

## Here Are The Scientific Facts About Fat Loss In 2007

**SCIENCE FACT:** The fat-loss programs you read about in muscle mags are often based on out-of-date exercise science and nutrition information.

**SCIENCE FACT:** Exercise science has advanced by leaps and bounds just in the last two decades. The latest fat loss research, which Body Opus Training is based on, allows you to lose more fat while keeping your hard-earned muscle, and doing so with less time working out than ever before.

**SCIENCE FACT:** Fat loss programs that require you to do endless hours of long, slow, boring cardio workouts will rarely help you achieve your fat loss goals and may lead to over use injuries.

**SCIENCE FACT:** You need to use more advanced, modern training methods, such as Body Opus Training Intervals, to help you burn more calories in and out of the gym. With Body Opus Training cardio, you will skyrocket your post-workout metabolism allowing you to burn almost twice as many calories as you would with traditional cardio workouts.

**SCIENCE FACT:** Traditional fat burning programs typically don't even mention strength training in their instructions, because most trainers and clients don't understand how resistance training will help fat loss. Even if your fat loss program does recommend strength training, it's likely that you've been told to use the ineffective and outdated method of high reps and low weight (which does NOT burn fat!).

**SCIENCE FACT:** If you want to maximize your metabolism, and get defined arms, abs, and legs, then you must include strength training in your fat loss workout. High intensity strength training with the Body Opus Training system helps protect your lean muscle mass, which you are almost certain to lose on traditional diet and exercise programs.

These are the facts. The research simply does not lie. The way you are currently training is probably not only getting you less than satisfactory results, but may actually be causing overuse injuries, or even catabolic muscle loss.

### MASTER TRAINER:

**Jeff Green MS,CSCS,CES,PES,USAW,USATF**

Exercise Physiologist

Certified Strength and Conditioning Specialist

USA Weightlifting Coach

USA Track & Field Level 1 Coach

Clinical Exercise Specialist

Performance Enhancement Specialist

National Strength & Conditioning Association

Alabama State Chairman

American College of Sports Medicine Member

State & National Champion Powerlifter

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### Body Opus Training Evolves Into The Most Effective And Time-Efficient Fat Loss System In The World

Over time, the Body Opus Training philosophy got even better as I refined, tweaked and re-tested it on myself and my clients. Over the years it became a complete training and nutrition methodology and series of workout programs that started producing such breathtaking results for my clients that they could hardly believe it.

It didn't seem possible that they could achieve rapid fat loss with as few as 3 workouts per week all under 50 minutes long, but the proof was looking right back at them in the mirror.

Just imagine - A fat loss program that can get you in and out of the gym in less than an hour, allowing you to get back to your personal life - your busy day at work or home. Even more remarkable was the fact that this approach was so far ahead of its time and was the exact opposite to what mainstream fitness magazines were touting as the best way to lose fat.

**Give Me Just 50 Minutes, 3 Days A Week And I Will Show You How To Transform Your Body And Have Fun In The Process!**



***Say Goodbye To Long, Slow Boring Cardio And Start Incinerating Maximum Fat In Minimum Time With Killer Workouts You Can Do In 50 Minutes Or Less!***

## Learn Nutrition Secrets That Will Help You Wake Up Tomorrow With Overnight Changes In Your Body

Dear Friend,

If you are interested in losing fat as quickly as possible, using simple workouts that can easily be done first thing in the morning or after your children go to bed, without endless hours of cardio, fancy equipment or expensive supplements, then this will be the most important letter you ever read in your entire life.

"Test drive" the Body Opus Training workouts for the next 4 weeks with absolutely no risk so you can see for yourself how much fat you can lose or how much muscle you can gain. You are completely protected by our iron clad 100% money back guarantee.

In fact, if you're not completely happy for any reason at all, then I *insist* that you ask for a refund. However, after seeing so many men and women transform their bodies while saving so much time by using these amazing workouts, I'm totally confident that you're going to *love* these workouts too and you'll start seeing the best results of your life.

### Stop Wasting Money On Outdated, Ineffective Training Programs, And Try The Proven Body Opus Training Method Today

Look. I know how difficult it is to find real, expert, science-based advice on fitness and fat loss these days. It's not your fault. With all the conflicting information you hear on TV and the outdated advice printed in magazines, it's no wonder so many people are bored with their workouts and frustrated with their lack of results.

That's exactly why I created a program based on research-proven techniques and tested it in the real world on myself and on my private training clients before releasing it to you.



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### After Thousands Of Hours Of Research And Personal Training Sessions, We Discovered The Scientifically Proven Secret For Getting More Results In Less Time.

With the Body Opus Training workouts, you'll lose fat, gain muscle, and get stronger, in under an hour while training as little as 3 days per week. You'll conquer the 'No time' problem we all face in our fast paced lives today, giving you more time to enjoy the body you've worked so hard to achieve.

You'll no longer have to spend countless hours in the gym using ineffective training methods and remaining disappointed by the results. Body Opus Training works, and it works fast.

The best part of all: These workouts are engaging and challenging so you can actually enjoy the process of melting away the fat and adding muscle. Why should you suffer through endless hours of deadly boring cardio and tedious set after set of traditional weight lifting when you can actually have fun and get results at the same time?

Following the Body Opus Training plan requires only three 50-minute workouts per week, while giving you more days off to enjoy your life, spend with your family, or to take part in other hobbies and activities.

## Get More Done in the Gym! Quit Wasting Your Time!

Come in today for your FREE REPORT!

### The Dark Side Of Cardio... And Other Over-rated Fat Loss Methods

Simply give us your name and email address and I will immediately give you a FREE copy of my report about the most common exercise myths that are sabotaging your fat loss efforts. You will also receive a FREE subscription to my weekly Body Opus Training email newsletter containing free tips to maximize your metabolism, gain muscle and achieve success with your workouts.

### ICON Testimonials:

"At mid-life, pushing 300 pounds, and highly skeptical of quick-fixes, I learned of Body Opus Training and decided it was a program which made sense. It's about hard work, sensible eating, and getting stronger. In less than an hour, 3 to 4 times per week, the workouts are manageable on a busy schedule. It produced not only weight loss of close to 60 pounds; my strength increased rather dramatically. "

**Todd Thompson, Texas**

"After 3 wks of that program, I could already see results and I liked how the workouts were fun, intense, and efficient. At 34, I'm leaner and stronger than I've ever been. Thanks Jeff!"

**Christine Johnston, Little Rock, AK**

"JG is an exceptional resource for personal trainers or those working in a team training environment. Jeff Green continually presents progressive and innovative training ideas that can be applied in all settings. The programs are laid out in a clear and concise format and the exercise description sections are first rate. If your application is athletic performance or personal training for muscle gain and/or fat reduction, JG will serve to be an effective resource and prove to be a real value."

**Randy Lee, Wide Receivers Coach**

"At the end of week one, I lost 3.5 pounds and I was feeling great. Yesterday was the end of week two and I lost 3 more pounds! Six and a half pounds in two weeks and I feel outstanding. Not the least bit tired or weak. I've never been so enthusiastic about each workout. I didn't bother to take a 'before' photo, but I may still do that. I would have touched base with you sooner, but with work, school, training, etc., I'm always pressed for time. And of course, that's what makes Body Opus Training such a convenient program.

**Chuck Fager**

"I lost 14 pounds this month and the weight is just falling off me. My wife says I now look like when we first met and I still have more to go. I just cut back on starches and bread and do your routine 2-3 times a week. I even cheat a bit on the weekends."

**Billy Williams**

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