

Special Report reveals secrets behind
powerful new kettlebell fat loss workouts...

How an Overworked Mother in her Early 40s Whittled her Body Down TWO Dress Sizes in Less Than 30 Days!

Without Ever Leaving Her House!

Hey girlfriend,

I have to share this exciting new way I found
to look hot in record time!

In fact, **I just lost three and a half inches
off of each thigh in less than 4 weeks.**

And it was easy.

I'm still stunned because I've NEVER been
able to lose a single pound before without
starving myself and being miserable.

The fact that I got my shape back so fast and
was never hungry, never unhappy, and
actually had fun doing it...well, I'm just
blown away. And I'll bet you will be, too,
once you hear my amazing story...

**Being an over 40 female myself, I know it's TOUGH to get your shape back once
you let it go.**

So I never **intended** to "let it go." But something unexpected happened that I have to
share with you right now.

Last year for about 2 weeks, I was the sickest I've ever been. I could barely get out of
bed!



**Why is this woman smiling?
She's over 40 and in the best
shape of her life thanks to her
newly discovered secret.**

It was extra tough because I prided myself on being pretty regular with my exercise routine. But this sick jag knocked my workout schedule completely off kilter.

Unfortunately, my appetite didn't fade away.

I felt so bad physically, I gave myself a free pass to the kitchen...and all the comfort food I could wolf down.

You know the formula...no exercise plus unlimited eating equals WEIGHT GAIN.

Still I was shocked I gained 9 pounds so quickly!

My thighs brushed together when I walked.

Even my fat pants were tight!

I felt an extra jiggle in my butt and on my arms.

My gut was bloated.

(I could tell my husband wasn't exactly lusting after the heavier me either).

My self-esteem took a nosedive.

I even found myself picking fights with my husband and two teenage boys because I couldn't stand feeling overweight!

It Was Time for Me to Take Back Control of My Life

But there was no way my usual MAINTENANCE routine from the past was gonna hack it.

I needed something cutting-edge that WORKED and would fit into my busy schedule. I wanted to slash the fat off my body fast.

I needed a system that:

- **Tones muscle FAST**, especially on my thighs, butt, and stomach, so I don't have to suffer for months with a body that bums me out
- **Melts fat** off my body in record time so I can fit into my sexy wardrobe faster
- Isn't some macho workout designed solely for men because, face it, **women's bodies aren't built the same**
- Dramatically **increases my energy levels** so I can get tons more done in less time.
- **Keeps me out of the stinky gym** where muscle heads gawk at anyone with breasts. *Ugh. I'm working out for ME, not them!*

- Is convenient to my home office - in other words **right next to my desk so I don't waste time driving all over town to get a workout in**
- **Increases the flexibility of my ligaments and joints safely** because as a woman over 40, my body needs a little more tender care
- **Complements my yoga and pilates routines** so I get all-around stronger without joint-pounding aerobics
- Is weight-bearing so I can **strengthen my bones and avoid osteoporosis**
- Can work around my old knee injury from skiing so I can still **work my legs out hard - without pain**
- **Doesn't require a PhD to figure out how to use it**; I don't have time or patience for something that's too complicated to get off the ground
- **Has a proven track record** so I don't have to be someone else's guinea pig
- Is gentle on the pocketbook because *I work too hard to help provide for my family*
- **And, most of all, gets results in LESS than a month!**

There. Now that's not so much to ask, is it?

As I was researching, I stumbled across something I'd never heard of before.

I Discovered an Exercise System That Was So Easy, So Convenient, So Dramatically FAST It Was Shocking!

Probably like you, I read my share of the women's magazines.

You know as women, we're constantly bombarded with the latest diet and exercise gimmicks. (I don't know about you, but I get pissed off when I believe in them, then get taken to the cleaners. It's a betrayal of trust that's so unfair).

But I'd never seen anything like this...

When I first saw an ad for Russian kettlebells in one of my husband's muscle mags, I flipped right past it.

Sure, the guy in the picture was super lean, ripped, and serious.

But I'm a WOMAN. I didn't want to experiment with something so, well, masculine-looking.

It looked like a one-way ticket to becoming a she-Hulk. No thanks.

Then, in this same magazine, I saw another ad for the FEMALE kettlebell program called *From Russia With Tough Love*.

These women didn't look butch at all. They were stunning. Just lean, lithe, and toned.

