

**The Body Transformation Blueprint**  
**“Unlock” The 4 Hidden KEYS**  
**Necessary To Transform Your Body**  
**In Record Time!**

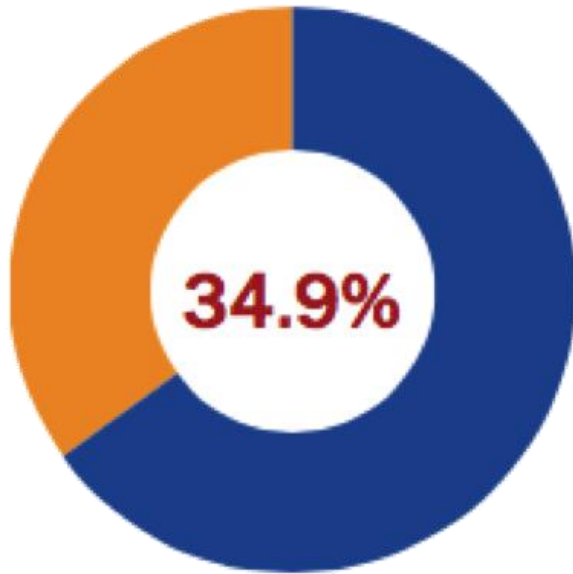
**PLUS:** Discover The 4 Biggest Diet & Exercise Myths STOPPING You From Reclaiming Your Young, Attractive, Healthy, And Energetic Body... Once And For All!

Shaun Hadsall  
Stubborn Fat Expert & Body Transformation Coach

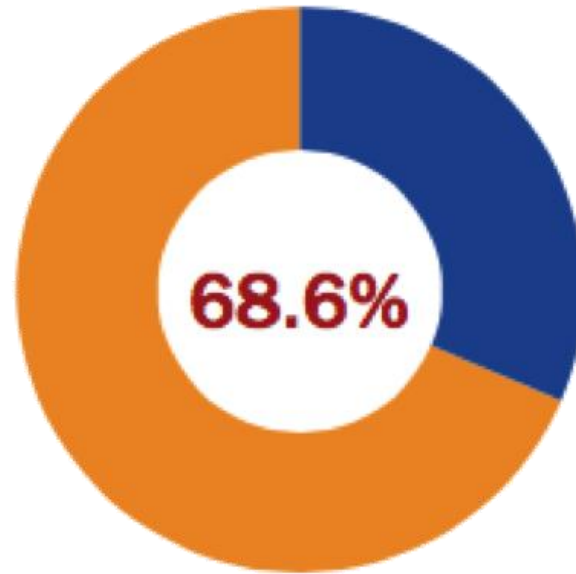
**Congratulations!**

**Why?**

# Because the numbers don't lie...



Obese



Overweight or Obese

1 in 3 Americans are now considered  
overweight or obese

# Thank You for being a 5%er!

- What is a 5%er?
- Somebody who is willing to take time out of their busy schedule to invest in their health and their future like you're doing right now
- Time is our most precious commodity so thank you for taking time out of your busy schedule to be here...

# Airplane Mode

- It's time for "Airplane Mode"
- Please take a second to eliminate any distractions you may have (close the door, Skype, Smartphones, etc)

# Elephant in the Room



I'm sure you've heard it all by  
now...

- Secrets, Myths, Pills, Potions, and Lotions
- What to avoid
- What to never eat
- How to lose 2lbs of belly fat overnight while your sleep
- Yada yada yada...

# MY PROMISE TO YOU:

I'm going to teach you **step-by-step** how to  
“Unlock” The 4 Hidden Keys To  
**Transforming Your Body In Record Time**

**PLUS:** The 4 Biggest MYTHS Every Dieter  
Must Avoid In Order To Reclaim Their  
Attractive, Healthy, And Energetic Body...  
**Once And For All!**



# MY PROMISE TO YOU:

Because you're a 5%er all you **have to do is follow the simple guidelines and tips inside this training** you will be smarter and know exactly how to transform your body in record time...

# If I Deliver On My Promise...

Do I have your permission to take 10 minutes and show you how you can go deeper and take your body and life to the next level afterwards?

If that sounds fair please type “Yes”  
in the chat box...

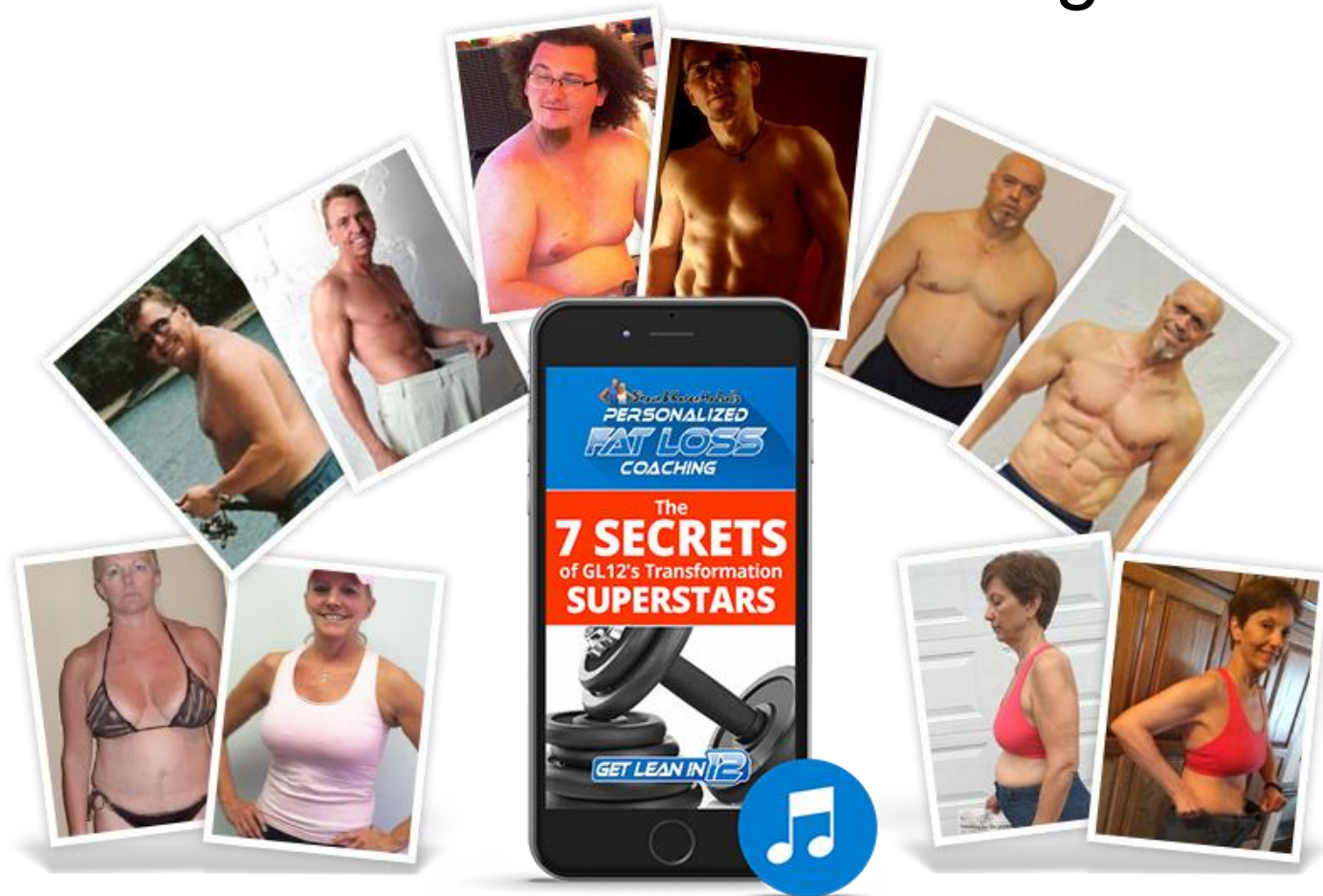
Incentives to take notes, pay close attention, and stay to the end...

