

"Amazing Fat-Loss Secrets Of A Former 240-Pound Overweight Police Officer From Maine!"



Here I am before I used my own body as an experiment

A few weeks later... entering a natural bodybuilding competition

I walked home with two trophies that day ... and proof my system works

That's me today, still going strong!

"Discover how an ordinary, average guy lost over 50 pounds in just 90 days... slashing his body fat down to single-digit levels... without dieting, pills, or a ton of exercise!

Learn to enjoy being in the best shape of your life, at any age... with the astonishing secrets below that are dramatically changing men's (and women's) lives literally overnight!

It works like magic but almost nobody knows about it. You'll ask yourself, how can something so simple be so powerful... and so secret - That's the way the supplement companies like it."

Dear Friend,

Would you like to burn off 15, even 20 pounds of ugly fat in the next month (and continue losing as much weight as you want?)

I just put the finishing touches on a simple system that will help you do just that.

It's part of my proven high-speed fat-loss program that I use with my personal training clients

This is NOT a diet.

In fact, I recommend you never try to diet again. Diets are set up to fail. As a personal trainer, I've *never* seen a strict diet succeed.

A diet will leave you frustrated and depressed... something I'm sure you don't want.

And, as you'll soon see, it's also *unnecessary*.

If I'm right, **you've never tried anything like this before.**

The bottom line is, my overweight clients have enjoyed such mind-boggling success with my system, I believe I've *finally* discovered the high-speed fat-burning breakthrough so many people have been hoping for.

**Imagine Dropping 30 Pounds
of Pure Fat In Just A Few Short Weeks...**

And replacing it with lean, toned muscle!

Better yet, without giving up your favorite foods and without a ton of exercise.

I realize this sounds *almost too good to be true*, but it's not. Stick with me for just a minute, because I'm going to show you how I did it, and *how you can too!*



Who I Am And Why You Should Listen To Me

My name is Shawn LeBrun and I'm a certified personal trainer, natural bodybuilder, and fitness expert.

I'm also one of the internet's *most trusted* fitness writers.

Many of my 200+ weight loss articles are on some of the biggest fitness sites worldwide, including Bodybuilding.com, Critical Bench.com, Fat Loss Tips, Nutricounter, and many, many more.

That's because I've learned the "ins-and-outs" of fat loss over the last 7 years, both with my own bodybuilding training as well as teaching my personal training clients.

In fact, just a few short years ago, I used to struggle with my weight.

I weighed as much as 250 pounds before I *finally* hit a point of frustration. But when I learned the weight loss formula you're going to learn below, **I lost over 50 pounds of ugly body fat in just 90 days time!**

I learned how to lose weight by trying every possible program and routine I could get my hands on. Instead of devouring food, *I devoured knowledge!*

Soon I developed a simple and effective method that literally...

**Had Me Safely And Easily Melting
Off 4 to 5 Pounds Of Fat A Week!**

But it didn't stop there.

I got certified as a personal trainer and worked my way up to head trainer in a top health club.

I used the same exact system I had just learned and used on myself to **completely transform my personal training clients as well.**

As a personal trainer, I absolutely CANNOT stretch the truth of these astonishing results. When I got certified, I swore to a strict code of ethics.

Not only that, I used to be a police officer for my hometown in Maine. Did it for 5

Look, here's all you do...

You just change a *few simple things* in your day-to-day routine and you go about your day just like before.

You can eat normally and you don't have to work out for hours a day.

Just a few minutes are all you need.

Once you get on my system, your body just burns off fat. Even as you eat, relax, or sleep, once you get your metabolism running smoothly on my system, you'll continue to lose fat.

And the pounds and inches will keep coming off, *faster than you ever thought possible!*

Almost effortlessly.

Believe it or not, my clients have lost an average of 30 pounds over 8 weeks. And without severe dieting and without hours of exercise.

**Imagine How Exciting It Is To See A New,
Slender And Attractive YOU In The Mirror!**

How can you get such incredible results?

Simple: You just change the way you eat and move.

By stimulating your metabolism to burn off calories and body fat around the clock. This process of speeding up your metabolism is called thermogenesis.

It puts your body's normal burn-off of fat cells into high gear. *Very high gear.*

So you could drop 10, 15, even 20 pounds of fat... only you don't have to diet or do a ton of exercise.

Imagine seeing more results in a week... than you have in the previous year of dieting.

Even though some of my clients have had problems losing fat in the past, once I taught them the simple secrets of metabolism, they were able to drop full sizes in just a week!

