

Secret Training Tip #242 – Be 10% Stronger in Leg Curls Instantly!

This Free E-Book is brought to you by Natural-Aging.com.

**[100% Effective Natural Hormone Treatment](#)
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!**

Secret Training Tip #242 – Be 10% Stronger in Leg Curls Instantly!

By Nick Nilsson

Secret Training Tip #242 – Be 10% Stronger in Leg Curls Instantly!

by: **Nick Nilsson**

For information on how to do the leg curl exercise, go to

http://www.fitstep.com/Library/Exercises/Leg_curls.htm

<http://www.thebestexercises.com>

or visit

<http://www.fitstep.com>

. You can contact him at

betteru@fitstep.com

or subscribe to BetterU News, his fitness newsletter at

betterunews@fitstep.com

How To Get Rid Of Cellulite: 5 Simple Tips

By Troy Boyd

However don't fret. Here are 5 Simple Tips you can use to smoothe it out.

Secret Training Tip #242 – Be 10% Stronger in Leg Curls Instantly!

Simple Tip #1: By working out.

Your best bet is to combine cardio training with strength training to hit it with a double whammy.

Running and stair climbing should be a big part of your cardio for targeting cellulite.

Squats, leg curls, sit-ups, and reverse sit-ups are your very best bet.

Simple Tip #3: Body brushing helps.

It's very simple. The best place to do this is in the shower since you're already naked anyways.

Simple Tip #4: Eat plenty of green vegetables such as broccoli, which is great for de-toxing.

Okay, Tip 5 is not soooo simple.

Cellulite may just be the least of your problems on the grand scale.

Troy Boyd is giving away a full 5 Day Mini-Course on how to get rid of cellulite at

<http://www.LoseYourCellulite.com>

Go grab your mini-course now!

Related Content:

Read more Content at

Related Products:

: A genuine resource center for Quality Ebooks and Softwares



This Free E-Book has been brought to you by Natural-Aging.com.

[100% Effective Natural Hormone Treatment](#)
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!