Simply stick around to the very end, and we will give you 2 additional FREE bonuses...

**Free Gift #1:** You Will Get A Complimentary Copy Of These Slides So Nothing Is Left Out

**Free Gift #2:** A brand new audio I just recorded called, ***The 7 Secrets of GL12's Transformation Superstars***

These 7 Secrets Actually Have ***Nothing*** To Do With Exercise or Dieting...

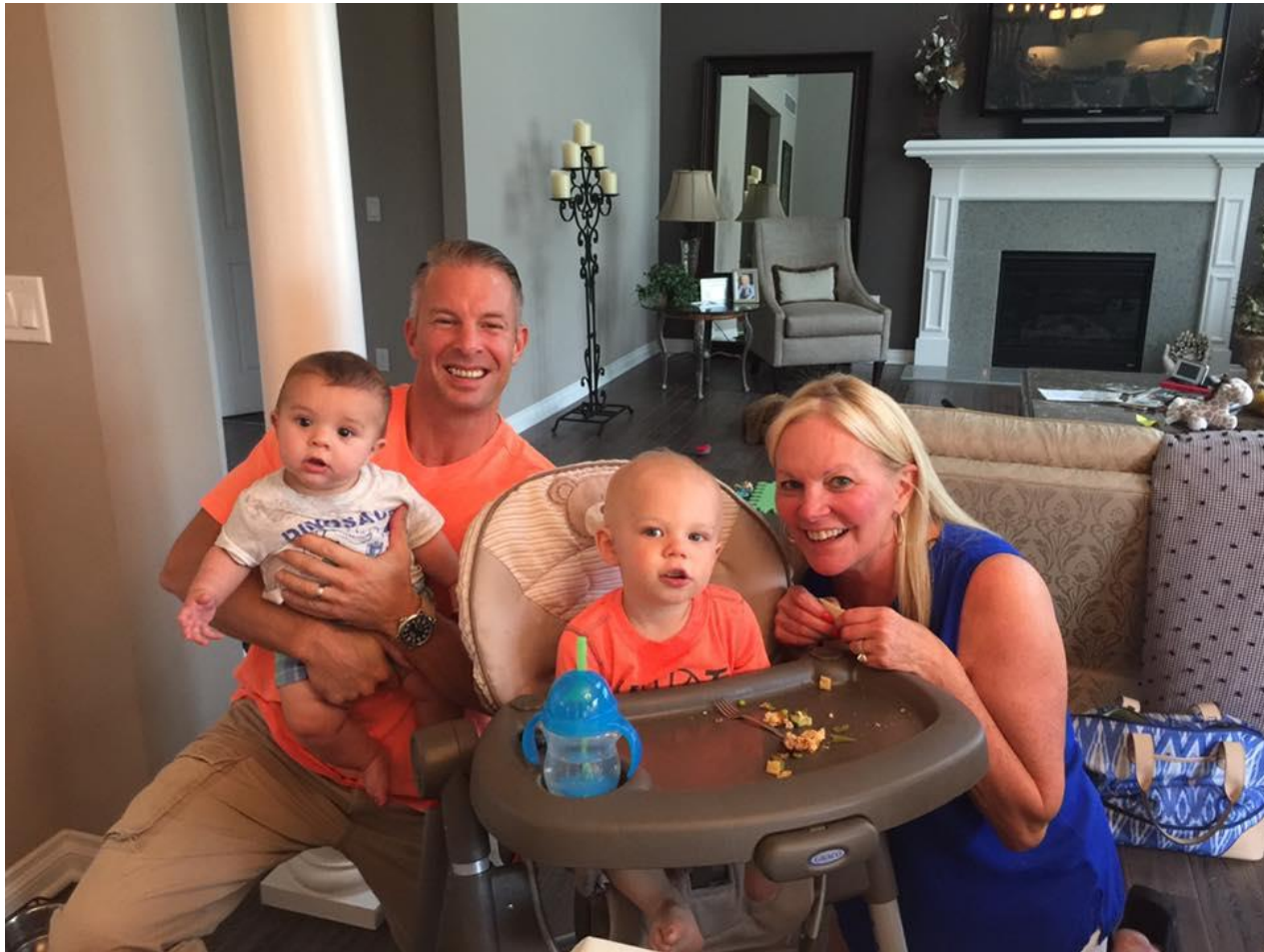


But Without Them It Makes It Nearly Impossible To Transform Your Body

# Why Should You Listen To Me And My Advice?

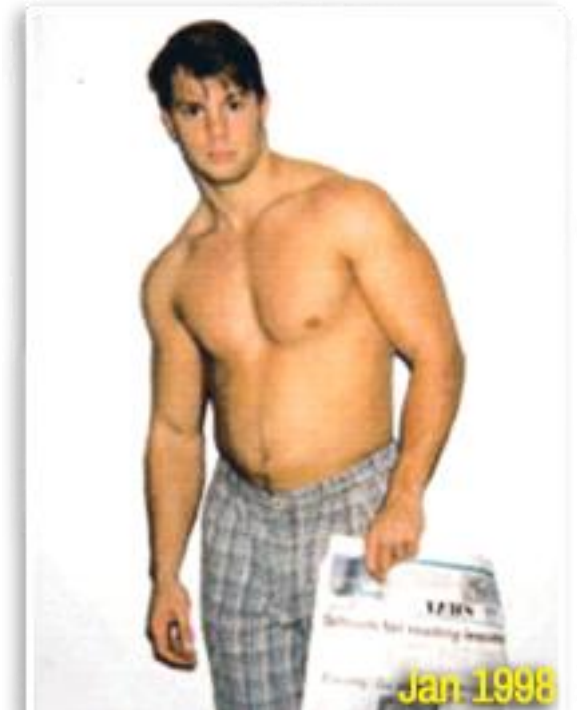
- I'm just like you and I'll share why in just a second...
- I walk my talk and have a proven track record as you'll soon discover
- I'm a 45 year old grandpa who has maintained between 5 and 12% body fat for over 18 years (picture proof coming in a minute)

# Meet my wife Karen and our grandkids Leo, Owen, & Stella



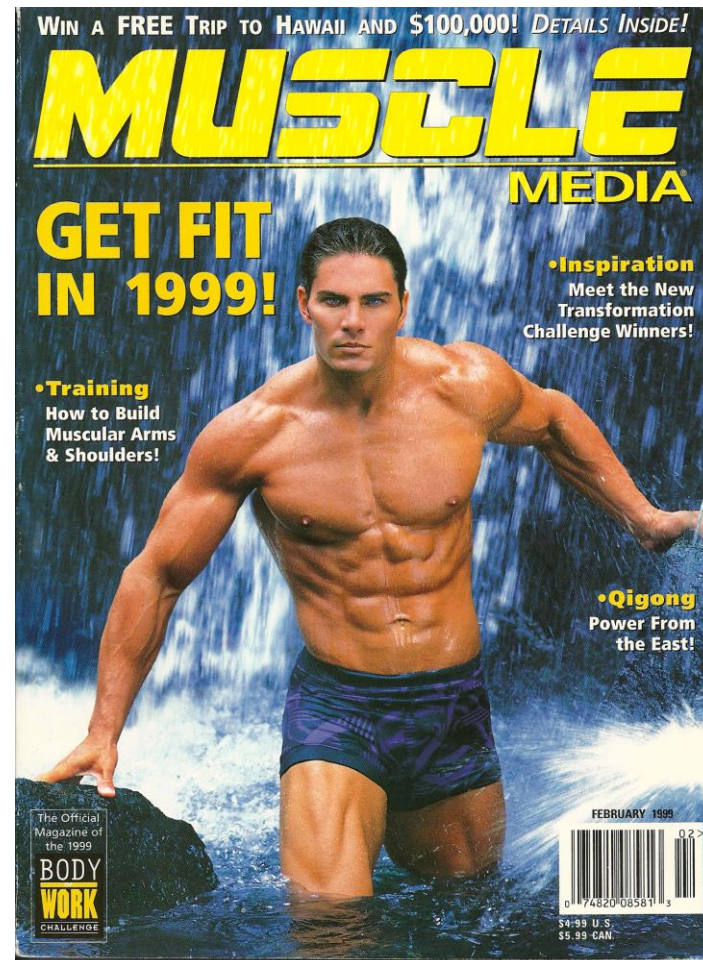
# Here's why I'm just like you and how you can learn from my mistakes...