These Are People That Could Hardly Lose A Pound Through Regular Dieting...

I'm not kidding.

When you use this system, you start to see results immediately. Almost literally overnight, you can reasonably expect to see the difference in your waistline.

And most importantly, what's worked for me and thousands of my clients ***will also work for you.***

Being a personal trainer, safety is of the utmost importance to me. That's why, before I ever tried my system on any of my clients, I tested it on myself.

Over the past few years, I've been the guinea pig, learning what works and what doesn't so that I could shortcut the learning process for my clients.

So you don't have to worry at all. I've used my system with spectacular results. And I've never had a single complaint or problem.

Just very happy clients.

I believe, from the bottom of my heart, that anyone, regardless of age, sex, or genetics, can use my system with complete confidence.

What's more...

The Best Results Seem to Happen for People That Have Had The Most Trouble Losing Fat Before!

Here's why:

If you don't speed up your metabolism and burn up your fat cells, you could go on every single diet known to man and still not lose any weight.

In fact, starving yourself only makes things worse. Your body goes into defense mode and will hold onto stored body fat in case of future energy needs.

It's true!

When you diet and greatly reduce your calories, your body **actually holds onto body fat** as a defense mechanism!

This is exactly why diets do not work. *They actually work against you!*

Because even if you lose weight overall, you're losing lean muscle tissue, so you're left with body fat that's impossible to tone and firm up.

It's like when your bank account gets too low...

You Start Holding Onto Your Money So The Balance Doesn't Hit Zero!

So even if you lose a couple pounds by dieting, soon it becomes too painfully restrictive and you return to your less healthy lifestyle... ***and your old weight!***

After all, it's not your fault that you're overweight, or that you can't lose the weight you want. You've been lied to and misled by all the fad diet programs, weight loss gimmicks, supplement companies, and infomercials.

These companies are downright LYING to you!

My job as a personal trainer is to show you **day-to-day changes** in your current lifestyle that makes weight loss a natural result! That way, you don't have to diet or make radical changes in your current lifestyle.

You just have to make the **right** changes in your nutrition. And I'll show you those changes.

That's Why This Fat Loss System Makes So Much Sense!

It gets to the root of the problem.

There's no strict dieting. You eat normally, in fact, you can actually *eat more* than you're accustomed to, because I'll show you the right kinds of good foods.

And believe me, you don't have to give up the foods you love. **You won't feel deprived for a single minute.**

What's more, you don't have to do a ton of exercise either. That will actually do more harm than good.

Because once you've changed the way you eat to speed up your metabolism, you'll stimulate your fat cells to start burning up faster and they'll continue to ignite and

Think about this for a moment.

With your fat leaving you in such a hurry, and with lean, toned muscle left in its place, you could quickly see (as many of my clients have) 5 to 6 inches fall off your waistline...

Rapid slimming of your stomach, a new firmness in your buttocks... and 10 to 15 pounds slide off your hips and thighs.

And all of this happens very quickly.

You can start to see and feel your results almost overnight.

Quite simply...

**I Believe This Is The Most Incredible
Fat Loss Program I've Ever Come Across.**

Let me wrap this up by asking you a few simple questions that I ask my personal training clients...

- Would you like to fit into those clothes that you miss wearing?
- Want to fit into a sexy new bathing suit the next time you hit the beach?
- Are you **frustrated** trying to figure out the truth about what it really takes to lose fat, increase strength and energy, and tone up?
- Are you **tired** of trying useless programs or fad diets, being disappointed with the lack of results?
- Do you want a program that's simple and easy to follow, yet **extremely powerful and productive**?
- And would you like to **lose weight** without taking pills, without using a restrictive diet, and without having to exercise all the time?

If you answered "Yes" to any of the above questions, I'm confident the system you're going to learn right now will help you lose unsightly body fat, tone up, and increase your energy and confidence...**guaranteed!**

Take a minute to daydream...

Showing off your new body to your spouse and other loved ones.

How does that make you **feel**?

Feeling more confident, more attractive, having a lot more self esteem.

Looking Better, Feeling Better, And Getting Noticed More!

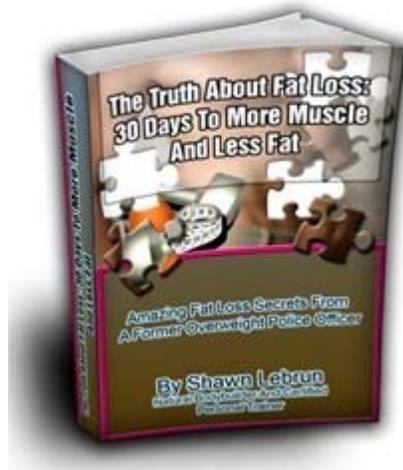
Walking the beach with more pride and confidence this year. Showing off a **leaner, more muscular** physique while walking the sand!

