



Welcome to your second week of RECON.

This week, you are probably seeing some good results—but you might also be feeling the effect of sugar withdrawals. We'll cover that in this week's video, along with why the RECON exercise routine is so effective.

Are you wondering how my simple transitioning exercise routine will get you to the top 2% fitness level in America?

It's all about effectiveness.

Here are the facts: Just 4 minutes of RECON bodyweight exercises are just as effective as running at 85% of your maximum heart rate. Furthermore, 30 seconds of burpees is equal to 30 seconds of sprint cycling—but you don't have to go to the gym, and no equipment is needed.

Learn more about the progressive RECON exercise program, and I will also share a great way for you to treat yourself this week without blowing your program.

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

Don't be deceived by how simple the RECON principles are. Successful warriors are patient and persistent, and will use these strategies to get the results they want.

--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

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