- 8 Years of Failure & Frustration (10-12 HOURS per week exercising)
- Wrong influences (toxic friends and environments)
- No goals or direction in my life
- Thousands of dollars wasted (supplements and quick fixes)



# My a-ha moment...

- Muscle Media Magazine 1998
- Custody battle over my 6 year old daughter Jordan
- That's when I discovered the 5 "keys" I'm going to share with you in just a second





# 90 Days Later...

- A new body AND a new life!
- 1998 **Body for Life** 1st Runner-Up Grand Champion (over 22k contestants finished the contest)

**CEAS PHYSIQUE TRANSFORMATION CHALLENGE**

**Shaun Hadsall**  
1st Runner-Up

[Champion](#) | [1st Runner-Up](#) | [2nd Runner-Up](#)

**1998 Physique-Transformation Champions**

- [Success Stories](#)
- [Women Age 18-34](#)
- [Experienced Fitness](#)
- [Men Age 40-54](#)
- [Women Age 35-54](#)
- [Men Age 18-25](#)
- [Men Age 26-32](#)
- [Men Age 33-39](#)
- [Inspiration](#)
- [Couples](#)
- [Seniors](#)
- [Canadian](#)
- [Judging](#)

1/10/98

4/4/98

Age: 27 Height: 5'10" Occupation: Personal Trainer, Student  
Hometown: Birch Run, Michigan

# It's NOT just about physical change...

- Mended broken relationships
- Paid off all my debts
- Launched a new successful career in the fitness industry
- Eliminated toxic friends from my life and forged new relationships with like-minded successful people

Finally got joint legal custody  
rights of my 6 year old daughter  
Jordan...

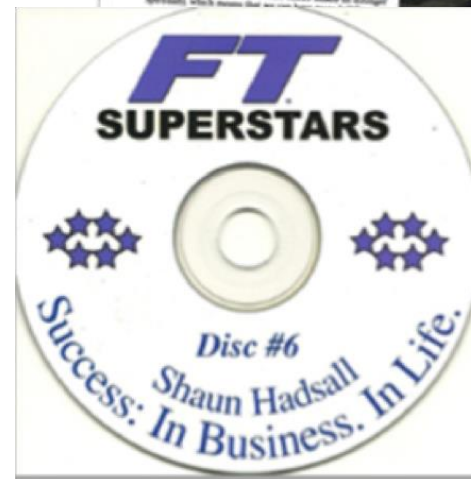


- Fitness Competitor: 1999 World Natural Sports Championships 2nd Place

- Voted “Most Fit” Health & Fitness Pro OVER 40 by Club Solutions Magazine

- Best Selling ebook Author in both Nutrition & Exercise

- Personal Training Studio Franchise Superstar



# Here I am over 10 years later...

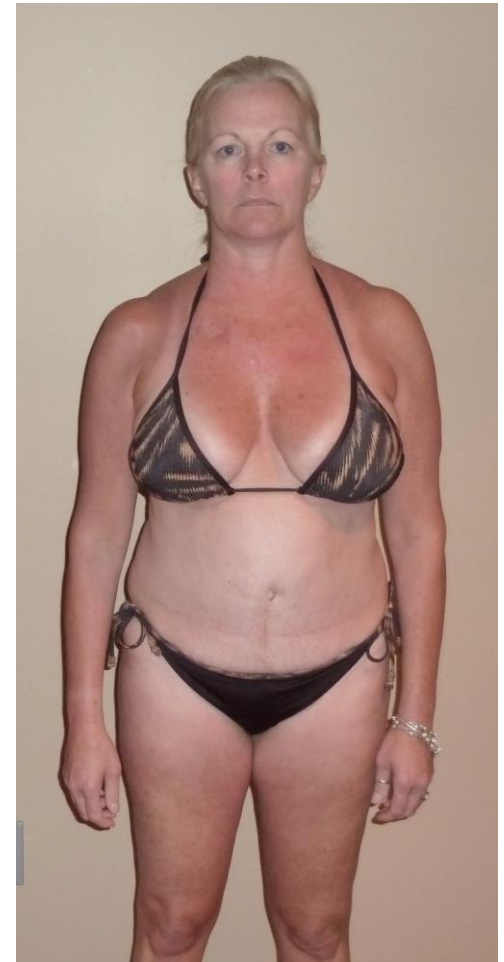


Just when I thought I had cracked the fat loss code, it happened...

- I met my beautiful wife Karen...
- Colo-Rectal Cancer destroyed her metabolism and her hormones
- Early onset menopause
- Accumulation of upper belly fat
- Joint pain, fatigue, insomnia, etc.

# We tried everything...

- Low carb
- Cardio (and more cardio)
- Circuit training
- Synthetic hormones
- Fat burner pills
- It was so bad at one point we even considered plastic surgery!



# I decide to go back to basics...

- We created “synergy” between her diet and exercise plan
- We optimized her hormones naturally
- We used specific movement patterns that were designed for her age and current hormonal condition
- We avoided mainstream nutrition advice by making a specific list of healthy foods and exercises for her to avoid



**AFTER Using Our Unique System at 54 years old...**



- 8 Weeks Later She Was 22lbs Lighter
- I noticed she suddenly looked at least 10 years younger
- Her hormones were balanced

## HOW?

Karen used the exact **same 5 “keys”** I’m going to share with you today

**The same thing happened to my client  
Marty from Northville, Michigan who was  
able to not only completely reinvent himself  
by losing over 50 pounds...**



***“Now I have a new body AND I’m an inspiration and positive role model to my wife and kids.”***

**How inspiring is THAT!**



***“I finally got out of my vicious cycle of collapsing on the couch every night after work being a disappointment to my family, and started spending more time listening to my wife and playing with my kids every night...”***

Remember, we've tried it all, so you don't have to learn the hard way and make the same mistakes we did.

Right now you can take shortcuts **WITHOUT** wasting time and money like we did, simply by following the rarely talked about tips inside this free training

**The 4 Biggest Diet & Exercise Myths  
STOPPING You From Reclaiming  
Your Young, Attractive, Healthy, And  
Energetic Body... Once And For All!**

# MYTH #1:

- As long as you focus on keeping your body in a calorie deficit you'll lose weight consistently
- **FACT:** Those who focus solely on hormones **INSTEAD** of counting calories lose up to **65% MORE** weight than those counting calories

**Reference:** [1]*Journal of Obesity – Long-term persistence of hormonal adaptations to weight loss* 2011 Oct 27;365(17):1597-604. doi: 10.1056/NEJMoa1105816.

# MYTH #2:

- Carbs are responsible for obesity and today's most deadly diseases
- **FACT:** Strategically eating lots of carbs the right way can boost fat burning hormones, help you burn **MORE** belly fat, & live longer



# Examples and Proof...

- The Tarahumara Indians & Kitavans all thrived on HIGH carb diets (70%!) for hundreds of years (overweight people & obesity in these groups were NON existent)

Reference: <https://www.ncbi.nlm.nih.gov/pubmed/10535381>

# What about now?

- Japan and China still eat 50-65% of their calories from carbs, yet obesity rates are much, much lower than the rest of the world
- Blue Zones: Okinawa in Japan has the most centenarians (people who live to be 100) with a massive 85% of their calorie intake coming from carbs prior to the 1950s

# Case Study Example: Chris Voigt

## Results of the 60 Day Potato ONLY Diet

Starting weight: **197**

Ending weight: **176**

Starting blood glucose: **104**

Ending blood glucose: **94**

Starting cholesterol: **214**

Ending cholesterol: **147**

Starting triglycerides: **135**

Ending triglycerides: **75**

*\*And his ending blood pressure was an outstanding 112 over 70!*

These numbers indicate that Chris dramatically **reduced** his risk for heart disease and diabetes, while losing deadly belly fat.

