

you are wasting your time working out (50 USD)



Location **Alabama**
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You get in the nice fancy Gym that you just joined to get back in shape, "40 is the new 30", and you up for the next Big Promotion.

Dressed out like a fitness fan from the 70's, you stroll to the first machine and ponder the magnificent design features and the lowest weight plate.

"Is anyone using this machine?", you were hoping for the fine blond to respond.

You take of Sip of that Protein Shake and go for broke. "One, two, three, four, thirteen, fourteen. Yes!

After sitting on the machine for what is your Third Set, and going to the bathroom twice because the Shake is doing more than pumping your gut, it has been ten minutes.

"Last year I went to the gym Four times a week, I would work my top them bottom, mostly concentrating on the chest." as he flexes slightly for the work staff, "I got a Lifetime Membership."

One might need it.

Time is very critical.

He will be a Family from early on, the time to get to the gym, you can't do any more.

For Professional and mature guidance on a program for you to get to your goals in fitness.
 I work out with you and you will get results. QUICK
 Ages 17 or up, only one on one sessions.

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The system is designed for an individual that wants to lift weights and run to Total Physical Development.

Tested and true, you will see that your buddies in the Gym are actually just hanging out and
Wasting Valuable Time!