

Simple Step–By–Step Instructions – Your Best Body Ever!

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

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By Dr. Robert Osgoodby

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This month's newsletter will focus on those common problem areas; waist, thighs, legs and rear end. Men, are you sick and tired of that spare tire around your waist? Ladies, would you like to get rid off those large curd, cottage cheese thighs and rear end? If your answer is yes, you're going to love this month's newsletter!!

WARNING!! Always seek the advice of a Medical Doctor before starting any diet or exercise program.

Over the years, I have helped hundreds of people get in shape. Initially, everyone goes through a detailed consultation, which allows me to determine their goals, and their problem areas. Although some people fall outside the norm, most men describe their problem area as their abdominal area. A common quote I hear is, "I want to get rid of my love handles and get washboard abs." On the other hand, most women state their problem areas are their rear end, hips and thighs.

This issue is dedicated to showing you specific exercise programs to attack those problem areas, and finally achieve your goals: a rock hard 8 pack of abs, buns of steel, and sexy, slender, defined legs.

Let's get started.

Abs/Lower Back

Waist is a common concern of both men and women. With the proper combination of diet and cardiovascular exercise, the following exercise program will show you how to develop a lean, ripped mid–section.

There are four basic exercises to properly train your waist: abdominal crunches, leg lifts, side crunches, and lumbar extensions. Start off doing 2 sets of each exercise, during week #4 increase to 3 sets. All of these exercises except for lumbar extensions can easily be performed on a floor mat or sit–up board.

If you suffer with lower back pain, I highly recommend an

inexpensive tool that can be found in most health clubs, or can be purchased at most sporting goods stores for around \$50.00. There are many different versions including the Ab Roller, the Ab Blaster, and the Ab Master, to name a few. Many models come with an instructional video which will show you the proper form and technique of each exercise. This piece of equipment allows you to isolate specific areas of your waist, and at the same time, minimizes stress and strain on your lower back.

Unlike other major muscle groups, you can train your waist every other day. 48 hours is sufficient recovery time. Never use heavy weights training your waist. Using weight and doing low repetitions builds muscle mass and will thicken your midsection. If you want a lean, well defined waistline, high repetition using no weight at all is the way to go.

If you are training in a gym, most health clubs will have a lumbar extension machine or a hyperextension station for the extensor muscles in your lower back. If you are not familiar with this exercise, have a knowledgeable Personal Trainer show you the proper form and technique.

Legs/Hips/Rear End

The following program is perfect for both men and women, with one small difference. Ladies do at least 20 repetitions of each exercise, men do at least 16 repetitions. Start off with 3 sets of each exercise, during week #4, increase to 4 sets. The core exercises are Squats, Leg Press, Dumbbell Lunges, Leg Extensions, Leg Curls, Calf Raises, Hip Abduction, and Hip Adduction. This combination works all of the muscle groups in your hips, rear

end, and legs. Only train these areas twice a week and give them at least 72 hours of rest before training them again.

Most men falsely believe that hip abduction and adduction exercises were designed for women. Most of the top bodybuilders in the world incorporate these two exercises into their leg routines, and for good reason. There is no better exercise for toning and defining your hips and inner and outer thighs.

If you are working out at home and some of these exercises are unfamiliar, there are many books available at the county library which step–by–step, will illustrate how each exercise should be performed. If you do not have any weights or equipment at home, as long as you have a VCR, you can achieve your goals. There are literally hundreds of body conditioning video tapes available like "Buns Of Steel" and "8 Minute Abs" which focus on those problem areas.

Next month's issue will focus on how to increase your metabolism, and how to feed muscle while starving fat.

Dr. Osgoodby was a finalist in the "EAS Body for Life" Contest. Stop by his web page at adv-marketing.com to see his before and after pictures and subscribe to his monthly newsletter.

The Little Black Book of Secrets

By JD Lumpkin

The Little Black Book of Secrets by JD Lumpkin

"The Little Black Book of Secrets" gives parents the step by step instructions to set up professional identification files on their children. This ebook explains how to do it with things you probably already have at home. It even explains how to set up a DNA file on your child for positive identification. You can make a complete identification file on your child for about \$5 at home with this ebooks step by step instructions. Get it now! <http://www.protect-a-kid.com>

Trained private investigator specializing in crime prevention and missing children recovery. I am totally dedicated to stopping crimes against children.

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