# MYTH #3:

- You must eat 5 to 6 small, frequent meals or you'll slow down your metabolism and weight loss will stall
- **FACT:** Small frequent meals do NOT speed up your metabolism OR help you lose more weight

# Studies & Research

- After you eat, your metabolism is elevated slightly while you're digesting the meal, but it's the total amount of food that determines the energy used, NOT the number of meals.
- Controlled studies where one group eats many small meals and the other the same amount of food in fewer meals show that there is literally no difference between the two

1) <https://www.ncbi.nlm.nih.gov/pubmed/91554942>

2) <https://www.ncbi.nlm.nih.gov/pubmed/19943985>

# Myth #4

- Eating less and moving more is all that matters when trying to lose weight
- **FACT:** Eating less and moving more only leads to rebound weight gain and metabolic damage

# Real World Example: Biggest Loser Study

- NY Times article about Season 8 contestants of the Biggest Loser
- Out of 16 competitors nearly all of them gained most, if not all, of their weight back (some now weigh even MORE)

# Why did this happen?

- Metabolic Slowdown
- Failure to address hormones
- Incomplete program (NO synergy)
- Too much cardio & regular exercise (suppresses thyroid, releases cortisol, increases hunger, and free radicals<sup>1-4</sup>)
- Outdated and obsolete nutritional guidance

1) Eur J Appl Physiol. 2003 Jan;[masked]:480-4. Mullur R, Liu Y, Brent GA. Thyroid Hormone Regulation of Metabolism. Physiol Rev. 2014 Apr; 94(2): 355–382.

2) Skoluda, N., Dettenborn, L., et al. Elevated Hair Cortisol Concentrations in Endurance Athletes. Psychoneuroendocrinology. September 2011.

3) Sonnevile, K.R., et al. (2008) International Journal of Obesity. 32, S19-S27.

4) Cakir-Atabek, H., Demir, S., Pinarbassili, R., Bunduz, N. Effects of Different Resistance Training Intensity on Indices of Oxidative Stress. Journal of Strength and Conditioning Research. September 2010. 24(9), 2491-2498.



Now you can probably see why  
most people fail AND why it's  
not your fault...

- We can all thank: big food, big pharma, and the Internet
- If you're not fat and sick they don't make money—plain and simple
- Just look at the evidence and it's pretty obvious why we're getting fatter and sicker year after year

# But you're NOT alone because we are in this together...

- I went thru it...
- Karen when thru it...
- If you're watching this you've probably been thru it in some way too!
- We finally overcame the confusion and misleading advice when we pinpointed the 4 "hidden" KEYS to transforming your body in record time

And that's why it's our passion, mission,  
duty, & obligation to transform over 1mm  
people's lives by 2020

We want people to learn the real truth  
about living a lean, healthy, and active  
lifestyle to experience the same benefits  
that have blessed our lives in ways we  
could never imagine...

EVERY person who follows these 4 keys step-by-step has something magical happen to their life... all of a sudden...

- Day by day you'll **experience the power of synergy** to visually “see” your body start to transform right before your eyes
- Just imagine being eager to jump out of bed every morning like Karen did **excited to look in the mirror**
- You'll crave real, healthy nutritious food (instead of sugar and junk food) and it will actually **taste delicious**
- You'll be able to **eat your favorite sweet treats and cheat meals with ZERO guilt** (but you won't crave them anymore)

# And don't forget the intangibles that are truly priceless...

- You'll feel more confident and sure of yourself
- You'll have more purpose in your life
- You'll feel more driven, focused, and productive
- You'll experience clearer thinking and better memory
- You'll have deeper, more meaningful relationships
- You'll have the energy to keep up with your kids (or grandkids like Karen and me) 😊
- And let's not forget about increased passion and libido for your love life! (just sayin')

# These are the life changes you can NEVER put a price tag on

- Don't you agree? If you'd like to see any of one of these changes in your life go ahead and type "YES!" in the chat...
- I want to make sure you guys are energized and ready to learn exactly how to transform your body in record time with these "hidden" keys...

**Here It Is:**

**The Body Transformation Blueprint**

**“Unlock” The 4 Hidden KEYS  
Necessary To Transform Your  
Body In Record Time!**

# Body Transformation Key #1:

You must optimize your hormones  
**FIRST** or you'll **NEVER** lose stubborn  
belly fat

\*NOTE: I'll give you 7 **easy** tips you can use the  
maximize your anti-aging and fat burning  
hormones in just a second



## Body Transformation Key #2:

You must customize your carb intake and cheat meals based on ***your*** activity level

I'll provide a chart you can print out and follow based on your personal needs

## **Body Transformation Key #3:**

You must unlock the “synergy” between your diet  
and exercise plan

This is the one that nobody ever talks about, but  
if it’s missing you will fail

I’ll show you an infographic to simplify your fat  
loss

## **Body Transformation Key #4:**

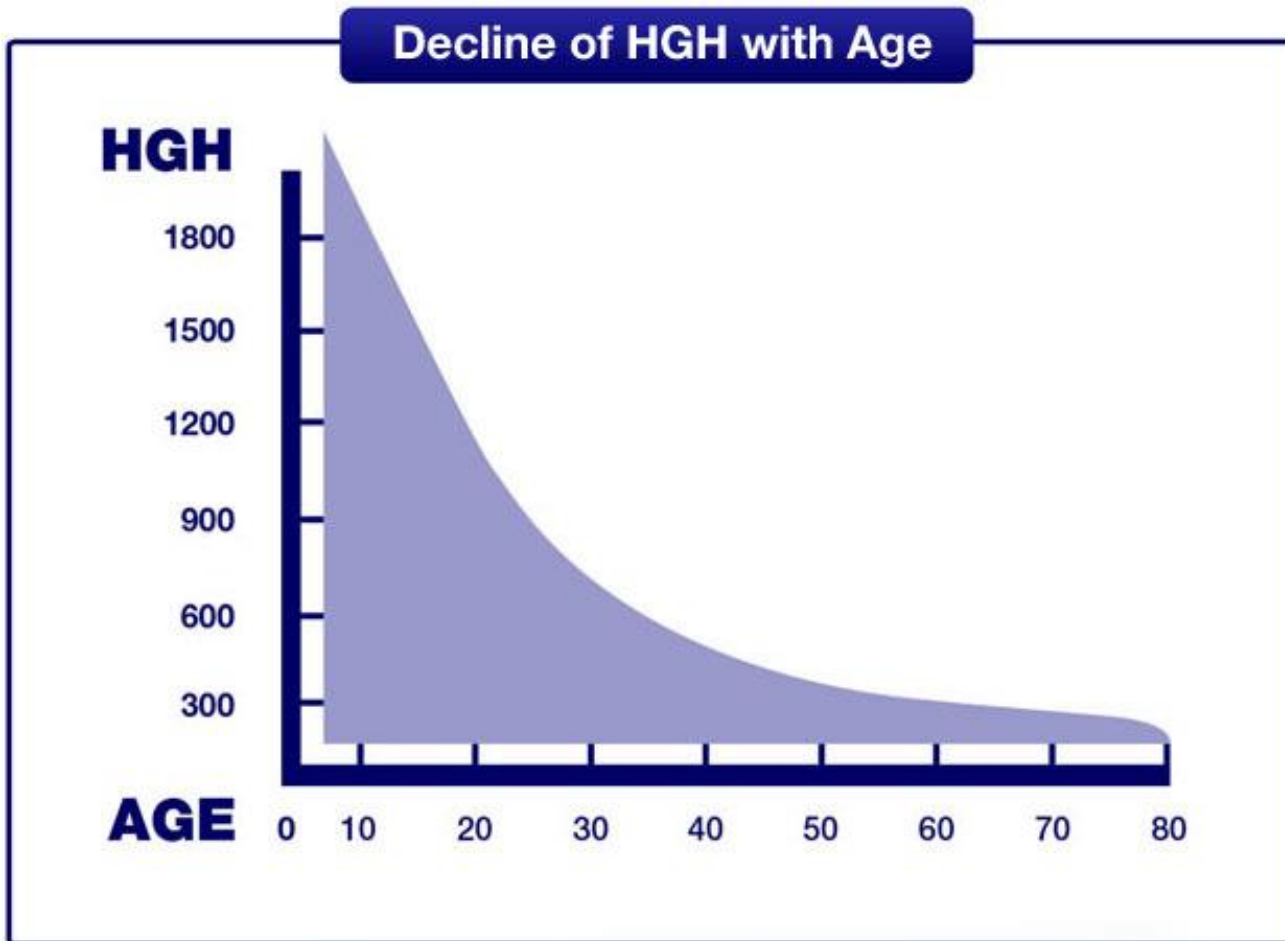
You **MUST** create the right rewards & incentives

