

AS SEEN ON
TV

1 REP **FITNESS**

SHAPE YOUR BODY
THE EUROPEAN WAY!

**SAMPLE ONLY
NOT FOR SALE**

“1 REP FITNESS IS A
REVOLUTION WHEN IT
COMES TO GETTING HEALTHY,
LEAN AND TONED QUICKLY
AND SAFELY.”

:: JACQUES MALET, M.D.



FABRICE RINALDI B.E.E.S.
INTERNATIONAL FITNESS COACH

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SPECIAL THANKS...

To my friend and ghostwriter, Trent Tyler. Trent is an accomplished fitness writer and bodybuilder in his own right. My English would have never made it past the first rounds of editing without him.



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1 Rep Fitness

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Introduction

What Is 1 Rep Fitness?

1 Rep Fitness is a unique approach to getting you into the best shape possible in just twelve short weeks. That alone doesn't sound unique at all, does it? Well, hang with me...it gets better.

Unlike a typical book, **1 Rep Fitness** is a combination of a printed System, or method of training that is completely unique to the fitness world, PLUS a 12-week follow-up accountability program designed to KEEP you motivated, on track, and your body guessing.

Over the next twelve weeks, you will receive eleven emails from me that contain your following week's dietary and training program. These slight changes over twelve weeks have been carefully designed and tested to ensure you make the fastest gains in lean muscle while at the same time decreasing your body fat quickly and safely.

The Training

You will need access to a gym in order to do the **1 Rep Fitness** program to its fullest. The first week's program for both men and women is found within the pages of this book. However, you must first master the **1 Rep Fitness** training principles: That of using **single repetitions with super-short rest intervals to stimulate maximum fat loss and muscle definition!**

You choose the schedule you want in **1 Rep Fitness**. I have provided multiple days and split-training routines for you to follow to make this program that much more simple to work into your daily life.

Every six days you need to check your email. **Be sure you have Fabrice Rinaldi; 1RepFitness.com set to your preferred recipient's list!**

If you fail to do this, you may miss your workout emails! If you do, you can contact Customer Service at support@1repfitness.com. Our staff can make sure you receive the links, but you have to do your part with your email. Deal?

You may be wondering why I chose to do this on a week-by-week basis. Simple: I know human nature. I've trained hundreds of people from businessmen to pro athletes. Go-getters have a tendency to skip ahead...to check out what's next. I don't want you to do that. In fact, you cannot on the **1 Rep Fitness System!** You will thank me for this once you see the results in twelve weeks.

Each week's workout is designed to hit specific body parts and angles, however I have provided an exercise substitution list in this book. Feel free to substitute an exercise if you cannot perform the ones in each week's workouts.

Finally, there's a major twist in my workout system that is utterly unique in the fitness world: I rely heavily on **single-repetition sets with limited rest**. You will not be lifting super-heavy weights, but they may be a bit heavier than you are used to. I promise, you will never work so hard in such a short period of time...and the gains will absolutely stun you!

Why single repetitions? There are several reasons. First, your body is not used to this type of training. The shock factor alone will spur on immediate gains in lean muscle. Second, using very short rest intervals (literally 3-6 seconds most of the time) your body will build up tremendous amounts of **lactic acid**. Lactic acid creates that "muscle burn" you feel—but more than that, it facilitates **greater fat-burning**. This is how we turn weight training into the best fat-burning workout you'll ever experience. Combined with smart cardio, this dynamic duo cannot be beat.

Finally, I believe in gaining strength as well as looking good on the beach. Strength and power make you feel younger, helps keep your bones strong, helps prevent back problems later in life, and gives you a can-do feeling that simply cannot be matched.



*Why just workout when you can
really transform your body and your life?*



The Nutrition Plan

As you may have guessed, this too is spread out over the course of twelve weeks. However, there is a special System I designed specifically for getting folks like you in shape in the fastest way possible: **The 3-Phase Fat-Burn Nutrition System.**

Each of the three phases contain up to five different meal combinations for breakfast, lunch, a snack, and dinner. You will only need to eat four times per day. Eating more than this is not necessary in order to get into shape fast, plus let's face it—who has the time to eat six or seven times a day?