Think how it would feel having more strength and energy to play with your kids.

Having more time to spend with loved ones because you're not exercising for hours. Or having more **peace of mind** because you don't have to worry about some overly restrictive diet.

Okay, are you enjoying the feelings that come with these thoughts?

Here's How To Quickly And Easily Lose The Most Body Fat Possible...



My brand new Special Report "**The Truth About Fat Loss: 30 Days to More Muscle and Less Fat!**" is a *step-by-step fat loss plan* that takes you by the hand and shows you exactly how to lose the most fat in the least amount of time!

This new special report is condensed into only pages that you need. I'm talking "**do**

done to lose fat.

I'll reveal the key areas you need to focus on to achieve:

- Dramatic Fat Loss.
- Improved Muscle Gain.
- Increased Flexibility.
- Improved Strength.
- Increased Energy.
- Increased Confidence.

Here, in more specific detail, is what this hot new special report reveals...

- **How to finally lose weight, once and for all** - Lose more fat in less time. Feel sexier, more attractive, and better about yourself.
- **Discover how to skyrocket your energy** - I'll show you the quickest way to boost your energy so you feel vibrant and alive. Be able to play with the kids again without feeling tired so quickly.
- **Learn the easiest way to eat better**- Set up your nutrition to burn fat around the clock. I include sample food lists and sample meals.
- **Discover how to tone up and add lean muscle.** Feel more self-confident, have more pride, and show off your toned arms while you're at it!
- **Increase your strength** Feel stronger and healthier. You don't have to rely on others to help you move or lift something heavy.
- **Save more time.** Losing weight doesn't require a lot of time in the gym. In fact, the best results come from less than 3 hours a week total! Cut your gym time down while even shedding more fat.
- Discover the single most important thing you **MUST DO** before you even step foot in a gym to start any fat-loss program!
- Learn how you **MUST** set up your weight lifting and cardio routine to **maximize fat loss.** If you do cardio and weights in the wrong order, you'll lose muscle, not fat!
- Learn what it takes to get **leaner** in less time... so you can look better and **get noticed a lot more!**
- **Find out the biggest deciding factor between losing fat or staying at the weight you're at now.** If you fail to take this one step, losing fat will be

- **Find out why less than an hour of cardio or aerobics a week can lead to incredible fat loss.** You don't have to spend hours doing cardio. Learn how to burn fat in the quickest manner, saving you time and energy!
- Learn the single most important nutrition product you can use for building lean muscle and melting body fat! **Stop** downing nasty weight-loss shakes or taking dangerous fat loss pills!
- **Learn the secrets to losing more ugly body fat.** Feel sexier, impress others more, and feel better about yourself.
- **Learn the right way to warm up and work out.** Increase your bench press, squat, and all your lifts on the very first day you try this simple, common sense principle!
- **Learn to set up your workout to be the most efficient use of time and energy.** Drastically cut down the amount of time you spend, from 6 to 8 hours a week to under 3 hours total, getting even better results! Use that extra time to spend with **family or friends!**
- **Learn how to figure your daily calorie needs based upon your own unique body type.**
- **Learn how many days to train, how many muscle groups to target, and how much to rest.** Save a ton of time and energy by only doing exactly what you need to do.
- **Learn HOW, WHAT, and WHEN to eat to gain muscle and lose the pounds.** Since your diet is the key to gaining muscle and losing fat, you'll learn the right way to eat.
- **More importantly, learn how to workout safely and effectively!** You DON'T need steroids, a ton of exercise, or hyped-up supplements. Turn **every workout** into a muscle-builder.
- **Learn the best supplements on the market to build muscle and melt off fat.** You'll save money and headaches by only using proven supplements to help you pack on muscle and get ripped. Don't fall for the hype!
- **Discover which weight lifting exercises you should be doing in the gym for maximum muscle, dropping the worthless ones for good.** Some exercises are a waste of time and will not help with muscle growth or strength. Find out which ones to do and which ones to drop like a rock.

this length and your results start sinking like a rock.