In fact, if I were to get in the best shape of my life, I'd want to look just like them.

Hmmm. I started warming to the kettlebell idea.

But my inner skeptic countered.

The Thighmaster and Ab Blaster were gathering dust in the closet. Did I really need another piece of equipment to trip over?

I could hear my husband now. "What's this? The latest miracle from some snake oil salesman on an infomercial?"

On the other hand, the fact that kettlebells were substantial iron instead of a skimpy rubber band gave me hope.

They looked hard-line enough to make lasting changes.

And I already knew the importance of weight lifting for rapid weight loss and increasing bone density (no slumped over granny backs here).

Like I told you, I wanted results fast...like YESTERDAY.

When I couldn't zip up my fat pants the next day, I decided to give kettlebells a shot. Wait till you hear what happened next.

"Just doing repetitive exercises drove me crazy. I also used to be a runner but knee problems prohibit that kind of exercise. So, when I found kettlebells, I was excited that I could get a great cardiovascular workout and do weight training in a short amount of time.

I see women out there trying all of these different things: the aerobic machines, the step thing, this thing or that thing. But none of them can keep you interested. With this, you can do so many different things and you can get such an intense workout. It's great."

Kristann Heinz, M.D. Upper Black Eddy, PA



Personal Results from My Journey with Kettlebells

Okay, first of all, there are three different kettlebell sizes recommended for women (9lbs, 18lbs and 26lbs).

I chose the middle size. Since I didn't have the first clue how to start, I also grabbed the instructional book and DVD.

I didn't tell my husband about the order...just in case I couldn't do it.

When my kettlebell kit arrived, I ripped the box open.

I couldn't put the book down - I read it cover to cover in less than an hour.

I was so excited to try it, I did the exercises the very first time I popped in the DVD...learning as I went.

Positioning the kettlebell was a bit awkward at first.

And my muscles were really working to control the weight.

But the instructor, Pavel Tsatsouline (the lean man in my husband's magazine) was so thorough, there was no way to get hurt! I've never seen such efficient teaching in a prerecorded video.

He had the "comrade ladies" in the video demonstrate the wrong way to work the kettlebell - then the RIGHT way.

It was a genius teaching method because little corrections make a huge difference with kettlebell results.

Wow! I couldn't believe how taut my legs, arms and stomach felt after just a few exercises. I was ecstatic!

(By the way, the women in the prerecording were the same ones in the ad I saw. Turns out they were also yoga and pilates buffs, using kettlebells as a supplement to their workouts).

After just a few DAYS, I saw my body change. I had a flatter stomach, thinner thighs, a tighter upper body and best of all, looser pants!

It didn't seem possible. A kettlebell looks like a simple hunk of iron - a cannonball - with a handle, if you will.

It's the HANDLE that makes all the difference with this workout.

Because of it, you're able to twist the kettlebell into positions you couldn't get your body into without the handle.

Just to support yourself, it forces you to use deep internal muscles you wouldn't normally use. (Think of your body as the foundation of a house - it's only as stable and strong as its internal base).

This twisting action allows you to work deep, stabilizing muscles you otherwise couldn't touch using weight-bearing exercise alone.

So you get results much faster.

Let me say that again...the handle allows you to reach deep, stabilizing muscles you otherwise couldn't touch using weight-bearing exercise alone.

So when doing Pavel's kettlebell exercises, you're tensing the muscle for **maximum flexibility** while adding extra weight to **strengthen the muscle so it burns fat better**.

But there's more!

As you add in the swinging action of the moves, **your heart rate soars, melting fat off your body fast!** There's just no other exercise out there combining each of these critical factors - flexibility, strengthening, and cardio - for mega-fast results!

Here's what I experienced just in the **first week by working out just 7 minutes flat, twice a day**. And you can too...

- Get a **complete body workout** including strength, cardio, and flexibility in minutes
- **Save over 6 hours of your precious time** by not driving to and from the gym to work out
- Experience your **energy soaring** through the roof so you're more productive than ever
- **Smooth, tight thighs with a lot less cellulite!** Woo hoo!
- Believe it or not, you'll have next to **no muscle soreness** after exercising
- It'll be easier to relax and go with the flow in stressful situations
- **Bye bye PMS! (yes, really)**
- Junk food cravings will evaporate too; **you'll actually WANT to eat healthier**
- Your muscles will look leaner, more toned and elongated as if you've been stretched
- **Even your breasts might perk up**

After a month of regular use, I knew I looked different.

