

Title:

Burn The Fat MP3

Word Count:

1380

Summary:

First Look- The site looks like your typical sales site. One veeerrry long page, which starts

Keywords:

Basic Rules of Playing Tennis, Tennis Basics, Forehand, Backhand, Tennis Fitness, Tennis Mental

Article Body:

First Look- The site looks like your typical sales site. One veeerrry long page, which starts

Promises/Claims- They promise many things, after all, this is a fitness product! I'll list some

Audio #1- Goal Setting And Mental Training Strategies For Unstoppable Motivation

* How to ^reprogram~ your subconscious mind for die-hard persistence. Once you listen to this

* A mental mind-game to do every morning, to get your mindset set on success every day. If you

* How to develop DIE-HARD consistence with your exercising, training, and eating habits, to se

* A way to overcome the biggest obstacle in improving your body. The old ^I don't have the tim

* How to use the power of associations and pain & pleasure to curb your appetite and stop comf

* The power of ^chunking.~ How to feel completely clear and certain about your training, witho

* A powerful method to make sure you never get ^bummed out~ and ^de-motivated~ so you'll never

* Changing your focus to make sure you have an incredible amount of energy all day to achieve

Alright, alright. I admit it. This disk excited me so much I had to post the whole thing. Oh m

Audio #2-Nutrition Fundamentals For Health, Energy, Fat Loss And Muscle Growth

* Overcoming food cravings. How to make sure you stick to your nutrition plan.

* How to build a diet that totally empowers you, keeps your body energized and lets your body

* The ONE thing you must do at the end of each day, for 5 minutes, to guarantee your success.

Well, not as exciting. I didn't post everything this time. However, put it in perspective of t

Audio #3, Training And Nutrition Strategies For Fat Loss

* After 4 weeks of training, your body usually goes into a ^plateau~ and result stop coming. T

* How to tell if your body is ^carb sensitive.~ If your body is ^carb sensitive~, will NOT bur

* Why most people NEVER lose weight, because they miss the one critical element of a successfu

* The truth about fat burning supplement. Tom get's approached by multi-milliondollar suppleme

I'm liking this disk. I hate the idea of supplements as well: if you eat right, you don't need

Audio #4, Training And Nutrition Strategies For Muscle Growth

- * Why most people who try to gain muscle, gain more FAT than they gain muscle, because they do
- * Muscle building supplement: There is only one muscle building supplement that Tom recommends
- * How to overcome plateaus(slow or no results) in your training with the law of adaptation and
- * The secret of ^nutrient timing~ - Adding this one element to your training can make the diff

I'm confused about the `muscle building supplement` part. I think its probably going to be som

Onsite Testimonials- He doesn't flood the whole page with testimonials. That just annoys me mo

Now I'm going to begin looking at forums, reviews, and articles off his site.

The forums generally seem to have the most honest reviews, because the forum members are just

Here are some quotes from forums:

^I think that Venuto goes way above and beyond with this, and there's far more nutritional inf

^I love the book .as soon as i read the first chapter i was pumped!!! it helps with everything

^Venuto seems to really know his stuff I just got the book a few days ago and I'm working thr

I'll have to look into the other stuff you guys recommended. I'm gonna try and finish up BFFM

This is tough, I can't find a negative sentence. Other than it having too much information, no

Also, this guy has a TON of articles posted around the net. To me, it shows he really knows hi

Verdict: Burn The Fat is an amazing resource. It has virtually no complaints, other than being

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