

The Brides Guide To Fitness

Revealed! 3 Best Total Body Sculpting Exercises

By: Joe Green CPFT, CNC, CES

One of the biggest days of your life is on its way and there's so much to do and think about... flowers, colors, guests and more in fact it seems almost endless. Managing the stress of it all is only half the battle. You want to look and feel your very best and you can... but just like the wedding itself it's going to take a well designed plan and the help of experts to pull it all off perfectly.

Who am I and why should you trust me?

I am certified fitness expert trainer, educator, motivator and speaker. Over the past 14 years I've helped hundreds of women just like you find and grab a hold of the image of their dreams. My track record speaks for itself... better yet my clients tell it all with their own story.

I am 31 years old and I am never really been a fan of exercising but I was intrigued to give Joe's program try. I needed something different and I was hoping to find the motivation to really succeed this time around.

Wow! I am working hard but I'm having fun, I am motivated and I'm always looking forward to the next workout. I love the variety, it's never boring and this is like nothing I've ever done before.

Now that I've blended in some of Joe's nutrition tips along with his exercise programs it's really paying off, I've noticed a big change in my strength and endurance, I've lost 8 pounds so far and now I'm going shopping for clothes because I'm down another size. I'm so proud of myself and I love the support from Joe and his staff of trainers.

I really owe a lot to Joe and his fitness programs for helping me to achieve this level of happiness with my health. I love my life, my job and my new level of fitness! Thanks Joe!

- Jen Keintz, Harrisburg

Nothing beats feeling alive and vibrant in your skin, loving who you are and the way you feel. That kind of radiant energy is contagious. Energy like that fills the room like the bright warm rays of the sun. So now is the time and like Mariah Carey says *"Make It Happen!"*

What are the 3 Best Body Sculpting Exercises?

The three best exercises give you the ability to enjoy a total body workout from head to toe in 20 minutes or less including cardio... that's right, including cardio too!

- ✓ **“Penny Saver” Approach To Exercise** – Think I skimmed by giving you this tip? ... Think again! *Saving pennies is just like getting fit.* This really works and it can and will work for you too. Here’s how to do it.

Choose 3 exercises and make sure you do them every single day without fail. No long drawn out sets and reps of multiple exercises... instead get started and choose three exercises and perform 15 to 20 reps of each exercise every day.

In fact you don’t have to do them all at one time just get them done between the time you awake and before you go to bed.

These reps add up like pennies saved over time – yep, that’s where I came up with the term penny saver... It’s the cumulative effect and the benefits add up and compound like interest.

Why does this work? – The body always responds to change and incorporating exercise on a daily basis is a change. Choosing the three exercises I will suggest for you is a very important and highly effective change. Remember, you’ve got your own personal fitness coach in your corner now so read on...

When the body adapts to change because of an imposed demand like exercise it normally gets stronger and begins to build lean tone muscle. But that’s not the only reason that this approach works.

This approach also works because exercise can only be a real tool and something that works long term if you feel the success and believe in it. No doubt! The mind is a powerful tool and when I work with you I take all that into account.

In other words, if you think you can and believe you can then you will not only be more apt to stick to the game plan you’ll also be naturally motivated especially when the success and results of this approach starts to work and show for you.

Just imagine how you’ll feel after 30 days? Stronger, more fit... like the image of how you want to really look and feel is maybe...ahh, possible? That’s exciting in and of itself.

A huge part of success in this and most anything is putting you in a position to be just that... successful. So, now that we have you set to do more than your most of your family, friends and co-workers combined I’ll reveal the three best exercises that you can do on your own to get started down the path of success.

I’ll add some detail as to how to do the exercises properly where needed for these exercises... It’s like *free personal training* because that’s what we do we personally coach you and leave nothing to chance covering all of the most important details to help ensure great results and the best success possible.

Learn how to exercise and make every second of it really count by choosing exercises that utilize multiple muscles in the body like the ones I've listed below:

#1 Stationary Lunge –

This is a great exercise because of the total number of muscles involved that benefit from this exercise movement. The glutes, hamstrings, quads and calf muscles all benefit from this exercise. That's your whole entire leg front to back, top to bottom. Good stuff and a great way to tone up those legs!...

Let's briefly review the mechanics of how to get this exercise just right for the best results:

- Stand and move legs apart approximately the size of three of your feet between the front and back foot.
- Next hold onto something like the back of a chair to make sure you keep your balance.
- Bend both knees to descend downward so that knee of rear leg almost touches the floor.
- Rise back to the start position and repeat up and down until set is complete
- Switch the rear leg to the front and front leg to the rear and repeat steps above
- Note: It's very important to make sure front knee does not ride out over toes

#2 Pushups –

I know what you're about to say, practically every woman I've ever worked with including my 9 year old daughter has said it.... "But I can't do pushups, my upper body is weak."

Well if only had a dime for every woman that ever said that and then found out that they could actually do not only one but actually 5, 10 or even more I would be... you know the rest of that saying. Anyhow, it's all in the technique and both men and woman get it wrong. So what's the trick?

- Place hands shoulder width apart flat on the ground
- Feet together and resting on toes back flat
- Descend down until arms form 90 degree angle (NO FURTHER!)
- Then return to start position and repeat until done

It's all in how far down you go and truth be told most everyone goes down too far thinking they should touch their nose or chest to the ground and that is absolutely wrong! Lowering yourself down too far can cause serious injury and often causes injury over a period of time if not immediately.