At lunch, my girlfriends knew something was up. They said I had a new glow, a "wasp-like" waist, and a sassy confidence they'd never seen on me before.

What was my secret to looking so smoking hot so quickly? They were dying to know.

You should have seen the stunned looks on their faces when I explained kettlebells to them.

Best of all, even my husband noticed how sculpted my body had become.

Nothing makes me feel sexier than knowing the effect I have on my man. I'm not even self-conscious when I'm NAKED anymore!!

**Kettlebells actually free up hours in
your crazed workweek. It's like
having a personal gym sitting right
next to your computer!**

If you're a woman who's short on time, kettlebells are perfect for your schedule.

You can take a break from responding to email or taxiing your kids around.

Just pick up your kettlebell and use it for 5-10 minutes, a few times a day. You don't even have to break a sweat if you don't want to.

How hard you work out with the kettlebell is completely up to you. G

et results as quickly or gradually as you like.

Kettlebells are a great solution for a fast-paced world.

If you work from home, you can park it by the computer.

Or you can squeeze in a workout first thing in the morning before you shower or at the end of your day to wind down. Even during commercials if you're relaxing in front of the TV. (It takes up about as much space as a doorstep).

It's so refreshing and invigorating, you'll find yourself looking forward to taking a break with your kettlebell.

"I see the appeal Kettlebells will have with working moms and women in general. Time constraints are

Don't think for a second that those mini-workouts for 5-10

always a factor. Women can keep a kettlebell at home and train for 10-20 minute intervals throughout their day. That way, their daily plan is not interrupted. Training at the gym requires at least one-and-a-half to two hours easily and then you have to get back to the daily grind! "

Dentist Lorraine Patten, Pleasant Valley, NY

minutes don't add up. They do!

Studies show over and over that whether you work out in one long session or break it up, your body can't tell the difference.

You get the same results.

So just park that puppy right by your desk and squeeze in a workout whenever it fits into YOUR day.

It's the perfect complement to your unpredictable schedule.

Plus you'll feel GREAT about how you look -- and that shows in your attitude every day!

Skeptical? Listen, if you told me you'd gotten results this fast, I'd be suspicious too.

I can understand why you'd be wary. We women have long been the target of the "it-sounds-too-good-to-be-true" pitch.

The reason kettlebells work so well is this... **kettlebells use the exact opposite philosophy of what we've been told in many of traditional women's magazines.**

Building muscle combined with intense cardio, even in bursts, is the fastest way to blast fat.

In fact, what I found out was this...

Ladies, we've been duped!

For years we've been fed lies.

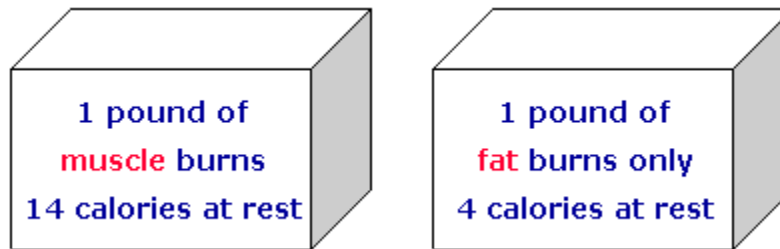
We were told if we want to lose weight fast, we should do slow cardio for an eternity. You know, take a long walk at a slow pace for a couple of hours. (I don't know about you, but I kind of already have a lot of time commitments throughout the day. And I wasn't planning on spending half my waking hours working out).

They told us having fit muscles isn't feminine. But they neglect to let you know **MUSCLES are actually natural fat burners!** They said we'd bulk up like a Ms. Olympia bodybuilder if we lifted anything more than a shiny 5-pounder hand weight.

Nothing could be further from the truth.

See, when you strengthen your muscles, they work at burning fat even when you AREN'T exercising!

Look at it like this - a pound of muscle burns 14 calories per day as opposed to a pound of fat that burns only 4 calories each day.



That means if a 120 pound woman has 100 pounds of lean muscle, and 20 pounds of fat on her body, she'll burn 1,400 calories just sitting down - without adding one second of exercise in her day.

On the other hand, an out-of-shape 120 pound woman with only 50 pounds of muscle and 70 pounds of fat would only burn half as many calories at rest or 700 calories just sitting down.