- Learn how to **bust through** any fat loss plateau - even if you've been stuck at the same weight for years! If your attempt at losing weight has stalled, I'll show you how to kick-start it into high-gear!
- Learn the **proven rep and set range** you **MUST DO** to skyrocket your strength and gain more toned muscle. It's not the old 3-sets-of-ten myth you may be doing! When you make this change, you can gain more lean toned muscle and burn more fat in the process.
- **Discover how how many days a week is best for losing fat and gaining toned muscle!**--If you do more or less than this number, good luck gaining muscle or losing fat!
- Learn the 3 key things it absolutely takes for you to get **leaner** in less time... so you can look better and **get noticed a lot more!**
- Find out the "**MUST DO**" **steps** to gaining more muscle, losing more fat, and increasing your strength in record time so you save more time and get more results by focusing on what really works.
- Gain more lean, toned muscle with your weight lifting programs. Have more self-confident, more pride, and just look **damn good!**
- Find out how to get your body burning fat around the clock - **even while sleeping!** By setting up your nutrition this way, you can actually lose weight 24/7!
- **Learn how to increase your strength dramatically in your weight lifting programs.** Be stronger, faster, and more energetic during the day, for work or for play.
- **Skyrocket your self-esteem and confidence by gaining lean muscle and shedding ugly fat.** Feel more proud of your body... not embarrassed and inferior.
- **Learn that how you eat will determine what your results will be.** Set up your nutrition so you're packing on muscle and losing fat all day long.
- Uncover the "right" approach to cardio so that you're not burning off all your hard-earned toned muscle. If you do cardio this exact way, you'll spend less time and lose a lot more fat.

of my exercises and the number of sets and reps I do. Skip the trial and error and just copy what I do to gain muscle and lose fat. It's all laid out for you, step-by-step!

- **Discover how to really achieve your weight loss goals.** Once you figure out what you want, it's easy to follow my steps to lose weight. They're perfectly laid out for you, no guesswork needed.
- **Learn how to eat so that it supports permanent weight loss.** Set up your nutrition so you burn fat 24/7. Imagine, eating more often and losing more weight. No, it's not a dream. It really can happen if you do it *right*.

By using the easy-to-follow steps in this fat-loss program, you'll:

- Have more energy.
- Lose weight and stay thin.
- Have amazing self-confidence.
- Increase your strength and decrease the odds of lower back problems.
- Feel better about yourself.
- Fight hypothyroidism symptoms once and for all!
- Show others in your life what's possible when you take action!

**Many Of My Clients Have Seen
And Felt Changes Within A Few Short Days!**

Shawn is professional, friendly, unpretentious, and effectively challenges you to reach your complete fitness goals....Well worth the investment-- **Joe Carter, Portland, ME**

Shawn, your weight loss program has done more for me than the weight loss programs that I've paid hundreds for...keep up all that you do...**E. Everett, Bangor, Maine**

Shawn, I just wanted to let you know that this has done more for me in a shorter time than most weight loss programs do ever. It's been 4 weeks and I've lost 12 pounds. so thanks! **Jill**

"I honestly needed a routine that I could trust completely, so that I could run with it, knowing that my efforts would achieve my goals. And it did. Within a month, I was using 50/55 dumbbells for presses, and I had begun with 35's! Similar gains occurred with other exercises. This program is the only way and the correct and quickest way to get results." **Gina Lewis**,**Reidsville, NC**

"Hey Shawn, I just wanted you to know that my competition is this coming Saturday (June 17th) and I look great. Thanks for your help and I'll let you know how I do." **Wanda Sit**

"I've made more progress in the past 3 months of fun than i have in the past 4 years of torture. i can't believe it!! i've lost 30 lbs, and 10% body fat." **Cheri**

"Hi Shawn, I have just finished the 23rd day of your "30 days" program and all I can say is "wow!". I have been going to the gym for some time and have been seeing gradual results, in the last couple of weeks I have seen dramatic results!

I have found your book excellent, it is well written, full of good ideas and has kept me motivated (I am also saving a fortune on takeaway food!). **Daniel Macdonald**

Shawn, thanks again for another great program. "30 Days" was very easy to follow but I could tell I was on to something in the first few weeks. I lost 6 pounds of fat in the first 2 weeks but yet I felt stronger, fuller, and more muscular. Anyways, just wanted to keep you informed of my success with this program, it really does work. Take care...**John Syder**

"After two weeks on your program, I have went from 220lbs to 226lbs and from 16.8% body fat to 15%. I feel better and look better."