Each breakfast, lunch, dinner and snack is ***totally interchangeable***. You can eat the same breakfast every day for Phase 1 if you wish, or pick whatever breakfast from the five different breakfasts provided. You can even mix and match, as long as you mix a protein for another protein and so on. But it's best to stick to the plans provided. The same rules apply for lunch, snacks, and dinner. This gives you a lot of flexibility during the week.

You will eat strict for six days, followed by an off day once per week. You can choose the day you wish to take off (usually Saturday or Sunday.) However, you CANNOT take the entire day off. You have ***two meals free on your off-day***. The rest of the day is spent eating lean protein and green vegetables of your choice.

**** Note:** The only exception to this rule is Week 1. Sorry, but you do not get a day off until WEEK 2. I want you to be extra-strict for me the first 13 days, deal? This will literally reset your metabolism and you will burn body fat MUCH faster over the coming ten weeks.

PHASE 1 is four weeks long and is **included within this book**. You will receive the other phases by email so there's NO CHEATING! No skipping ahead. You have to do this right if you want to see the amazing results I guarantee. This Phase emphasizes lower calories and carbohydrates and with a focus on quality proteins and healthy fats.

PHASE 2 is what I call the Burn and Shape Phase. Here we will slightly increase your calorie and carbohydrate levels, but we will ***stagger the carbohydrates throughout the week to keep your body guessing***. Phase 2 is also four weeks, and will be the time when your fat loss slows down just a bit but your lean muscle growth increases. THAT will be the catalyst for the final four weeks.

PHASE 3 is Your Ultimate Peak Phase! Here's where we pull out all the stops for four weeks. We really focus on quality carbs, staggering them even more strategically and mixing the diet with the change in workouts to shock your body into the greatest shape possible!

Again, you will receive Phase 2 and Phase 3 a few days prior to the beginning of each respective phase. This will keep you focused on the four-week Phase you are on and keep you from sneaking in some of the foods available on the other two Phases.



*You may hate me now,
but you will LOVE me in twelve weeks.*



Cardio Work

Cardio is really a “finishing touch”—or an exercise you should do if you have more than twenty-five pounds you want to burn off. Every little bit helps. I prefer that you do cardio in either a very long, very steady, very moderate pace (like long, brisk walking) or in intervals: 1 minute of intense cardio followed by 3-4 minutes of moderate cardio for sets of 4-5.

Okay, now that you know the basics of the plan and what to expect, let me tell you a bit about your coach for the next twelve weeks.



Why Should You Listen To Me?

The book you are reading is designed to do one thing: Help you change the shape of your body faster than anything you have ever tried before.

This is not intended to be a statement of arrogance. Rather, it is a statement based on years of personal experience, training some of the most elite and diverse group of athletes in the world.

Anyone can write a book on some new and improved method of training. Believe me, I've read my share of poor books on the subject. So, I'd like you to know a bit about my background and credentials before we dive into the program itself.

My name is Fabrice Rinaldi. I am a native of France, where I was born, raised. I trained and competed in bodybuilding since I was sixteen years old, eventually placing as high as 4th place in the World Championships in 2003 at the age of 32. The guy who won that show later went on to compete in the greatest of all bodybuilding contests: The Mr. Olympia. I won the French Grand Prix soon after.

But bodybuilding trophies are not a valid reason for you to listen to me. Many guys and gals win contests because they have incredible genetics and use large amounts of drugs. My year of study, certifications and experience in training all types of athletes is a valid reason.

My official certification is a bit of a mouthful, and unless you are European, it is probably nothing you will recognize. But trust me: The training certifications I have received rank as high or higher than any other schooling in the science of training and sports nutrition. (I was actually asked to become an instructor after completing my certifications, but turned it down to focus on competition and personal coaching.)

I am a H.A.C.U.M.E.S.E. Certified Trainer. Let me explain the significance of this rather long series of letters. “H.A.” is **Halterophilie**, which is French for “Olympic Lifting.” “C.U.” is **Culturisme**, or “Bodybuilding.” (Yes, we actually have training certifications specifically for bodybuilding in France!) “M.E.S.E.” is **Musculation Educative Sportive et d’Entretien**. That’s a mouthful that basically means “Training and Fitness Educator for Sports and Athletics. This means I am certified to train everyone from professional athletes to the elderly in the areas of weight lifting and nutrition.

