



## The 16-Day Sexy Slim Down ONLY \$69!

Recently I did a little fat loss experiment with a few of my clients and something REALLY embarrassing happened to one of them.

She was using both hands to carry a hot casserole dish to her car when she felt her jeans begin to slip off.

Since both of her hands were holding the heavy casserole dish, all she could do was hope to make it to her car before her pants fell off.

Well, she DIDN'T make it and had to waddle to her car the last five feet with her pants around her ankles before she could set the hot dish down and pull them back up.

Luckily, no one saw.

But it WASN'T HER FAULT.

She was a "victim" of the rapid fat loss workout I recently developed.

It's called the "16 Day Sexy Slim down."

The way it works is you do 3-5 high intensity boot camp style workouts and follow some very LOOSE but EFFECTIVE eating guidelines for 16 days.

You can expect to lose 8-12 LBS and up to two pants sizes.

The 16 Day Sexy Slim Down starts with you!

**Just email me [john@hiendfitness.com](mailto:john@hiendfitness.com) to arrange a start date.**