Update: "I am still following your training and nutrition program, I am up another 4 lbs (230 lbs from 220 lbs), and my waist is down 2 inches (35" to 33") within 5 weeks." **Ryan Tinker**

"I lost around 20 lbs of fat and now have muscle I never thought

e- book and workout templates made it easy to go in the gym and not get lost." **Josh Smart Indianapolis, IN**

"In the first 6 weeks I gained 12lbs of muscle and dropped 4% bodyfat just because the style of the workouts were so different than anything I had ever done in the past.

I finished the program having gained a total of 15lbs while losing 10% bodyfat (I'm now at 8%), gaining 40lbs on bench, 90lbs on squat, and 55lbs on powerclean. This program is a must for anyone looking to develop strength, muscle, and definition."

Patrick Thomas, McKinney TX

"When I Started using this program I was 235lbs with 22.2% body fat. I followed the program for the 12 weeks. I also changed my diet as to what was recommended in the E-book.

After the 12 weeks, I had my body stats checked again. I thought that the program hadn't worked as I was still weighed 235lbs. What I found out was that I had actually lost 11 pounds of fat and gained 11 pounds of lean muscle with a body fat percentage down to 16.4%.

Friends have commented on how lean I look and noticed my change in size. I have recommened this program to my friends and would also to anyone that would like gain size and lose fat."

Rob D.

Surrey, England

"Shawn, 3 weeks into the program and things are going well, lost 10 lbs of fat so far. All my lifts are getting stronger, increased my bench by 30 lbs! Not bad for 3 weeks of effort. I reviewed several programs and yours is by far the best... most honest and real." **Paul Rollings**

Westminster, CO

"When I started your program, I was weighing about 196 lbs. I was at around 16 percent body fat. Now I'm 5 lbs. heavier and at 5 percent body fat. What's really improved for me in such a short time is the amount of weight I can lift. Before I was spending 5 and 6 days a week at the gym working out 2 to 4 hrs. a day. I was spending way too much time and over training with no results. From A Believer Now" **Ron Sanchez**

"I had trained for years with mixed results and forked out hundreds of dollars for supplements. After following your straightforward techniques and sensible nutrition and supplementation guidelines, **I have lost 3 pant sizes** and dramatically increased my muscularity, while eating more and spending less time in the gym" **Don Davis**
California

"I am only starting my 6th week and have kept the same weight while losing body fat. One of my goals is to see my abs again and I am getting close. My bench has increased from 155 (set of 4) to 215 (set of 4) Most importantly I feel great!" **Sean McLaughlin**
Tucson, AZ

"I've currently lost over 70 lbs in the past eight months. Upper and lower body hasn't looked this good in years. I was at the point to where my health was going to take a turn for the worse if I didn't do something quickly. Now I am loving the way I look and feel and going strong." **David Green**
Hanna City, IL

Dave Cooper Learned My Fat Loss Secrets ... And Changed His Body And His Life!



"Shawn, I have been very impressed with your advice and the results I have achieved. For years I never seemed to get any where, so I searched the internet for some info and that's when I found your site and reading what you had to say made a

which also means I can get there more often too. **Dave Cooper**

Ross Forte Lost Fat And Gained Muscle!



Kurt Christensen Gained More Muscle While He Lost Fat!



And the same formula that Dave, Ross, and many others used to lose fat will also work for you!

You can see why this new program is causing such excitement among men and women (of all ages) everywhere.

The secrets about to be revealed to you can cause dramatic and wonderful changes in your life on every level.

And not just in the way you look and feel... even more importantly, you now have an amazing opportunity to enjoy what others can only dream about... namely...

**A Guaranteed Way To Look Better,
Feel Better, and Turn More Heads!**

It doesn't matter if you're man or woman, young or past middle age, **I cannot stress how powerfully these secrets can affect your life.**

This is scientifically-proven information that will help you look better and feel better

The changes you see and feel (when you put these secrets to use) will actually help you feel more confident, more outgoing, more sexy, and more attractive.

Shawn...you get right to the core of weight loss and why I have trouble losing weight....It's all laid out, step by step for"....

Andrea Waites, Houston Texas

I began it last Monday and have lost 5 pounds thus far, so am off to a good start... **Linda Skyers**



"The Truth About Fat Loss: 30 Days To More Muscle and Less Fat!" is a 30-Day, step-by-step plan you can use immediately!

Now, if you hired me in-person to teach you this proven system, it would take hours to cover it. At my current rate of \$100.00 per hour, you'd pay **\$500** to have me standing next to you, giving you the same exact advice you can get right here, right now!

Because I can offer this fat loss system to you as an ebook, I don't have to be there in person. I've put my training techniques down on paper in simple step-by-step detail. This means you can get the very same fat loss plan for even less - AND you can get started IMMEDIATELY!