If there is ONE “key” that guarantees your success...  
**this is it!**

# **Body Transformation Key #1:**

You must optimize your hormones **FIRST** in order to become fat adapted and permanently lose belly fat

# Somatopause: Growth Hormone Age Related Deficiency



# Free Tips To Increase GH Naturally...

- Don't eat 2 hours before bed
- Strategic high intensity exercise bursts (400 to 700% GH increase + adrenaline and catecholamines)
- Try Intermittent Fasting (16/8 men – 14/10 women)
  - If you struggle with the thought, drink lots of water, bone broth, black coffee, green tea, or chew gum

# Other Free Tips To Optimize Your Hormones In Record Time

- Use strategic re-feeds and cheat meals at the RIGHT time (leptin)
- Eat balanced meals (insulin)
- Get at least 7 hours of sleep per night (regulates cortisol & melatonin)
- Eat MORE Protein (regulates your hunger hormone ghrelin to help you control your appetite and cravings)

# Hormone Case Study: 55 Year Old Stanton

***"I'm 55 years old and I'm a total believer!"***



*"My wife's results were fantastic too so now the whole family are huge followers of your program because it's so simple to follow. Thanks to your knowledge and unique approach, I had tremendous results.*

*Thank you so much for all you do for people like me and my family."*



# Body Transformation Key #2

You must customize your carb intake and cheat meals based on *your* activity level

# How To Customize Your Carb Intake For Faster Results

Activity Level	Sedentary	Active	High Intensity Exerciser
	Desk job or someone who has other limitations that prevent them from exercising	Moderate exercise 3 - 4x per week	Weight lifters, high intensity exercisers, and endurance athletes who exercise 5x or more per week
Type of Nutrition	Paleo with very limited starches and moderate amount of fruits	Paleo + low glycemic starches and fruits on exercise days only	Paleo + Glucose: Lots of pure white starches allowed pre and post workout
	<p>All non-starchy veggies with organic berries and small amounts of other fruits and berries.</p> <p>Things like quinoa and squash are acceptable in small amounts.</p>	<p>Lower Glycemic Based Starchy Carbs:</p> <p>Yams, Sweet Potatoes, Brown &amp; Black Rice, Lentils, Slow Cook Gluten Free Oats</p> <p>*All organic fruits and sedentary carb choices allowed</p>	<p>Gluten Free Glucose Based Carbs:</p> <p>Potatoes, White Rice, Ripe Bananas, Brown Rice or Black Bean Pasta</p> <p>*All low glycemic starches and other organic fruits are acceptable</p>
BEST carb types			

# How Carbs Can Improve Hormonal & Metabolic Health

- Prevent Metabolic Slowdown
- Optimize your insulin sensitivity (avoid T2D)
- Optimize your thyroid (T4/T3 conversion)
- Optimize your testosterone to estrogen ratio
- Optimize your leptin Sensitivity

# Free Tips To Customize Your Carb Intake For Faster Results

## – Best Carb Timing

- Post workout window
- The night before a **morning** workout

## – Best Carb Combinations

- NEVER eat a starchy carb or sugar alone
- LIMIT fat intake when eating starchy or sugary carbs (fat + carbs = fat storage)

## – Best Carb Portion Control

- Fist sized portion

# Carb Case Study: Monica

- Crossfit 3 x per week
- Strict Paleo Diet
- Cardio 3x per week
- Couldn't recover
- Gained belly fat
- Told me she felt terrible



# Carb Case Study: Monica

- **Increased** her calories
- **Increased** her starchy carbs (strategically)
- **Decreased** her exercise time
- Almost immediately she told me how amazing she felt and within 7 days she lost 3lbs...
- Confirming once again that it's all about one thing:
- **HORMONES!**



# **Body Transformation Key #3**

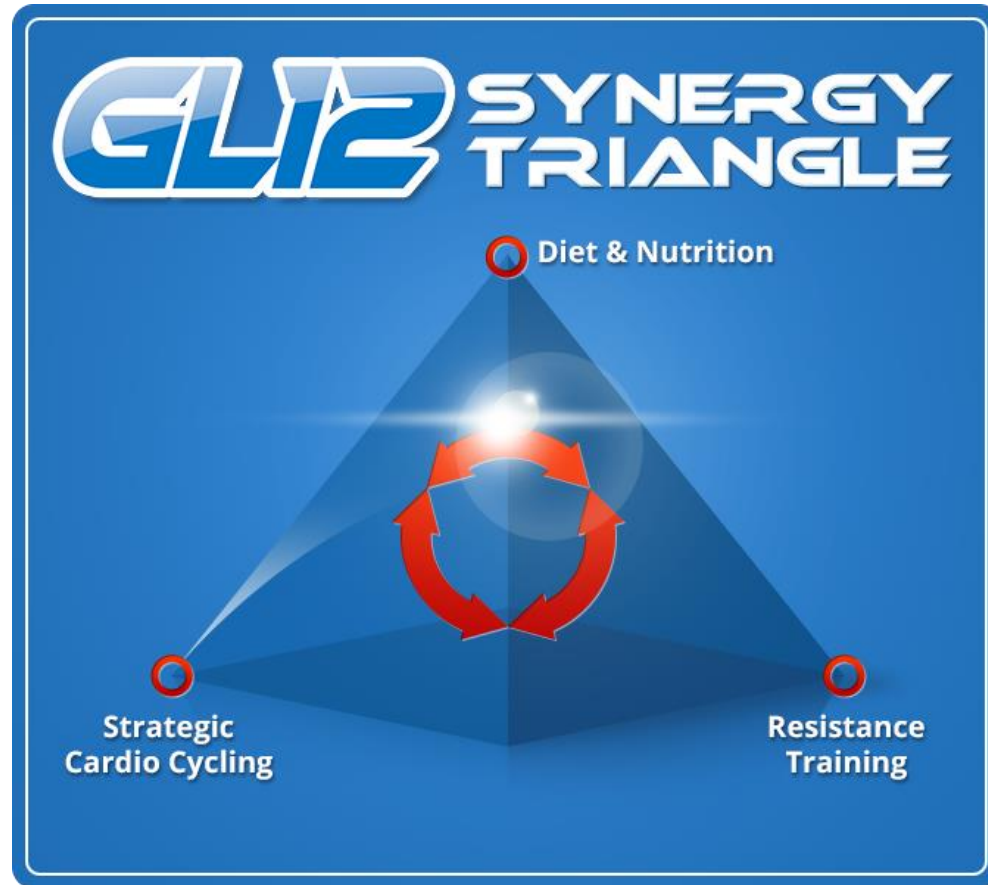
You must create “synergy” between  
your diet and exercise plan

