	5 minutes	
Lunge	5 minutes	
Squat	5 minutes	

___Day 01 ___Day 02 ___Day 03

Instructions:

Print off this page every week and stick on your fridge, by your computer or somewhere else you'll see it plenty.

Fill out your own reps. This a target that will increase over the months. I recommend starting at around 20-40 (depending on how fit you feel you are) and then raising the bar every couple of weeks.

Do this 3 times a week. Check off Day 01, Day 02 and Day 03 after you complete each day. It's good to set specific days to help with the habit forming... For example: block in your calendar for Monday, Wednesday and Friday.

Don't forget to take five minutes before and after for warm-up and cool-down.

What To Take Away From This Report:

All these exercises are classic, time tested proven winners.

Print off your weekly schedule. If you can stick to it religiously for about 1 month (that's all) you'll begin to make a habit out of working out, which is the goal. Because once you crack commitment you're guaranteed the body of your dreams and amazing health.

Try these exercises and see for yourself.

If you would like more advice on these exercise, and many more that will get you in tip top shape fast, claim your free fitness and weight loss diagnostic consultation with the gift certificate below...

*** BONUS REPORT ***

How To Choose A Personal Trainer

A Guide To Making An Informed Decision So Results Come Quickly And Last Forever

Okay- you've decided it's time to "get in shape".

Finally, you're ready to look better and feel better the sensible way- through nutrition and exercise. Because time and experience has shown you the truth...

Diets don't work, ab gizmo's don't work and infomercials are a joke.

You're finally ready to get real and transform your body once and for all.

You've heard the amazing success stories, watched many a late night episode of "Extreme Makeover", read about the celebrities secret weight loss weapon...

And have decided to seek out the guidance of a personal trainer.

But not all personal trainers are created equal, so how do you find the right personal trainer for YOU?

1. They must be certified by a nationally accredited institution.

The gold standard for certification agencies are a Bachelors in an Exercise related field, American Council on Exercise, National Strength & Conditioning Association, and American College of Sports Medicine, International Sports Science Association.

A qualified trainer should at minimum have a certification with one of these agencies. But that just means they've passed the "baseline of standards" to call themselves a personal trainer. It does not mean they are good at what they do or can deliver a specific result. There is a big difference between a "trainer" and a "fitness professional".

2. They should do more than just "take you through a workout"

A top quality fitness professional does more than just "take you through a workout". Anyone can count to 15 by themselves and hold a clipboard.

Look for a coach who will educate you about all the components necessary to achieve optimal health and a fitness result. Your trainer should review nutrition education with you, educate you about proper supplementation, review resistance training (whether that be balance training, core work, Stability balls, medicine balls, etc.), Cardiovascular exercise to maximize fat burning, flexibility to avoid injury and speed recovery, and really walk you through all the steps that encompass the "mental development" side.

Goal setting, putting together a plan of action, and then holding you accountable and supporting you through the entire process is absolutely critical to your success.

3. Ask for Proof of Results

A top fitness pro should be able to do more than just talk about results- they should be able to prove they deliver. Ask for proof of client results. Do they have before & after photos of clients, testimonials, references? Can you speak with a client to inquire about

their experience working with them? If a fitness pro can't offer this kind of concrete proof than be careful.

4. Ask for a Guarantee

According to a Consumer Reports study there is more dissatisfaction in the diet industry than any other industry. That's crazy. Think about it- if you took your car to a mechanic you'd expect it to be fixed- not come back with 2 or 3 pins and a loose belt!

Working with a fitness professional should be the same as any other industry. If they aren't willing to guarantee your results then find someone who will. Spending your time and energy without a guarantee of results is like going to that terrible mechanic!

Don't waste your money or more importantly your time working with someone who can't offer an iron clad guarantee of your success.

5. Look for someone who will empower you for life!

A great fitness coach will do more than just help you to achieve your goals. A true professional will teach you the foundation of knowledge so you will no longer be lost in the "sea of confusion" when it comes to all the diet and exercise hype.

The foundation of knowledge and correct technique you'll learn will allow you to maintain your results for life!

\$85.00 value

8 PAGE FITNESS ASSESSMENT REPORT

Expires in 30 days, claim right now!

___ **Yes!** I want to schedule a private consultation with you to discuss hiring you as my coach. I understand that your services are “in-demand” and your time is limited. That’s why I’m acting now to take advantage of this gift certificate (a \$85 value) and requesting to schedule a private appointment.

During my Body Diagnostic Consultation you will give me a complete fitness assessment, and then share exactly what I need, to get in the best shape of my life. Including:

- Specific to me information from a qualified expert
- Finally! Actionable advice on how I can achieve my health & fitness goals
- ***And so much more!***

I’m sick of wasting my time on false solutions and promises that don’t deliver. I’m ready to commit 100% to do what it takes to achieve my goals and take action now.

Furthermore, I understand that if I’m able to hire you as my personal coach, my success is 100% guaranteed. I’m not only going to get maximum health, fitness, and weight loss results in minimum time, but I’m going build a solid foundation to ensure I maintain my results FOR THE REST OF MY LIFE!

That is why I am calling your office right away to claim this gift certificate and schedule a PHONE CALL !

Reach out to Christopher@PersonalBestFitness.com or 615-838-4523

Expires in 30 days, claim right now!