So I'm not going to charge you the \$500 this system would normally cost. And I'm not going to charge you \$297... or even the original \$79 price I intended.

For a short time only, I'm offering a very limited HALF-PRICE DISCOUNT. If you order today, your investment in this fat-loss system is now only ~~\$79.00~~ \$39.00

**For Less Than The Cost Of One Hour
Of My Training Time You Can Have
Me As Your Weight Loss Coach Forever!**

I can promise you, this fat-loss plan is easily **worth much, much more**--in fact, I've personally spent well over **\$500 total** with all the books, courses, and programs I bought years ago...

So that you don't have to!

Better yet, you won't have to go through the pain of trial and error like I did just a few short years ago.

Not only that, when you get a copy of this special report, you get **all of my training secrets** for a tiny fraction of the price my personal training clients pay me to train them.

It's true. By using this special report, you won't need to spend the **\$100.00 bucks an hour** you'd spend for a personal trainer like myself.

It's like having an expert instructor, right at your side, showing you exactly what you need to do to shed fat in the fastest and most efficient manner possible.

But for a lot less than what you'd normally pay me (or any other good trainer).

I wanted to make an extremely affordable way for you to lose weight and change your life, especially if you've ever shelled out \$39.99 for weight loss pills or gimmicks that don't work.

For the same price you'd pay for a hyped-up bottle of fat-burners, you can have a **proven** weight loss plan and personal trainer available whenever you need.

**ORDER NOW And You'll Also Receive These
10 Gifts, Worth AT LEAST \$398.97, Absolutely Free!**

Since I know it's 100% to your benefit to say YES now, I want to sweeten the pot and give you the following special bonus gifts for [ordering right now.](#)

Free Bonus Gift #1: FREE Month Of Online Personal Training (\$99.95 value)

If you order right now, you'll also get a **FREE** month of online personal training for

ebook!

To ensure your success with this program, I'll give you my PERSONAL email address. Contact me directly, anytime you have a question or concern with the program and I'll send you an in-depth, knowledgeable answer **within 24 hours!** That means you'll never be left hanging without help!

Those who purchased this personalized email training separately have told me it's worth well more than the \$100 I charge.

And if you order right now, it's included with this ebook! However, once I reach the limit of email training I can do, this ebook will double back to its regular \$79.00 price and I'll have to discontinue the free personal training.

Free Bonus Gift #2: FREE audio program "How To Gain Maximum Muscle In Minimum Time" (\$39.95 value)

If you order right now, you'll also get a **FREE 2-hour teleconference recording**, for which I normally charge \$39.95!

This was a special coaching call I did for my personal training clients. The only goal I had during this 2-hour call was to lay out a step-by-step plan for gaining the most muscle mass in the least amount of time possible.

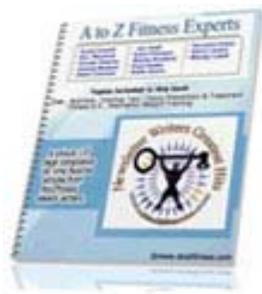
And if you order right now, this "How To Gain Maximum Muscle In Minimum Time" mp3 recording is included with this ebook!

Free Bonus Gifts #3: 2 Valuable Ebooks (\$39.94 value)



The first ebook, "**Bodybuilding Recipes**", gives you **dozens** of great muscle-gaining and fat-loss recipes. Includes high-protein and low-fat recipes you can use to make your nutrition planning a lot easier. It includes recipes for homemade meal replacements and protein bars, saving you money.

Trainers' articles from some trainers. I decided published



The second ebook, "**All Star Personal Secrets**" is a compilation of all-time favorite of the top fitness writers and personal on what was the **VERY BEST** articles throughout the years that you'd enjoy

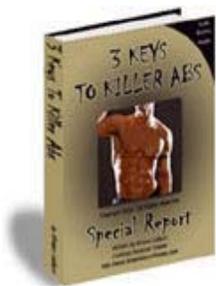
reading.

Free Bonus Gift #4: Supplement Guide And Prizes (\$100 potential)

Your name is entered into a weekly drawing for \$100.00 worth of FREE nutritional supplements of your choice! Not only that, I'll also give you the link to a "unique" page on my site where you can learn which supplements to take, when to take them, how much to take, and where to get them at the cheapest prices:

- Get discount supplements **40-50% off** retail prices, saving you money!
- Discover the supplements I recommend to my training clients
- Find out which supplements work and which are useless, saving you time and money
- Learn the best way to take your supplements
- The supplement brands I most recommend

Free Bonus Gift #5: Six-Pack Abs Report (\$19.95 value)



You'll also get a free copy of my top-selling AB report, "**The 3 Keys to Killer Abs**". If you really want to get "six-pack abs", this killer report shows you the 3 things you **MUST** do to get awesome abs!

