



# Banish Boring Workouts FOREVER

in just **20 minutes** a day!

Lose up to **5 lbs.** in the first week alone!

Try it — absolutely **FREE!**

Dear Friend,

If you truly want to **get in shape** and **stay in shape** for the rest of your life...  
If you're ready for **something totally new**, totally fun, and different...  
If you're tired of spending time at the gym and not seeing **results fast**...

Then you're going to love Tony Horton's new breakthrough fitness book, ***BRING IT!***

## "Okay, Tony. Why is this going to work for me?"

Why? Two words: "**muscle dynamics**." That's the secret behind Tony's super-successful workouts.

You see, the problem with most other workouts is that your muscles get used to doing the same moves over and over, so you don't have to keep working as hard. What's worse, you get bored! Pretty soon, you're skipping workouts or not going to the gym at all.

**No other program gives you so much variety** and so many ways to get and stay fit and motivated:

- ✓ **Cardio warmups** to get your muscles ready for training
- ✓ **Resistance exercises** to build strength and stamina
- ✓ **Yoga stretches** to limber up your muscles and prevent injuries
- ✓ **Calisthenics** to burn fat and incinerate calories
- ✓ **Plyometrics** to build explosive power
- ✓ **Kenpo Karate** for a full-body, skill-building workout
- ✓ **Plus your favorite sports** to keep you motivated!



Fitness superstar and "master motivator" **Tony Horton** reveals the secret to making fitness more fun and seeing the results much sooner!

With Tony Horton's ***BRING IT!*** you'll burn fat, build lean muscle, and shed pounds like never before. It's the most **FUN** you've ever had working out — guaranteed. And it's why you can also drop 3 to 5 pounds in the first week alone!

## From Beginner to Striver to Warrior — start anywhere and go beyond your expectations



Whether you're a couch potato who hasn't exercised for years ... an ex-jock who wants to get back into shape ... or a fitness buff who has hit that all-too-familiar "plateau," Tony Horton's ***BRING IT!*** gives you a personalized, customized workout plan that gets you into the best shape of your life. This isn't a one-size-fits-all approach. It's a unique fitness program tailored to your needs. And that's another reason you'll stay motivated.

**PLUS, you'll get Tony's personal nutrition plan**

to optimize your life and reenergize your whole body!

to revitalize and reenergize your whole body:

If you really want to stay fit for life, you've got to clean up your diet so your mind and body run smoothly.

That's why **BRING IT!** includes Tony's customized eating plan. It's filled with "feel-good" foods that support fat burning and weight loss and build lean muscle.

If you combine it with Tony's "muscle dynamics" workouts, you'll speed up your weight loss, fat burning, and muscle building and see results in just days.



## Try it FREE for 21 Days

### GUARANTEED FOR LIFE

Try Tony Horton's **BRING IT!** for as long as you like. If it doesn't work for you, return it for a refund of your full purchase price — no matter how long you've owned it! That's how confident we are that you're going to love Tony's unique approach to getting lean, fit, and healthy for life.

Tony Horton's **BRING IT!** will change your body and your life. **See for yourself — absolutely FREE for 21 days.** Without any obligation or risk on your part.

If you don't see and feel the changes taking place in your body ... if you don't feel more energy and vitality... if you don't feel great about the "new you," then send it back and owe nothing.

You have nothing to lose. And a lifetime of strength, confidence, and stamina to gain.

## Start your **FREE** preview of Tony Horton's **BRING IT!** TODAY!

CLICK HERE NOW!

Sincerely,

Chris Cunningham  
Rodale Books



P.S. Your **FREE** Preview also includes a Free Gift: **Tony Horton's BRING IT! Food Tracker**. You'll discover fantastic fitness foods that ramp up your energy and help you build a lean, muscular body; tasty dishes that are loaded with protein, fiber, and vitamins; and much more. **It's yours to keep FREE, even if you don't buy Tony Horton's BRING IT!** Ask for your **FREE-Preview Copy and FREE Gift** right now!

## Change your routine, amp up the intensity, and bask in the results!

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