In my years of training and study, I’ve come to discover one thing: People who train with weights correctly burn more fat and do it faster than those who rely on cardio alone. I will show you exactly how this is done in **1 Rep Fitness**, or 1RF for short.

Obviously, I practice what I preach as well. Hopefully my photos will convince you of that. The majority of my shape was gained using a combination of 1RF Principles and a refined version of traditional training. Both of these you will learn in this book.



My Secret Weapon

Throughout 1RF, I will be mentioning the need to supplement your diet and exercise program with a product called [Tribustol](#)—that is if you want to see faster fat loss and lean muscle gains.

[Tribustol](#) was developed by natural athlete Ramsey Rodriguez, C.S.C.S. Ramsey was coached by one of the greatest Bulgarian weight lifting coaches in history: Angel Spassov. Angel shared an “underground formulation” that the Bulgarian athletes who wanted to stay natural were using. This formula was herbal-based, but contained high amounts of specific nutrients. The combination proved to increase protein metabolism, muscle mass, and strength.

The beauty of the formulation, which Ramsey took and improved over the years working with a chemist, is the fact that it does not alter the body’s natural hormonal patterns. Through his manipulation of the formula, Tribustol became a potent natural fat-burner. The mechanisms for how Tribustol burns fat are complex, as it is not a direct CNS stimulant (which I think are dangerous products to take.)

This is perfect for athletes who MUST adhere to strict drug-free standards, enforced by rigorous testing procedures or for the “average Joe or Sally” looking to get leaner and more defined quicker, plus give your sexual life a boost. That’s one of the more “pleasant” side-effects of Tribustol.

As for me personally, I absolutely LOVE the results [Tribustol](#) gives me, and I urge you to try it in conjunction with the 1RF Muscle Fitness System.

You can get it direct from the manufacturer at Tribustol.com/specials.php

Bottom line: If you are looking for a way to train naturally and still make tremendous progress, you need to give Tribustol a shot.

Now, are **you** ready to get started?

Sincerely,



Fabrice Rinaldi

Toulouse, France



Chapter 1

1RF Fitness Principles

Since I have been in the United States, I have come to respect many of the coaches and trainers I have come across. However, so many of the magazines fail to cover the principles I consider invaluable when it comes to putting on muscle and decreasing body fat.

These principles are built into the 1RF System, however they will work on any weight training program. Use them!

Contraction Is Key

The most important thing to do when you train any muscle is to **contract it forcefully**. Most trainees just lift the weight. They get caught up in how much weight is on the bar.

Let me re-emphasize this point: **Despite the fact 1RF uses controlled, moderately heavy weight lifting in its training protocol, the goal is not to 'lift heavy', but to contract forcefully!**



*The goal is not to "lift heavy",
but to contract forcefully!*



Simply “lifting” a heavy weight is irrelevant for shaping your body when compared the power of a good, hard-felt muscular contraction and having your mind in the muscle.

The goal is to have the best connection possible between the mind and muscle, and the best way to do ‘this’ is to focus on one rep at a time. That’s part of the power of 1RF. You are only focusing on one rep.

To fully contract a muscle, you must lift the weight with the muscles being targeted. Despite the fact you will be using a challenging weight, you must use a weight that is light enough to allow you to feel each and every contraction of the muscle. That is why lifting TOO heavy is always a bad thing when it comes to building and shaping your body. If you want to be a powerlifter, that’s a different story. But I assume that is not the case. You just want a better body in the fastest way possible, and that’s what 1RF can give you.

Rest Periods

If you want to increase your muscle and your strength at the same time, with an added bonus of burning more body fat, you must master your rest intervals. Again, most trainees just rest for some unknown time between sets. It is usually too long. I’ve seen many people on their cell phone between sets. I even saw one girl today at the gym on her cell phone **during a set!** This is just nuts...and it will get you nowhere.

Rest must be varied to achieve ultimate muscle definition. Depending on how long you rest and how heavy you train, your body will use various systems of internal energy production to fuel the workout, including your own body fat. Sounds like the ideal plan, doesn't it?

