



EFFECTIVE WEIGHT LOSS
AND FITNESS



Foreword...

I have worked with men and women from various cultures, races and age groups, and have been frequently asked these questions:

1. Is there a quick fix to weight loss?
2. Can you help me look like him/her?
3. Can I change my body?

The people who asked these questions are from all walks of life and despite their vast differences, they quite obviously had one common thread to their line of thought. So I found myself asking the question

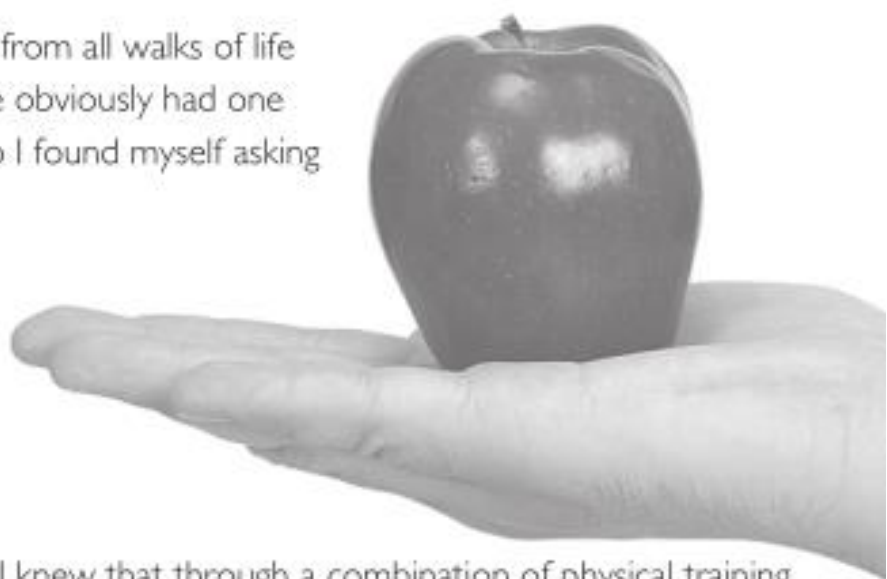
"Can I help these people achieve the body transformation they are searching for?"

The answer... "Yes I most definitely can!"

With my experience in the fitness industry, I knew that through a combination of physical training, nutrition and supplementation, I could deliver a solution to these questions. Furthermore, to ensure that this book contained the most relevant and up to date information, I sought the knowledge and expertise of professionals from various fields, namely: nutritionists, food technologists, human movement specialists, physiotherapists, body-builders, etc. It is from this vast body of information that I developed The Super Setting Stress-Point Programme (SSS).

The SSS Programme is a combination of a specific training programme, a balanced carbohydrate, protein, fat meal plan and low calorie supplementation programme.

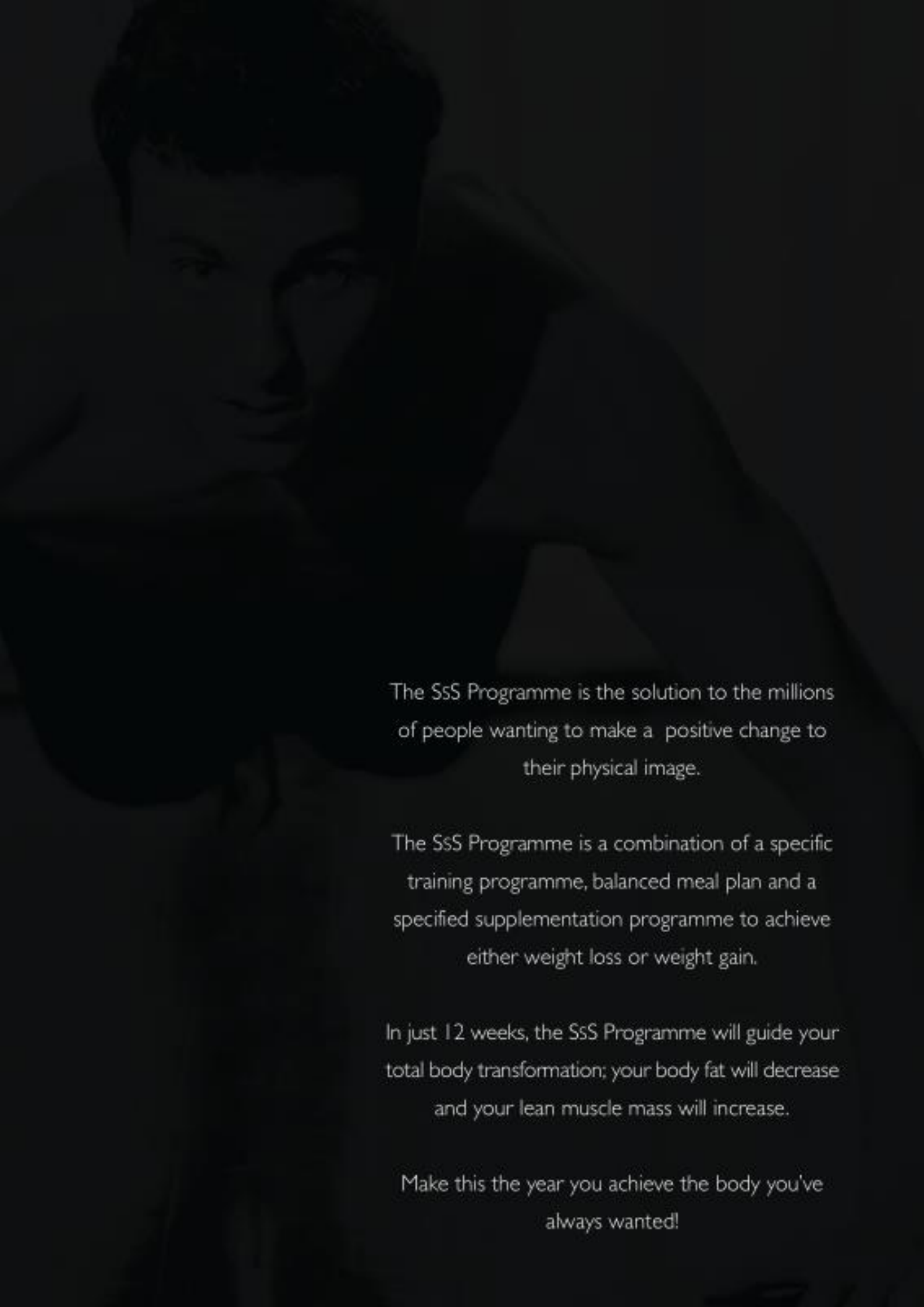
Whatever your goal: optimum balanced physique, weight loss or a general fitness tune - up the SSS Programme WILL transform your body!



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The SSS Programme is the solution to the millions of people wanting to make a positive change to their physical image.

The SSS Programme is a combination of a specific training programme, balanced meal plan and a specified supplementation programme to achieve either weight loss or weight gain.

In just 12 weeks, the SSS Programme will guide your total body transformation; your body fat will decrease and your lean muscle mass will increase.

Make this the year you achieve the body you've always wanted!