

the
AbsDiet online

Watch your friends say
“WOW!”
when they see the
results of the new
ABS DIET ONLINE

Dear Friend,

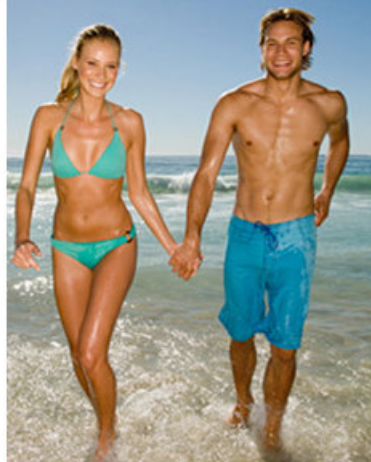
Is it really possible to melt away belly flab and sculpt the lean, sexy body you want — without starving yourself or spending hours in the gym?

Just ask the thousands of delighted people who've tried the best-selling book *The Abs Diet* and its online companion, *The Abs Diet Online!*

The Abs Diet is the scientifically proven food plan that triggers your metabolic fat furnace and puts the resulting energy to work building lean muscle.

Within 2 weeks, you could start losing pounds of fat — from your belly first! From there, you can convert fat to muscle with a sensible exercise plan (just 30 minutes, 3 times per week) and eating plan (6 meals a day!) that will give you your best physique and keep you at optimal health for life.

TRY IT FREE FOR 30 DAYS!



“...lost 10 pounds already...”

“I just recorded my results after my first week and I was shocked. I lost 10 pounds already and lost 9 inches off of my body! Plus I don't feel like I am 'dieting.' I enjoy all the meals that I am preparing. They are made with real food and they are full size portions.”

— mphspeed's *The Abs Diet Online* Journal

GET STARTED NOW! FREE 30-DAY TRIAL MEMBERSHIP! CLICK HERE



The Abs Diet Online is the interactive version of the best-selling book. It makes it even easier to burn off belly fat and get a slimmer, sexier body. How? By putting your *Abs Diet Online* plan on “autopilot” with...

- Your own **fully customizable meal plans**
- Tons of **fast, easy-to-prepare, delicious recipes**
- **Instant shopping lists** that make shopping a breeze
- **Personalized workouts** tailored to your goals, fitness level, and schedule
- **Easy-to-follow online videos** for each exercise
- **Online progress tracking tools**
- **Motivation-boosting message boards** and journals
- And much, much more!

FREE 30-Day Trial Membership *plus* 3 FREE Gifts!
GET STARTED NOW! CLICK HERE

And now, *The Abs Diet Online* is even better, with...

- **More challenging workouts!** New fat loss, metabolism-boosting, muscle-building exercises
- **More online tools!** Copy your workouts and email workouts to yourself when you go to the gym
- **More online calculators!** Like your new “calories burned” scorecard
- **More videos!** To show you exactly how to do each exercise
- **More connections!** Use social networking to



br> link to others who share the same goals and can help you stay motivated

- **COMING SOON! New apps!** Use your iPhone to access your *Abs Diet Online* meal and workout plans anywhere, anytime!



Lose your gut and turn belly flab into awesome abs
with the only online program based on **THE ABS DIET!**

It's the new and improved *Abs Diet Online*... and you can try it FREE for 30 days and get 3 FREE Gifts!

Sincerely,

Mark Stetson

3 FREE GIFTS!

Start your 30-day FREE trial NOW! Plus, receive 3 FREE gifts!

Try it free for 30 days. Your satisfaction is guaranteed...cancel before the end of your free trial and owe nothing, otherwise your membership will continue until you do cancel.

[CLICK HERE!](#)

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