So by building muscle, you're actually turning yourself into an automatic fat-burning machine. Nothing does that faster or more efficiently than Russian kettlebells!

In fact...

The fastest, most effective way to melt unsightly fat off your body is by building muscle combined with heart-thumping cardio. Period.

Kettlebells give it to you with both guns blazing, sculpting lean muscle rapidly to bring out that sexier you.

Despite all this great news, I have to warn you...

Kettlebells Aren't for Everyone

I won't lie.

Kettlebells are a serious workout. Even though the workouts can be short, they're also explosive.

"It's really amazing. [Pavel] just comes right out in plain terms and tells you things that took me years to discover in yoga. He explains what it is you're doing, what you need to do to keep your joints safe, and how not to pull muscles or hurt a tendon."

Christine Umberti, Somerset, NJ

You will FEEL like you've worked out in as little as 5-10 minutes...And the results will come lightning fast.

After playing with your kettlebell for just a few minutes:

- Your muscles feel pumped up and ready to fry some calories
- Your heart beats hard and strong, flushing the flab from your system
- Your lungs pant for air to supply your cells with fresh oxygen, making your body more efficient at leaning up quickly
- Your ability to swat stress away becomes your latest superpower
- Your muscles elongate, making you more flexible...that means less likelihood of injury and a more feminine physique!
-

If you're not willing to wake up your muscles with some applied effort, then kettlebells are not for you.

Breaking down the muscle, then repairing itself is the only way muscles get stronger and force your body to use its own fat for calories.

It's the combination of resistance training with the pounding cardio that carries the fat out of your body pronto.

It's just basic physiology, and kettlebells bring it on hard.

“If Kettlebells Are So Great, Why Haven't I Heard of Them Before?”

Here's the deal.

They've only just been introduced to America in the past 3 years by Pavel. Women who live in Russia know all about kettlebells.

Women in the rest of the world DON'T.

See, kettlebells originated in Russia.

In Russia, kettlebells have been around as long as they've had vodka. Originally considered a working-class sport, kettlebells are now used to train Soviet Special Forces and many of their Olympic athletes.

There's an underground movement in America of competitive athletes, martial artists, and yoga and pilates instructors adding kettlebells to their secret workout arsenal.

There are even kettlebell certification camps and competitions.

This quiet secret will soon be an epidemic in the States.

I guarantee you WILL be hearing a lot more about these miracle hunks of iron. Because they WORK, plain and simple.

You can look and feel great at any age!

So How Much Is This Incredible Product Going To Cost?

Much less than you'd probably think.

Kettlebells are the closest thing to a magic pill you can take and start to get results in less than a week.

You want a great body fast and easy, right? That's what kettlebells provide.

Some people spend up to *\$10,000 and more on fat-reducing plastic surgery* looking for an instant solution.

Sadly the recovery is slow and painful.

Worst of all, these procedures often reverse themselves within a year without a change in habit.

Others will spend *\$600 plus a month on a personal trainer*. A much better long-term solution as long as your pocketbook holds out.

But still, you have to carve out a minimum of 2 hours per workout (including travel and shower).

You're wasting time and money this way.

Joining a gym isn't much more of a deal than a personal trainer. *Both are ongoing expenses that cost you tons of time.*

What makes kettlebells such an incredible bargain is it's a one-time expense, convenient to your schedule and you wear the results on your tight, little shape EVERY DAY!

- Going on a shopping spree to buy a new designer outfit is fun
- Blowing money on fun shoes is a blast
- Dropping an extra \$250 for a spa treatment is luxurious and you deserve it

But if you want that special guy to admire your graceful body, nothing gets you there faster than kettlebells.

Women will stop you in the supermarket to ask you what you do to get such a killer figure.

And you take your body with you wherever you go.

Why not invest in looking your best no matter what clothes you wear?

Yes, kettlebells are the **cheapest secret weapon** you'll ever find for long lasting attractiveness.

For less than the price of a candlelit dinner and wine with your man or a wild girl's night out, you can own a private gym that takes up a lot less space than building your own - for a fraction of the cost.

The real truth is, kettlebells aren't going to cost you...they're going to save you tons of money and time while improving your sex appeal like nothing you've ever experienced.

Fastest Possible Results: Look Like the Babe You Are in Record Time

Are you ready to get a traffic-stopping body now? Good. Here's what I recommend.