You'll be amazed at how strong you really are with this exercise when it's done properly using only the muscles that were intended to be used the way they should be used.

Why do I like this exercise so much? – It's great for an all out upper body workout much like the lunge is to the legs. The pushup exercise works and benefits the chest, triceps, abs, shoulders and back. You can't much more efficient or effective than that.

#3 Jump Rope (or Jumping Jacks)

This is another exercise that affects multiple muscle groups with additional benefits attached to it. Try using a jump rope and if you're not comfortable with that for whatever reason then go with jumping jacks instead.

The benefits are well worth it. The entire body is involved so all of the muscles from head to toe are exercising. Best of all this is a great way to get your cardio in, so this is a heart healthy exercise that really helps burn calories.

I won't get into describing how to do these exercises rather I'll leave you with this critical tip. Always do your cardio last after your workout... trust me on that one! It's one of those smart moves, a well kept secret that even many trainers don't know or overlook.

Want to know more and exactly how to make cardio exercise a razor sharp tool that really helps to sculpt and tone your body in 20 minutes or less each time you do cardio – then call me and [set up a consult](#) – it's FREE no obligation... and I'll gift you with the inside secrets of how I make cardio so incredibly effective along with a fitness and wellness assessment. This is my gift to you in honor of your big day. And hopefully you'll find this information helpful and expertise valuable and if so hopefully you'll mention my name to others you know who really want proven professional expertise and results that can last a lifetime.

Attention working moms! – I'm a working mom with two small boys, a husband and a busy schedule to say the least. I thought I would give Joe's program a try. I have to admit I thought it was impossible to exercise and do cardio in just 20 minutes and sometimes in even less time and still have the kind of results I wanted.

I was both amazed and impressed with Joe's knowledge, his style of training and the way he taught me to work smarter. I enjoy my total body workouts and I'm in the best shape of my life. Best of all I love the results. Well worth it, thanks Joe! -

- Jen T. York, PA

I have the solution and the expertise you need to give yourself a total body transformation that makes your special day nothing short of unforgettable.

SPECIAL OFFER!

While I've helped many, many women reach their health and fitness goals my *Brides Fitness Makeover Program* is the newest of my body transformation specialty programs.

Exclusive to Brides "To Be" – Join my list of successful and happy clients and take advantage of this limited time offer:

Grab a friend, maid of honor or even mom and you can both train together for just \$49 per session. Choose 20, 35 or 50 sessions

- You each get custom nutrition programs, menus to follow
- Reporting and tracking to monitor your results to keep you on track
- Exercise calendars to follow for when you're on your own
- Unlimited access to our Yoga and Mat Pilates classes
- Private professional expert training
- Flexible scheduling to suit your needs

For more information you can visit our website at www.bridesfitnessmakeover.com or call Joe personally to [set up a free no obligation consultation](#) to see if this right for you.

You can take the information in this report and seek out the real truth when it comes to nutrition and if you find it – when applied and blended with the exercises included with this report you'll begin to see and feel results that are sure to make a real difference by the time your special day arrives.

Our nutrition coaching program (included with all of our personal training programs) is a big part of the success that our clients enjoy. Learning how to eat according to your body, your schedule and according to your lifestyle is critical to your success.

Diets do not work, it's that simple. But knowing how to fuel your body does and when done right it makes exercise and having the energy to do what needs to be done so much easier. Unlock this aspect of getting fit and you've opened the vault to eternal health and feeling good.

The nutrition coaching is unparalleled here – I work with each and every person step by step. It's the best way and it's the only way. I'm helping one person at a time and I hope you'll be next.

I look forward to teaching you:

- ✓ How and when to eat the sweet treats and why so that it works for you not against you...
- ✓ How to eat without dieting only to gain the weight back almost instantly
- ✓ How to eat healthy so that you and your family are healthy now and forever
- ✓ Why most supplements are dangerous and in fact potentially fatal in many cases
- ✓ What to look for when reading food labels to really determine the health of what you're eating

I look forward to teaching you the *absolute truth*... information that you must know if you're ever going to stop struggling and succeed this time around. I have the answers I just need you in front of me and we'll work together as a team.

Did you know?

What you don't know won't hurt you?... Actually nothing could be further from the truth especially with the loop holes in the FDA standards.

Here are 5 fab nutrition tips...

- ✓ Chronic dehydration often accounts for what is mistaken as chronic back pain?
- ✓ The first five bites of your meal should be protein followed by fiber then starchy carbs?
- ✓ Weight gain/weight loss has everything to do with your occupation and your *mother*?
- ✓ Some advertised reduced fat or fat free foods are really 100% fat - learn how and why so you're best efforts are no longer sabotaged
- ✓ An apple a day is good for more than just keeping the doctor away... it's a great replacement for caffeine with better benefits – find out why

Request this report, read it through and I'll also include a *FREE nutrition analysis* and report. – ***“The information is free but the benefits are priceless!”***

Why am I giving away all of this free stuff?

I made a pact a long time ago when I was in your shoes, wondering what works and what doesn't. I was frustrated and overwhelmed with all of the information available. I wasn't sure what was and wasn't true and after a while I didn't know who to ask. This is what started my journey and evolution into the trainer and kind of fitness business owner that I am today... passionate and not afraid to give to receive.

I wish you all the best and please feel free to visit my other website as well to learn even more about me and my business overall at www.phyt4u.com for even more information or to contact me with any questions you may have.

All the best and congratulations!

Joe Green

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