Free Bonus Gift #6: My Personal Workouts (\$19.95 value)

You'll also get the step-by-step workout routine I used to train for my natural bodybuilding contest. It includes my exact training routine, the exercises I did, and the number of sets and reps I used. Even if you don't care to compete and just want to get in killer shape, you can save a ton of time by following my routine!

Free Bonus Gift #7: Video Demos (\$19.95 value)

AND picture format, how to perform over **340 different exercises**. If you're unsure how to perform any exercise at all, these instructional pictures and videos are a must. Get the best results possible and stay safe while lifting with correct form.

Free Bonus Gift #8: Free Newsletter (\$99.95 value)

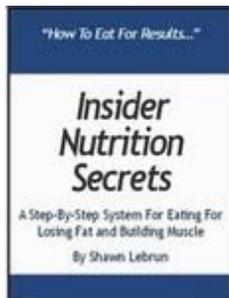
You'll get a **free year-long** subscription to my cutting-edge fitness and bodybuilding "Change Your Body" newsletter! Stay up-to-date with the latest fitness, bodybuilding, and supplement tips you can use in your routine to gain muscle mass and lose fat. And if you act now, the **\$99.97** subscription is yours free!

Free Bonus Gift #9: Nutrition Database (\$49.95 value)

Try this program now and you'll get access to a tool I use **every single day** of the year! At the click of a button, your nutritional approach becomes precision-accurate with this database that lists the protein, carb, fat, sugar, and sodium content for more than **16,000 foods and 100 of the most popular restaurants!**

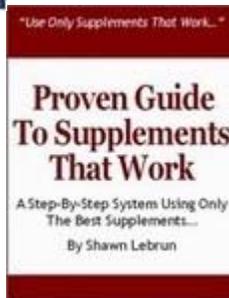
****New Super Bonus** -- Limited Time Only!**

Order "30 Days To More Muscle And Less Fat" Today and you'll also get these 6 Brand New Ebooks Absolutely FREE! (\$197.95 value)

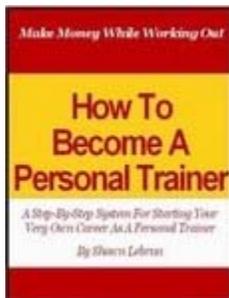


"Insider Nutrition Secrets" will show you, step by step, what to eat, when to eat, and how much to eat so that you build muscle, lose fat, and get a lean, muscular body in less time.

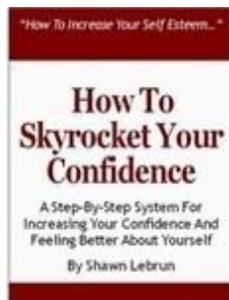
Supplements lose fat and your wallet. that I actually



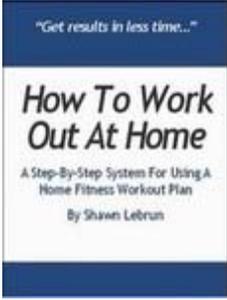
"The Proven Guide To That Work" will show you which actually work to build muscle and which ones are just a drain on Find out the only supplements recommend to clients.



"How To Become A Personal Trainer" will show you how you can make a career out of your love and passion for fitness and working out.



"How To Skyrocket Your Confidence" will show you how to increase your self-confidence so you feel better about yourself! With more confidence and your new, improved physique, you'll look and feel better than ever!



"How To Work Out At Home" is your home fitness plan in case you can't get to the gym because of your busy schedule, bring the gym home to you!

Plans" will eat to burn fat the clock... so muscular in less

free meal plans:

➔ **12 sample meal plans that will help you shed unwanted pounds and feel great.**



"Step By Step Meal show you exactly what to and build muscle around you get leaner and more time.



**8-Week No-Risk Unconditional
100% Money-Back Guarantee:**

And here's my personal promise and guarantee to you.

If, for any reason (or for no reason at all) you decide this program doesn't meet your exact needs, simply ask for your money back and you owe nothing.

There will be no questions asked and no hassles. There are no strings to this offer.

It's a FREE look.

That's because I know you'll be satisfied using this program, but *you* really don't know that yet, until you have it in front of you.

So I want to **eliminate all worry for you...**

Order this fat loss program right now.