# Always, ALWAYS Remember THIS...

- It's **not** your diet
- It's **not** your cardio
- It's **not** your resistance training
- It's the ***synergistic*** effect of all 3 pillars working together that allows you to transform your body in record time



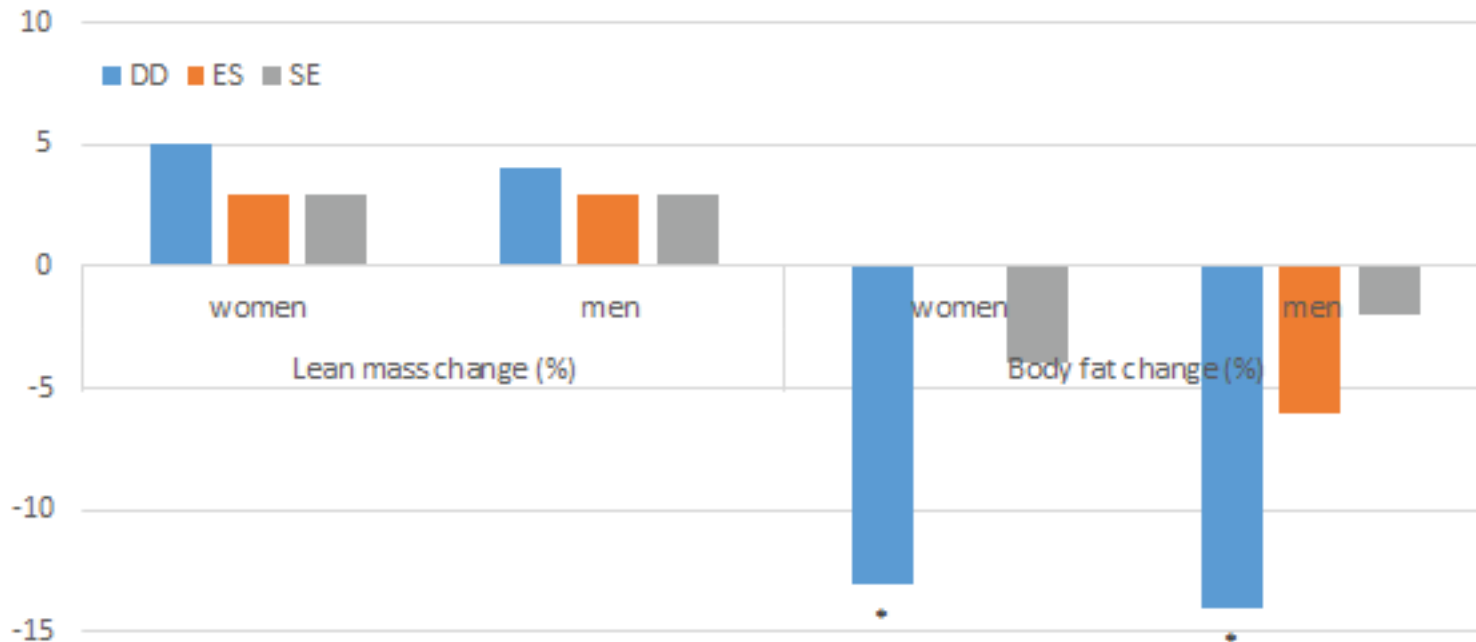
# GL12 Synergy Triangle



I like to call this fat loss for dummies because so many people overcomplicate the process... our philosophy is the KISS principle... Keep It Stupid Simple

# Free Tips To Create Synergy With Your Diet & Exercise Plan For Faster Results

- Alternate resistance training days with cardio days (DD vs ES vs SE)



Reference: <http://anabolicminds.com/articles/study-quantifies-disadvantage-cardio-weights-day-fat-loss-may-stall-completely-23599/>

- Examples: Mon, Wed, Fri bodyweight training or weight training...
- Tues, Thurs, Sat “Cycle” Your Cardio to prevent plateaus and stop exercise induced adaptation (use a strategic combo of metabolic bursting, threshold intervals, and steady state)

# “Cycle” your calories and carbs

- High carb days (M, W, Fri)
- Low carb days (T, Th, Sat)
- Cheat days and cheat meals (Sat or Sun)

# Synergy Case Study: 52 Year Old Charlie Baldwin

***“My husband went completely off his type 2 diabetes medication in just 30 days AND his triglycerides dropped from 651 all the way down to a normal healthy level!”***



Denise from Michigan was **ecstatic** that her husband Charlie went completely off his type 2 diabetes medication in just 30 days AND his triglycerides dropped from 651 all the way down to a normal **healthy** level... Thank You **SYNERGY!**

# **Body Transformation Key #4:**

## **You MUST create the right rewards & incentives**

### **– The Big Deadline**

- Vacations, Weddings, Anniversaries, Events, Contests, Photo shoots, etc.

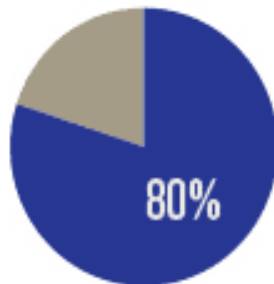
### **– Rewards**

- Dangle the carrot
- Strategic cheat treats and cheat meals to optimize hormone sensitivity

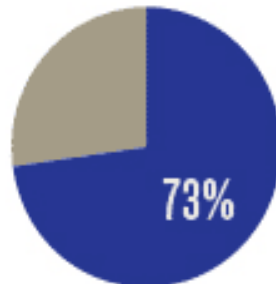
### **– Accountability and Coaching**

# An evidence-based way to transform your body in record time

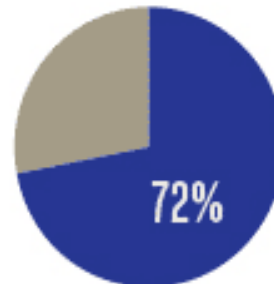
Just look at the amazing results for people who get coaching and accountability...



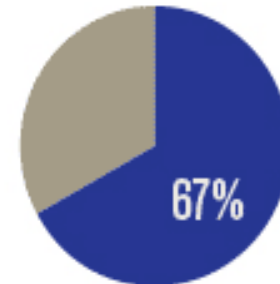
Improved  
Self-  
Confidence



Improved  
Relationships



Improved  
Communication  
Skills



Improved  
Life/Work  
Balance

# What about weight loss?...

- Two separate studies show that people who use a coach lose 10% more weight than people who don't. AND...
- They're able to **KEEP** it off for over 2 years afterwards (unlike 95% of the population who suffer from rebound weight gain)

Reference: <https://www.nhlbi.nih.gov/news/press-releases/2011/nih-studies-find-long-term-weight-loss-methods-for-clinical-practice>



And it can be done at  
**ANY** age...

Just ask Teresa

# Case Study: 58 Year Old Teresa from Kinston, NC

**She finally lost the inches** directly from her stubborn belly, while avoiding having to go on a dangerous cholesterol medicine. **And she's 58!**



***"Within the first week I had the hang of it and it was really simple!  
My bad cholesterol has come down over 22 points, I have more  
energy and my body is a lot less achy! It's also helped me enjoy  
my diet for the first time ever. I finally feel like I can keep the  
weight off once and for all!"***

# Case Study: 41 Year Old Witek from Poland

***"I managed to lose 80 pounds, fight off hypertension, and get into the best shape of my life."***



***"One third of me is gone and the other two thirds left is a better me... and I'm growing stronger every day! A huge thanks for your guidance. It's not just about my new body or the health issues solved — my whole mindset and personality has changed for the better. Last week alone I had over 20 people ask me how I did it and I have you to thank. Now everybody wants to know my secret."***

# We recently started spreading the word about our unique approach on Facebook and the feedback has been amazing...



**Sandra Renzacci** · You changed my life forever thank you!

Unlike · Reply · Message · 4

\* results are not typical and may vary



**Get Lean In 12** · WOW.....love hearing that!

Like · Reply



**Sandra Renzacci** · I am in the fitness industry for 20 years, I am CSEP-CPT. and I feel that I learned a lot from you. I really enjoy your videos!