The 1RF System uses very short rest intervals (as little as three seconds) as well as longer rest intervals to get the job done. The limited rest between sets (explained later) will allow you to lift the most weight possible and exhaust the greatest number of muscle fibers possible at the same time. The longer rest allows for your nervous system and hormonal system to recover sufficiently to train longer.

Technically speaking, 1RF uses the phosphagen system (CP) and the anaerobic glycolytic (Lactic Acid) system to produce energy for training. The phosphagen system is taxed during challenging weight training, while the anaerobic glycolytic System is used during more moderate weight training.

The key to the equation is ATP, or Adenosine Triphosphate. ATP is a molecule found in every cell of the body and is the fuel-based end-product of carbohydrate and fat, is used for about ten seconds in high intensity training. Our sets are well under ten seconds, so your ATP will be kept very high for most of your workout. This is a good thing when it comes to building both nice-looking, toned muscles and functional strength.

Muscle Fibers

Mike Mentzer, a pioneer in the field of H.I.T. (High Intensity Training), believed that a muscle could be fully exhausted with just one good, hard set. I personally do not believe this. I believe that the primary mass fibers need to be taxed in the shortest period of time possible (like Mentzer) but by using a variety of set/rep schemes to do the job. This is where Mike and I part ways.

A muscle can be composed of Type 1, Type 2a and/or Type 2b muscle fibers. Type 1 fibers are used primarily for long endurance activity, such as running a marathon. Obviously this does not appeal to those of us wanting to **increase** muscle quality, unless your idea of a great body is a marathoner.

Type 2 fibers are where we will be concentrating.

Type 2 Fibers

Type 2 muscle fibers, also known as **fast twitch muscle fibers**, have the capacity to be larger than Type 1 (slow twitch) fibers. Most people have more Type 2 fibers than Type 1 fibers, although the actual number varies greatly from person to person. So, while one person may have a larger number of Type 2 fibers than another, and thus have a greater potential for muscle size, anyone wanting to increase the size of Type 2 fibers they have must train in a specific fashion.

It just so happens that 1RF Training is the **best** at stimulating both Type 2 fibers: Type 2a and 2b.

Type 2a muscle fibers fatigue more quickly than Type 2b. They are used in medium duration, medium-intensity training. Type 2a fibers can be used in both anaerobic (without oxygen) and aerobic (with oxygen) capacity. Type 2b fibers are used in explosive bursts of strength such as heavy lifting and sprinting. They are the “power fibers.”

What does this all mean? It means that **both low-rep and higher-rep training must be done to ensure the most rapid body changes possible.**

When I say “higher-rep”, I am not suggesting sets of 50 to 100 reps. Reps in the 6-12 range work fine for 2b stimulation, while lower reps tax the 2a fibers more efficiently.

The problem for bodybuilders has been the fact that too much 2a training leaves one depleted and prone to injury. That’s also why so many people, women especially, have been reluctant to train with sufficient weights in order to produce the superior results one sees in 1RF.

But what if there was a way to **combine** sets and reps into a protocol that worked both 2a and 2b fibers at the same time...and, in fact, **forced them both to work synergistically?** To literally force your body to use its own body fat as fuel while you gain lean, sexy muscle at the same time?

There is. It’s called **1 Rep Fitness.**



Chapter 2

What About Fat Loss?

Just about everyone on the planet wants to burn more body fat. I bet you do, too. The good news is 1RF is the ideal program to do two seemingly contradictory things at the same time: Build lean muscle AND burn body fat at an accelerated rate.

Let's take a look at **calories**. What is a calorie? Technically, it is a measurement of heat and energy. 1RF training simply burns more calories than traditional training. Why?

Let me appeal to your common sense. What do you think requires more energy (i.e. calories) — lifting a feather for 10 repetitions or lifting a 30-pound dumbbell for 10 repetitions? Unless the dumbbell weights the same as the feather, the answer is obvious.

So, we have a common sense basic principle in action: ***Lifting sufficient weight requires greater energy, thus a greater number of calories.***

« ***Lifting sufficient weight requires greater energy,
thus a greater number of calories.*** »

Take a look at Olympic lifters. Not the super heavyweights, as they literally try to put on the pounds to increase raw power. Look at the lightweights and the middleweight lifters. Most of them are not just “lean”...they’re ripped! And I promise you, from training many of these athletes, they do not do tons of cardio or diet like a bodybuilder.