If you're not absolutely 100% satisfied with what it's done for you, just ask and you will receive a full and total refund. Period. No questions asked.

And the **\$399.00** worth of bonuses are yours to keep, even in the unlikely event you decide to take advantage of the **8-week money-back guarantee**.

So I guess what I'm saying is, don't decide now if this program is for you.

Just get it and try it out.

If it doesn't do everything I say and more... if you don't lose **more fat, increase your strength and energy**, and **tone up** your body...

If it isn't life-changing, if it doesn't work for you, you have nothing to worry about because you're fully protected under my no-risk, no-questions-asked money-back guarantee.

So you have nothing to lose (except body fat) and everything to gain (especially lean, toned muscle).

What more could you ask for?

So here's what to do now:

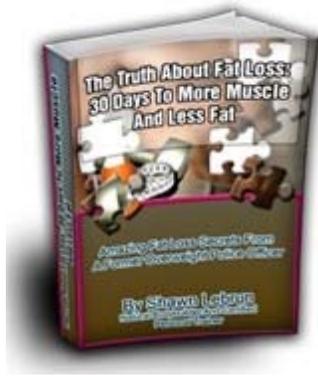
If you're currently overweight and want to lose fat, order this fat-loss program now.

And when you get it, I want you to test it out.

Remember that 99% of my clients were successful with it. Even so, you'll have my personal promise and guarantee of satisfaction.

That's all there is to it.

Here's how to get your e-book right now!



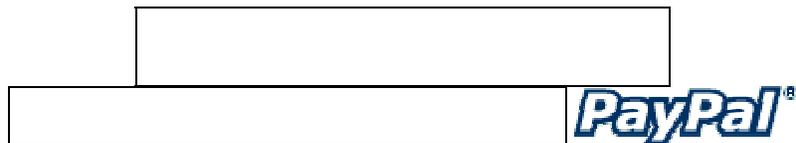
"**The Truth About Fat Loss: 30 Days To More Muscle and Less Fat**" is not available in book stores. It is **only** sold right here, on this site.

The **fastest** way to order is to click the link below

That way, you can **get the download links within seconds after ordering.**

I use a 100% secure server for all orders on this site, so your credit card information is 100% safe!

You can also pay **by check online** if you would prefer.



Shawn C. LeBrun

Shawn LeBrun
Certified Personal Trainer

P.S. Oh yeah, I almost forgot, there's one more thing and it's very important. Your perfect body **only takes place at the moment** you're fed up...

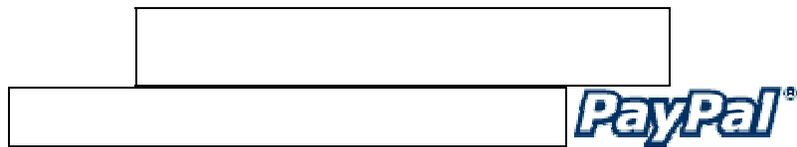
- with being overweight!
- with being unhappy!
- with not having the sex appeal you want!
- with not having the energy you need!
- with not having the body you want!

- with not having the killer, washboard abs you want!
- with not having the confidence you'd like!

All of that changes ONLY after you decide to take action to change it!

Please, don't procrastinate and wait. If you're tired of not having the body you want... that **will** change when you use this program.

So skip the aggravation and confusion. Cut right to the chase and get the vital information you need to get in the best shape of your life!



P.P.S. And don't forget, you get to examine and try out everything... absolutely free for 8 full weeks... no risk, no hassles.

But the offer to get all 10 free bonuses worth \$399.00 is limited.

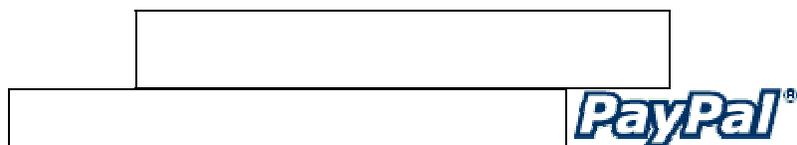
I can only guarantee you'll receive them if you order right away. So don't delay. Act now while it's fresh on your mind.

Overcome the "**paralysis of analysis**" that holds so many back and you can be receiving this program in less than a minute.

It would be easier to just keep doing what you've been doing to try and lose weight. But like I mentioned earlier, if you **do** what you've always done, you'll **get** what you've always gotten!

It's time to **do better** so you can **get better!**

This is your moment, take the leap of faith by ordering below.



Shawn LeBrun's Peak Performance Fitness Training
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