Like · Reply · Message



**Don Gilmartin** · One week watching.... Already 5 pounds dropped! Amazing!!!!

Like · Reply · Message · 3

\* results are not typical and may vary



**Connie Clifford Hawkins** · I'm so impressed best information ever !!!

Like · Reply · Message

\* results are not typical and may vary



**Get Lean In 12** · Thanks Connie, we really appreciate the comment!

Like · Reply



**J.t. Taylor** · Ive lost 18lbs in 3 weeks doing this

Like · 9

\* results are not typical and may vary

# More Social Proof Real Life Success Stories



**Angela Lingo** I know what you put out there is truthful, my health and body has changed for the better since I bought your program and started following you. I want to thank you for changing my life by sharing your knowledge. You are truly an inspiration! Thank you! Thank you! Thank you!  
Please keep it up!

Like · Reply · Message

\* results are not typical and may vary



**William Pastorius** I've used his protocol 12 minute workout and within a month, I went from 182 to 168 and lost zero muscle and all fat! I was skeptical at first... now it's a ritual following Shawn

Unlike · Reply · Message ·  1

\* results are not typical and may vary



**Get Lean In 12** Congrats William on your amazing progress. Thank you for sharing your personal experience with us, it's encouraging comments like yours that keep us going. Thanks again and have a great weekend



**Emma Kipps** Shaun you have been an amazing inspiration for me, not only with weight loss but with life! Thank you.

Unlike · Reply · Message ·  5

\* results are not typical and may vary



**Get Lean In 12** Thank you Emma, that is wonderful to hear. It's encouraging messages like yours that keep us going. Have an amazing week 😊

# Quick Recap On The 4 Most Popular Diet & Exercise Myths

- 1) Hormones are more important than calorie deficits for living longer and losing belly fat
- 2) Carbs do NOT make you fat (Blue Zones / 60 day Potato Diet)
- 3) Small, frequent meals do NOT speed up your metabolism or increase weight loss
- 4) The old advice of moving more and eating less only leads to metabolic damage and a slower metabolism (Biggest Loser)

# Recap Of The 4 “Keys” To Transform Your Body In Record Time..

- 1) Optimize Hormones
- 2) Customize your carb intake based on activity level
- 3) Create “Synergy” between your diet and exercise plan
- 4) Get coaching and accountability to guarantee results and prevent rebound weight gain

## A Few Questions:

- Did you learn something valuable today?
- Do you feel more motivated?
- Do you think this type of approach can work for you?
- Did I earn the right to spend 10 minutes talking about how you can work with us to **personalize your very own body transformation blueprint?**



Would you be willing to invest a measly 5% of your time weekly if you knew for **certain** that you could...

- Look better, feel better, have more energy, and dramatically improve the quality of every other area of your life?
- Have a better marriage?
- Experience deeper, more meaningful relationships with your children, family, friends, and loved ones?
- Have more energy and vitality to keep up with your children (or grandchildren like us!)?
- Have a brand new lean, healthy, attractive body?

- If you answered yes to any of these questions, pls type “Yes” in the chat box
- We’ll provide the proven blueprint, BUT you have to be willing to take action.

# FIRST THINGS FIRST:

This will require a small financial investment and it's *not* for everyone

- This is for people who are 5%ers and have the following 3 traits...
  - You must be coachable and willing to follow simple instructions
  - You must be consistent but NOT perfect (be willing to focus solely on progress NOT perfection)
  - You must believe in yourself and the process (remember our case studies... if they can do it so can you!)

# Requirements...

- We're going to ask you to commit to LESS than 2 hours per week exercising (doing more is optional)
- You won't need access to a gym or equipment because the training can be done ANYWHERE... at home in front of a TV or mobile device, during lunch hour, traveling, on vacation, at the gym
- All you need is your bodyweight
- For those who are beginners or out of shape we provide modifications for each movement so that, even those with limitations, can use our 12 minute metabolic protocols

- You'll also have to spend a few hours per week setting up your diet for long term success...
- 4 to 5 hours per week is a very small price to pay for transforming your body and life
- NOTE: Everything is delivered **one week at a time** digitally via VIP private member's only portal and private FB support group

No feeling overwhelmed with too much information or being confused about what to do next because everything is laid out for you step-by-step... you'll also have everything one week in advance to plan ahead and stay on track.



---

## Welcome!

Welcome to The Get Lean In 12 Personalized Fat Loss Coaching Site, Admin!

Here you will find your personalized coaching tools for attacking and shattering your fat loss and healthy living goals.

Access your customized "**Done-for-You**" exercise training programs and videos, meal plans and recipes, meal replacement solutions, supplementation recommendations, a follow-along success tracker and more to get started right now!

[Home](#)

[Support](#)

[Change Password](#)

[Logout](#)

**YOUR COACHING TOOLS**

[Complimentary Get Lean in 12 Club Newsletter](#)

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# INTRODUCING: GL12 Personalized Fat Loss Coaching



==>> [CLICK HERE TO LEARN MORE](#)

**The Only 8 Week Body Transformation  
Blueprint Designed Specifically For YOU.**

# The details...

- This personalized coaching is done for a period of 8 weeks
- Why?
- Recent research led by a team at the University College London in a 2009 study shows it takes at least 60 days to build new habits and then turn them into rituals in your life
- This is just another reason why people need coaching and accountability in their life in order to transform their bodies in record time (it takes at least a few months)



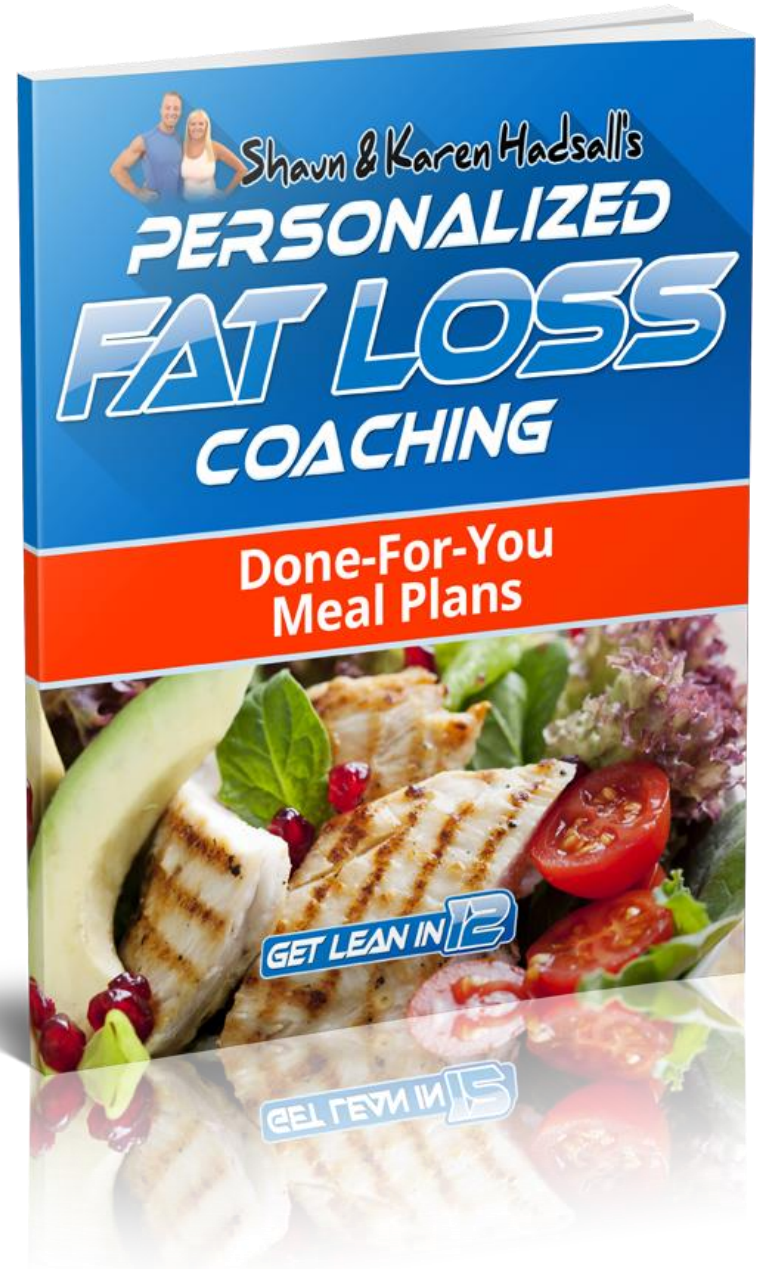
Just like Karen, Marty, Stanton, Monica, Charlie & Denise, Teresa, and Witek (EVERY one of them is in their 40s and 50s) everything is Done-for-You so all you have to do is plug in the key and turn it



