



Welcome to week three of RECON.

No doubt you have experienced some excellent results so far. But today, I need to warn you about the dangerous pitfalls that can happen now, and what you can do to avoid them.

It is about this time that your scale weight may stall. This is normal, and does not mean that you are no longer losing fat! Let's talk about this, and what you can do if you feel like your progress has truly stalled.

Don't miss out on this valuable intel and new exercises so you can stay on track:

<http://www.personaltrainerfood.com/videos/recon.php>

When you make RECON your lifestyle, you will get the body you desire—and so much more.

Stay strong and hang in there.

--Mike Starks

CEO and President, Personal Trainer Food

P.S. Be sure to take a before picture. At the end of your program, we'll ask you how RECON has changed your life and give you're the chance to submit your testimonial here:

www.PersonalTrainerFood.com/Submit

If we use your testimonial on our website, you'll receive a free month's worth of food!

If you have any questions about your program, contact us:

Live Chat: www.PersonalTrainerFood.com

Email: RECON@PersonalTrainerFood.com

Call: 1-800-273-1686

Copyright 2015 Personal trainer Food, all rights reserved.

Medical Disclaimer: The information presented here is not intended or implied to be a substitute for professional medical advice, diagnosis, or treatment. This information is for general information purposes only.