Calories are not the only factor. Fat loss is primarily the result of a properly functioning ***hormonal system***. Calories come in second behind the power of hormones when it comes to fat loss.

1RF training, as with any other type of strenuous strength training, can substantially increase the production of testosterone and HGH in both males and females. The greater your natural testosterone levels, generally speaking, the leaner you are. I have seen many natural drug-free bodybuilders achieve the results other require drugs to achieve using 1RF’s Advanced Protocols (not included in this book.) These results include extreme muscle gains, greater shape and decreased levels of body fat. If you want to continue on past the initial twelve weeks of 1 Rep Fitness and proceed to the more hard-core ***1 Rep Mass***, email me and let me know. My email address is at the end of the book.

When using 1RF Level 2 or Level 3, you can decrease the amount of cardio you do significantly. Many of my clients find they can cut it out altogether, which is wonderful news for those of us who hate cardio.

Cardio For The Rest of Us

Even if you are forced to do cardio to burn away that stubborn body fat as I am, the good news is you do not have to do it at a very high intensity.

I realize there is much debate surrounding the issue of high intensity versus low intensity cardio. However, in my experience in training clients for over a decade, I have noticed that the vast majority (including myself) responds very well to cardio done at **65% of their maximum heart rate**.

You do not have to be ultra-precise. Just subtract your age from 220 to get an approximate figure for your maximum heart rate. This is not a ‘scientific’ calculation. In fact, it was rumored to have been developed by a college student who needed a clever way to impress a professor. It became the accepted standard through hearsay. The irony is that it actually works for most people—and it’s cheaper than having a full stress test to determine your actual maximum heart rate, which can also be dangerous.

For maximum fat loss, I recommend two sessions of cardio: One before your workout and one immediately after. Or, perform your first session first thing in the morning. Either way, the first session should be done on **an empty stomach** for the greatest fat loss effect. Those with considerable amount of body fat to lose can divide this up into three sessions, with the last being prior to bed. Just be **sure** to keep your heart rate in that 65% area, otherwise you will over-tax your nervous system and your glycogen (muscle sugar) stores, and your weight workouts will suffer. You may even begin to burn muscle! The duration of cardio should be at least 20-30 minutes, and more if you really need to burn a lot of fat.

« *For maximum fat loss, I recommend two sessions of cardio:
One before your workout and one immediately after.* »

Any cardio device will work, including plain old walking. Keep it simple, and preferably something you actually enjoy doing. Cardio, when done fasting and, if your doctor approves, with caffeine, can do wonders for getting the body you want. Just remember: Using the 1RF System, you may find your need for cardio greatly diminished.



Chapter 3

Using the 1 Rep Fitness System

Now we will cover the principles and the building blocks of the 1RF System. Let's start by becoming acquainted with the terms I use for the sets, reps schemes, rest intervals, and training protocols. They are fairly standard, but I want to cover them to be on the safe side.

Sets

Sets are the number of times you repeat a given movement. If you see “3x10”, that means three sets of ten repetitions. Often, you will see something like “6x1”. This is not a misprint. That means you will be doing six sets of only “one” repetition, hence the title **1 Rep Fitness**.

Reps

Reps are the number of times you lift a weight in a given exercise (see “Sets” for an example.)

Rest

This is just what it sounds like: The rest interval used between sets (very short) exercises (longer.)

Selecting The Proper Weight

A key component to the 1RF System is selecting the weight you will be using for your sets. Using too much weight will prove to be both dangerous and fruitless, but if you use too little, you will not tax the muscle fibers to the extent required for maximum muscle growth. Given the fact that we will be using a very unique way of doing single repetitions but with very limited rest, selecting the ideal weight is both crucial and experimental.

****NOTE:** The weight you select will **not** change during your sets. You will keep it constant, changing it only between exercises as needed, and from week to week as you progress. Actually, there is no way you can change weights during most of your sets as the rest intervals are too short. This is by design. We are going after **volume** in a very unique way by using singles and radically short rest intervals.

The first series of sets will seem almost light, but toward the end of the series, especially the single-rep series, the weight will begin to feel extremely heavy.

