



Welcome to RECON, our exclusive weight loss mal plan for men. You have just ordered a powerful, effective program that will forever change the way you think about losing weight and getting fit.

Along with your program, I will be sending you weekly emails with links to videos that include the intel you need to get the best possible results. Today, I want to talk to you about how I transformed my own body using the principles of RECON. I use these same principles to easily maintain a 7-9% body fat, even at age 52.

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

I have field-tested RECON, and the results are always the same: if you follow the program you will lose weight. It's that simple.

I put together a series of webisodes for you from my RECON 2015 challenge. You can follow along with this series as you do your own program and see first-hand the success 10 men achieved in just 8 weeks. Here is the first episode showing the men getting mission-ready, just like you are today:
<https://www.youtube.com/watch?v=YxiMxCjxswU>

I am certain that you will be very pleased with the results you get from RECON.

This is RECON: your life-long strategy for success.

--Mike Starks

CEO and President, Personal Trainer 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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