To get the most out of the Russian kettlebells, you need these three items:

- **Instructional book**, "*From Russia with Tough Love - Pavel's Kettlebell Workout for a Femme Fatale*" by Pavel Tsatsouline, 8 1/2" x 11" Paperback, 184 pages (\$34.95)
- **Prerecorded video or DVD** "*From Russia with Tough Love - Pavel's Kettlebell Workout for a Femme Fatale*" by Pavel Tsatsouline, 1hr 12 minutes (\$29.95)
- **Kettlebell** that fits your current fitness level following this chart:

Women: Fast-Start Guide to Choosing the Right Kettlebell			
"I'm out of shape but not for long!"	Get your Kettlebell Fat Loss Workout Now!		\$89.95
"I'm in ok shape and ready to step it up"	Get your Kettlebell Fat Loss Workout Now!		\$99.95
"I've been exercising for a long time."	Get your Kettlebell Fat Loss Workout Now!		\$92.95 (special deal)

IMPORTANT! Select your kettlebell size and order. You will be taken to a page offering the book and recording of the kettlebell workout for women with Pavel for only an additional \$54.95 (you save \$10.00 !)

[Get your Kettlebell Fat Loss Workouts Now!](#)

“I Want to Know More about Kettlebells Before I Commit to Owning One”

No problem. Kettlebells are a new concept in America.

Like I said, they've only been introduced here about 3 years ago. So investigating them is a noble plan of attack. [Get your Kettlebell Fat Loss Workout Book Now!](#)

Study the book and discover:

- Targeted exercises to **eliminate cellulite and firm your butt**
- How the "Swing" *melts your fat and streamlines your hips 'n thighs*
- The real secret to great muscle tone **without looking manly in a little black dress**
- How to *shrink your waist fast* with the "Power Breathing Crunch"
- **Thin your thighs to their sexiest shape** with the "Deck Squat"
- *The fat-zapping powers* of the "Clean-and Press"

- How the "Overhead Squat" **lifts your butt higher and tighter than it's been in years**
- How to use the power of your mind to *get the body you want much, much faster - yes, really!*
- The **high-speed route to a flatter stomach**
- Exercise combinations that deliver an unbelievable muscular and cardiovascular *workout in no time flat*
- How to perform **multiple mini-sessions for ultra-sleek fitness**

Learn how kettlebells aren't a brutal, he-man exercise. Yet they still add the weight-bearing component that's so important to our bones as we hit our prime.

Best of all kettlebells work FASTER at blasting your body fat and sculpting your physique than any other exercise system.

So you look and feel ALL WOMAN - like you were meant to be.

[Get your Kettlebell Fat Loss Workout Book Now!](#)

100% IRON CLAD "NO QUESTIONS ASKED" GUARANTEE!

Still have lingering doubts? Don't decide now. Try kettlebells, the book or the DVD (or all 3) **TOTALLY RISK FREE** for one year. If you are not totally satisfied you will be issued a courteous **NO-QUESTIONS-ASKED REFUND** of the purchase price (*less shipping and handling*).

And, there are NO strings attached!

Isn't that completely fair?

Kettlebells will change your body FAST. If you just try them for a week, you'll start to understand why the buzz about them is spreading so quickly. After just a month, you'll be a diehard devotee too!

So who else wants to be a knock out! Be your all-time healthiest, happiest, and hottest.

Don't worry about how skimpy your clothes are with your secret weapon - Russian kettlebells.

Don't wait another second to get your body in the shape you've dreamed of. You have absolutely nothing to risk at all. Get started TODAY!

[Get your Kettlebell Fat Loss Workouts Now!](#)

Sincerely,

Lorrie Morgan

P.S. Once you experience the **evolutionary changes in your body you get from kettlebells**, no one will be able to pry your kettlebell away from you with a crowbar.

Don't let the opportunity to look your best in record time pass you by. Take action now. You will not be disappointed. I promise!

P.P.S. But one warning! Your new Kettlebell Fat Loss Workouts guarantee a **slimmer, more toned, more attractive YOU**.

Can you handle the puppy-dog attention, the lingering gazes, the admiring looks, the constant head-turning?

And what about the suddenly jealous husband or boyfriend?

Let's face it, the kettlebell fat loss workout is not for the shy, the bashful, or the faint-of-heart. Use as directed, yes, but be prepared for the adulation that follows!

[Get your Kettlebell Fat Loss Workouts Now!](#)