Here's a rule you must follow when selecting the proper weight: If you find you could easily do a second or a third repetition on the **final** set of an exercise, you must **increase** the weight used. Likewise, if you find that you cannot complete your sets without assistance from a spotter, you must **decrease** the weight being used. Do not rely solely on the formulas presented below to determine your ideal weight.

At no time should you ever do forced repetitions. These are reps completed with the help of a “spotter” or workout partner. Forced reps on the 1RF System are dangerous and must be avoided.

« ***At no time should you ever do forced repetitions.*** »

You have probably figured out that determining your exercise poundage is not an exact science. It will probably take you a few workouts for each exercise and muscle group to determine the ideal weight to use for your exercises, but that's okay. Do the homework. Your body will thank you for the effort.

The 1RF Weight Selection Formula

Here's a formula you may find helpful when determining the amount of weight to use for your sets. You may need to increase or decrease the weights after calculating these percentages. Everyone is unique when it comes to strength. Just follow the guidelines listed above regarding momentary muscular failure as your guide.

For Maximum Muscle: 75-85% 1-Rep Max

Ideal for men or women interested in bodybuilding or building up a particular muscle in the fastest time possible.

Or...

For Greater Muscle Tone: 65-75% 1-Rep Max

While technically there is no such thing as “muscle tone”, this percentage works best for women seeking that “sleek” look or men who want that “beach body” appearance, often referred to as “toned.”

The safest way to determine your 1-rep max in any given exercise is to perform **more** repetitions and calculate backwards. Using the process and mathematical formula below, you can avoid having to do dangerous full-weight singles (1RM uses less weight for singles) and determine a good starting point for your exercise weight.

For 75-85% 1-Rep Max Calculation

Simply select the exercise called for in the 1RF Workout Plan you choose and do the following:

Warm up on the exercise thoroughly using a light weight and stretching between sets. Do not over-tax yourself during this process.

Once you are good and warm, perform one set with increased weight, using a weight that is comfortable, and target TEN (10) repetitions. You should be able to easily get the ten reps.

Finally, pick a weight that you believe would be VERY difficult to get ten reps with using strict form. Do NOT use a spotter to assist you, but be sure to have a workout partner handy in case you selected a weight that is too heavy. Perform one set, targeting momentary muscular failure between 8 and 10 repetitions.

If you fail between 8-10 reps, you have discovered the ideal weight to start your maximum muscle 1RF training.

Remember: Adjust this weight up or down as needed. Just be sure you reach momentary muscular failure on the ***last*** set of an exercise.

For 65-75% 1-Rep Max Calculation

Simply select the exercise called for in the 1RF Workout Plan you choose and do the following:

Warm up on the exercise thoroughly using a light weight and stretching between sets. Do not over-tax yourself during this process.

Once you are good and warm, perform one set with increased weight, using a weight that is comfortable, and target FOURTEEN (14) repetitions. You should be able to easily get the fourteen reps.

Finally, pick a weight that you believe would be VERY difficult to get ten reps with using strict form. Do NOT use a spotter to assist you, but be sure to have a workout partner handy in case you selected a weight that is too heavy. Perform one set, targeting momentary muscular failure between 11 and 14 repetitions.

Want A Red Hot Body?



“Now Here Is My Secret Weapon: Only 1 Repetition With Moderate Weight Done At Exactly The Right Pace Will Scorch Fat And Shape Muscle Like Crazy!”

By now you may be wondering about the foundation of my System: **Only using 1 repetition per set.** How on earth could that be a good way for YOU to workout? You're not some kind of powerlifter! You don't want to have to crawl under some ungodly weight and lift it only once, right?

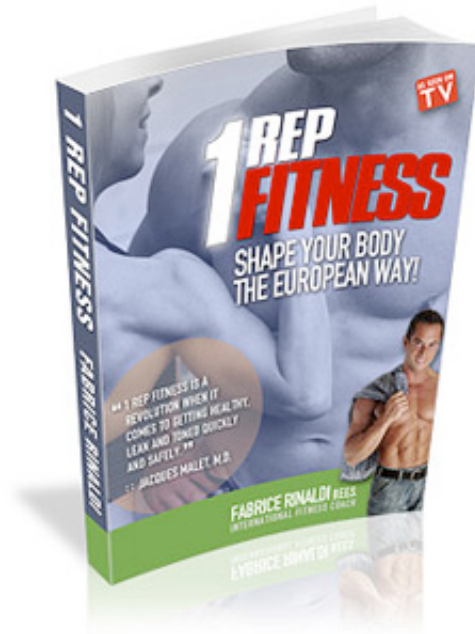
Right! You don't have to. That's not what **1 Rep Fitness** is about.

