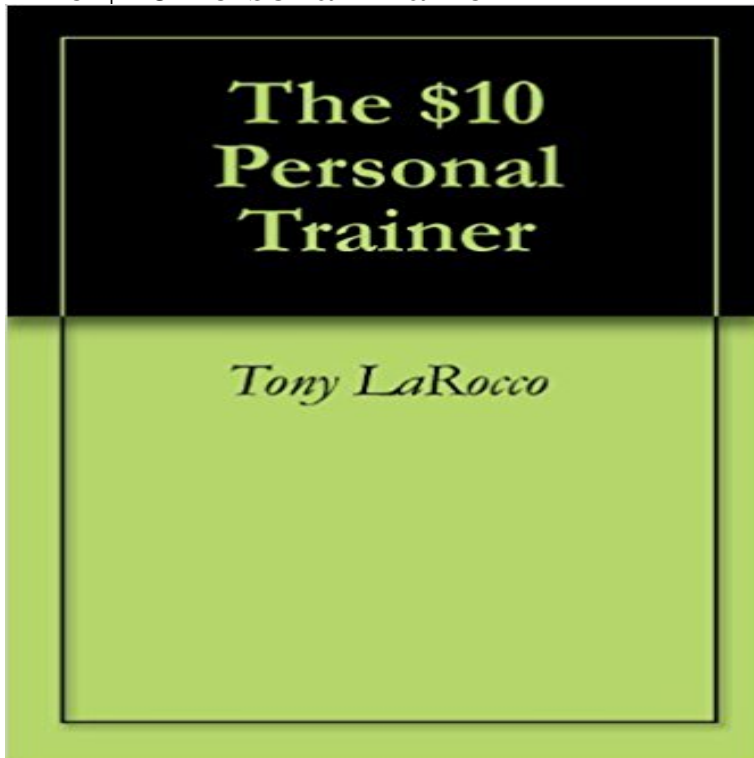


The \$10 Personal Trainer



Tired of not getting the results you want in the gym? Sitting on the couch procrastinating how you want to lose weight? Or worse yet do you HAVE A GYM MEMBERSHIP YET you just got busy and JUST DONT HAVE THE TIME to exercise. For every situation Ive been there! My name is Tony Rocco, I have trained with the likes of College Football players, Bodybuilders, fitness models, Marines, you name it ive trained and learned from the best. And if your a busy single mom, unemployed man, athlete looking for a new nutrition program, or just in need of a helping hand vs. spending \$100s on a personal trainer, who doesnt understand where you are at this may be the boot in the rear you have been looking for. In my ebook I lay out for you...-A nutrition program for lean muscle for year round results.-Truth behind supplements and what you really need.-Answers to some popular weight training myths.-A HIIT Cardio routine that will have your body in top shape in less than 20 minutes.-Top 5 exercises each body part that will trigger results.-Weight training, for advanced, basic, women, men, even if you are on the road or have no weights available.-What to and what not to eat in your diet.Ive trained for 17 years... you are not after the same results I push for, you are striving for the body you deserve... I have multiple Workouts to try, I even include my own program, for those who wanna push themselves to another level. SO Get this ebook! And If I can even give you one word of advice that I talk about YOU ARE WHAT YOU EAT!!! If you can do yourself one favor eliminate soda, add water in its places, and 2 days a week take a 20 minutes walk. Enjoy and Best of Luck!!!

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you put your letter drop before your home, it is represented by the standards of the mail station. What's more, in the event that you utilize it for anything besides postal business (and pay the expenses), you're searching for a fight. The following is an immediate quote from the USPS' Postal Bulletin (Issue 21861, [\[Read more...\]](#) Direct Marketing ? Prospecting ? The Third Mailing is the Kicker March 13, 2016 By admin Leave a Comment Direct Marketing ? Prospecting ? The Third Mailing is the Kicker Prospect mail programs need to assemble a notoriety for themselves to be viable. I generally suggest a progression of three mailings while prospecting through standard mail. The following are my reasons. How about we first accept, be that as it may, that you've planned a successful letter and/or leaflet. Mailing #1. A few prospects will hurl your mail naturally. Most, be that [\[Read more...\]](#) Direct Marketing ? Do Not Laser Your Envelopes March 12, 2016 By admin Leave a Comment Direct Marketing ? Do Not Laser Your Envelopes Envelopes that you gone through your laser printer look delightful when they first turn out. They appear as though they've gone through a battle region, however, when the letter achieves its last destination. Here's the reason: lasers use toner which is dropped onto the paper in little raised heaps and afterward gone through a fuser which warms the "heap" at around 400 degrees [\[Read more...\]](#) Direct Marketing ? New Move-In Lists Work Well For Doctors and Professionals March 12, 2016 By admin Leave a Comment Direct Marketing ? New Move-In Lists Work Well For Doctors and Professionals I just kept running into one of my cousins at our nearby bagel shop (breakfast is the best time and place to meet individuals and complete some early morning work). He's a podiatrist (foot specialist) and lets me know the best, best technique he's utilized so far to achieve new potential patients is through regular postal mail. He pursues a particular business sector portion [\[Read more...\]](#) Direct Marketing Restaurants ? If I Were Running a Restaurant March 12, 2016 By admin 1 Comment Direct Marketing Restaurants ? If I Were Running a Restaurant On the off chance that I were running an eatery, I'd showcase my business through a few distinct roads. Notwithstanding the customary ? and essential ? neighborhood daily paper publicizing, I'd make a rundown of the living arrangements inside of a 6-piece range of my business. Everybody inside of strolling separation would get a month to month release reporting what I'm doing [\[Read more...\]](#) 1 2 3 [\[Read more...\]](#) 7 Next Page » Search the site ... SEARCH ADS RECENT POSTS Direct Mail ? Your Mailbox is Off Limits! Direct Marketing ? Prospecting ? The Third Mailing is the Kicker Direct Marketing ? Do Not Laser Your Envelopes Direct Marketing ? New Move-In Lists Work Well For Doctors and Professionals Direct Marketing Restaurants ? If I Were Running a Restaurant RECENT COMMENTS Brad on 3 Tips on How Not to Lose a Job Scott on Direct Marketing Restaurants ? If I Were Running a Restaurant ARCHIVES June 2016 March 2016 June 2015 May 2015 April 2015 March 2015 CATEGORIES Ideas Jobs Marketing Money Personal Development Copyright © 2016 Â· Entrepreneurs Community

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