Here's the deal: We need to build up your strength as fast as possible. Why? Because this helps you add more LEAN MUSCLE faster and it BURNS MORE CALORIES than lifting mediocre weights. My System uses weights that you would normally use (maybe a BIT heavier, but nothing extreme) along with **super-short rest intervals** that tricks your body into thinking your normal weights are heavier than they really are. Your muscles have no idea how much weight is on the bar, right?

The end result is a unique series of SINGLE REPETITION SETS followed by more

traditional multiple-repetition sets that builds lean muscle and strips fat faster than anything you've ever tried before. Plus you build confidence. Strength. Power. A can-do attitude. And the best part is you can do it all in less than a few hours a WEEK!

With my System, you get it ALL!



Shape Your Body The European Way!

Here's What You Get...

- ✓ *1 Rep Fitness System e-Book Guide!*
- ✓ *Brand New Workout Sent To You Every Week For A Full 90 Days! You Never Get Bored!*
- ✓ *3-Phase Peak Conditioning Nutrition Plan:*
 - (1) Rapid Weight Loss; Four Weeks*
 - (2) Steady Fat Loss and Tone; Four Weeks*
 - (3) Peak Shape!; Four Weeks*
- ✓ *All My Bonuses (Worth \$114.75!)*



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By Jon Benson, Creator of The M-Power Series and Bestselling Author

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Turbulence Training For Abs

By Craig Ballantyne, C.S.C.S. and Men's Health writer

Craig's best-seller *Turbulence Training* made him a hit internationally and in *Men's Health Magazine*. I've asked Craig to GIVE you a free copy of his killer Turbulence workout for ABS so you can get that flat, sexy stomach you've always wanted!

Value: \$29.95...Yours Free!



The Top 7 Classic Exercises

By Vince DelMonte, CPT

These 7 exercises are classics for a reason—the burn MORE FAT and produce MORE GAINS than any other exercises on

the planet! Pro trainer Vince DelMonte demonstrates each one in this digital video bonus so you can see exactly how it's done!
Value: \$19.95...Yours Free!



From Fatness To Fitness!

By Joey Atlas, M.S.

What an unbelievable gift! Joey's **number 1 bestseller on Amazon.com** is yours in full in PDF format! Joey details exactly how he went from “fatness” to being one of the top fitness stars in the land. A MUST-HAVE!

Value: \$14.95...Yours Free!



The Top 10 Most Successful Fitness Strategies Of All Time!

By Chad Tackett, President of Global Health & Fitness

If you want the BEST of the BEST when it comes to exercises, diet strategies, motivational boosters, and more, look no further than Chad Tackett's *Top 10 Report!* This is what you need to know to get fit and STAY fit!

Value: \$29.95...Yours Free!

Let's Take Action Right Now Because “There Is No Tomorrow!”

My friend, I've laid it all out here for you today. I've told you exactly what I am going to give you and how my System works. You've read the testimonies. There are hundreds, but I know you are too busy to read through them all.

All that's left is for you to take action.

I know that's hard. It is not easy to say, "Okay, I'll give one more plan a shot." Really, I get it. So let me make this **super easy for you:**

Give my System 60 days. If you are not totally thrilled with the results I will refund every penny.

There you go... you have my written guarantee. Now you have ABSOLUTELY NOTHING to lose.

Remember that line from the movie *Rocky*: “**There IS no tomorrow!**” Well guess what....THERE REALLY IS NO TOMORROW. This is it. This is your day. This is all you are promised. Seize it, or pay the price.

I know you want to take action now, so I've removed ANY and ALL obstacles today so you can do just that: TAKE ACTION.

So click the button below RIGHT NOW. I will even give you an option on the next page to have me PERSONALLY coach you for the entire 90 days!



Let's Cover What You Get Again...

You get my ground-breaking book, 1 Rep Fitness instantly. No waiting! You will have it in seconds in PDF format right on your computer screen. If you can read this type, you can read my book!

You ALSO get a new workout plan EVERY WEEK FOR 90 DAYS! I will send you an email every six days with your next week's workout. All you have to do is follow it! Just think: You will NEVER have that "I don't know what to do next" feeling! You will NEVER get bored. You will ALWAYS be challenging your body to burn more fat and add more lean, sexy muscle. There's just no way for you to fail with this level of accountability!

You get my 3-Phase LEAN Nutrition System in 1 Rep Fitness. I've included plans for everyone (male and female) and for various weight ranges and goals. You will follow these plans each week. Again, you will NEVER have to guess at what foods to eat (I include substitutions too) or when to eat them. Never wonder if you're eating too much or too little. I've done all the homework for you!

You get ALL FIVE of the bonuses you see above, with an HONEST value of \$114.97....FREE. You can keep these no matter what you decide!

I will toss in every future edition of 1 Rep Fitness FREE FOR LIFE if you take action within 24 hours. Our tracking system will be able to tell, so no cheating is allowed. I AM SERIOUS HERE...I AM READY TO GET YOU FIT! But you have to be ready as well. Deal?

And best of all, you can repeat the 12 week cycle when you're done! You can maintain or continue progressing...it's totally up to you!



“P.S. I'm Not Going To Rip Off a Friend...”

I know how hard it is. Remember, I was not born with a great body—and I can't afford some absurd mega-supplement routine. I take one supplement I absolutely LOVE and I'll share it with you (no, I do not own or sell it.) And I take a few things here and there. But my book is not about pills. The food is actually cheaper than most people spend weekly eating out so you'll save money.

The bottom line is that I have my honor and integrity on the line here. That's important to many French people—at least in my family it is. We also think of our valued clients as FRIENDS, not just strangers. So there's no way I would ever be less than 100% honest with a friend.

So here's the deal: You're not going to buy my book and never hear from me. I'll answer your emails and help you along. I'll PROVE to you I'm a real person—and that this is the best way to train for maximum fitness.

It is down to this: If you're ready to get in the best shape of your life, *1 Rep Fitness* will take your body to places you never thought possible.

Let's do it!



Sincerely,

Fabrice Rinaldi

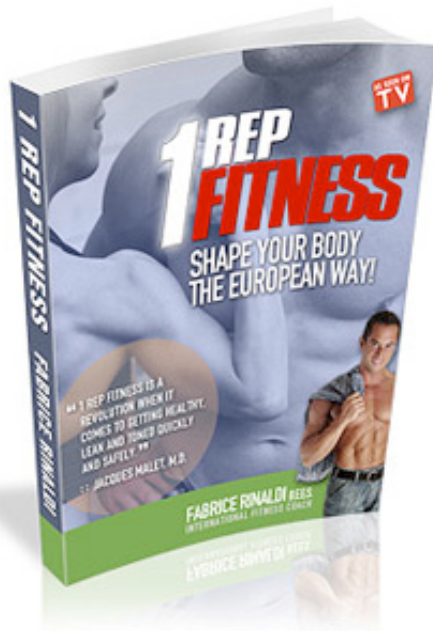
Fabrice Rinaldi, B.E.E.S.

Internationally Certified Professional Fitness Trainer

P.S. You do NOT need special equipment or food to do this—just your average gym and good food. There's one supplement that will really help and a few that are optional, but don't worry—I do NOT OWN SUPPLEMENTS! I will only recommend a few to you to help you recover from this type of training. They are not expensive, but I think they're important. I suppose you could do without them, but I've seen people progress 200-300% faster more using my favorite supplement alone.

P.P.S. Remember, this is fully guaranteed. I could not sleep at night if I thought I just took your money and gave you nothing in return. No way. My honor is at stake here, and so is my reputation in the fitness community. This is the REAL DEAL—but if for whatever reason you don't think so, just email me and I'll refund your money on the spot without question.

And by the way, thank you for reading my home page and giving my System a shot today. I wish you the very best in your fitness endeavors!




Shape Your Body The European Way!



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Remember: Your credit card will be billed by **CLKBANK*COM**



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