- 60 Days of Done-for-You Meal Plans

**\$99 per month**

**Total Value \$198**



# Personalized Meal Plans

- Type of Diet Day (deplete, low carb, high carb, cheat meals, etc)
- Right Food Types
- Right Food Combos
- Healthy Substitutions
- Flexible Daily Guidelines and Directions
- 5-6 Meals vs 3-4 Meals

MEAL	TYPE	
1	P/V/O	2-3 whole eggs; scrambled with ½ cup spinach; topped with 2 oz lean ground beef & sprinkle of cheese
2	P/O	½ cup cottage cheese (full fat brand so carbs are reduced)
3	P/V/O	3 - 4 oz chicken Caesar salad or chicken on large lettuce with 1 tbsp of extra virgin olive oil & apple cider vinegar (ACV)
4	P/O	20 - 25 gram protein shake 1 tbsp of coconut oil (preferred) or 1 tbsp heavy cream
5	P/V/O	4 - 6 oz fresh fish 1 cup of broccoli Lettuce & cucumber salad with 1 tbsp of extra virgin olive oil & apple cider vinegar (ACV)
Type Key: <b>P = Protein</b> <b>V = Vegetables</b> <b>O = Fat</b>		

## DAILY GUIDELINES AND DIRECTIONS

1. The above example food plan shows 5 meals, which is only recommended if you have a fast metabolism or like eating small frequent meals.
2. It's recommended to consume 3-4 meals per day if your goal is fat loss. **You may skip meal 2 OR meal 4 highlighted in grey if you eat 4 meals per day. If you only consume 3 meals then you may skip meal 2 and 4 for a total of 3 meals.**
3. Add a small lettuce and cucumber salad with apple cider vinegar and 1 tablespoon of extra virgin olive oil to at least two meals daily.
4. **NOTE:** On days 7 and 14 you are allowed to have one high carb cheat meal (aka- re-feed)

- 60 Days of Done-for-You Exercise Plan & Training Guide

**\$99 per month**

**Total Value \$198**



# Weeks 1 through 4: **Bodyweight Belly Burn**

Use movement patterns that activate your body's largest muscle groups simultaneously to release fat burning hormones and burn maximum calories in only 20 minutes

## **5 Reasons Bodyweight Training Can Keep You Younger & Leaner**

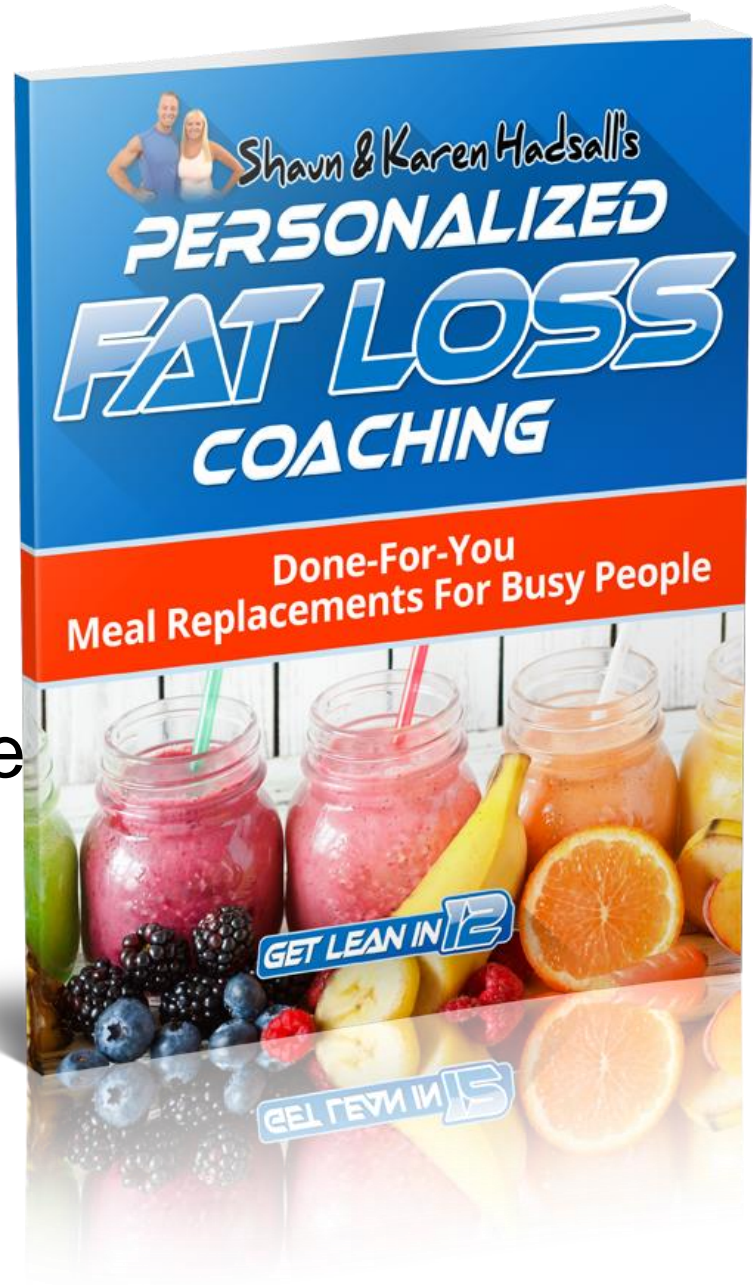
- Fights chronic disease and helps control blood sugar
- Gets you stronger (and keeps you stronger) than machines or even free weights because you're using multi-functional movements
- Longevity: Prevents injuries because of lower joint stress
- Endless variety and modifications
- Can be done ANYTIME, ANYWHERE

## Weeks 5 through 8: **Growth Hormone Accelerator**

- The bulking MYTH: Are you an apple or a pear?
- Build lean, hard, sexy muscle WITHOUT the bulk
- Fight adaptation and plateaus by using **specific rep ranges** proven to release Growth Hormone and increase fat loss thru direct muscle stimulation
- Rest periods, intensity levels, and exercises that are designed for your age, gender, and current condition
- Dumbbells with a bench or exercise ball required

- 60 Days of Done-for-You Meal Replacements For Busy People
  - Perfect Ratio of Macros
  - Blood Sugar Stabilizing Ingredient Combinations
  - Zero-effort way to Increase Protein Intake

**\$49 per month**  
**Total Value \$98**



# Science PROVES Meal Replacements & Healthy Smoothies Can Help You...

- Avoid Unhealthy Meals
- Consume fewer calories
- Decrease appetite & curbs cravings
- Fill in the missing nutrient gap in your diet
- Increase protein intake, which helps you lose more weight, decrease appetite, increase metabolic rate, prevents muscle loss, **and** rebound weight gain

References:

<https://www.ncbi.nlm.nih.gov/pubmed/21600254>

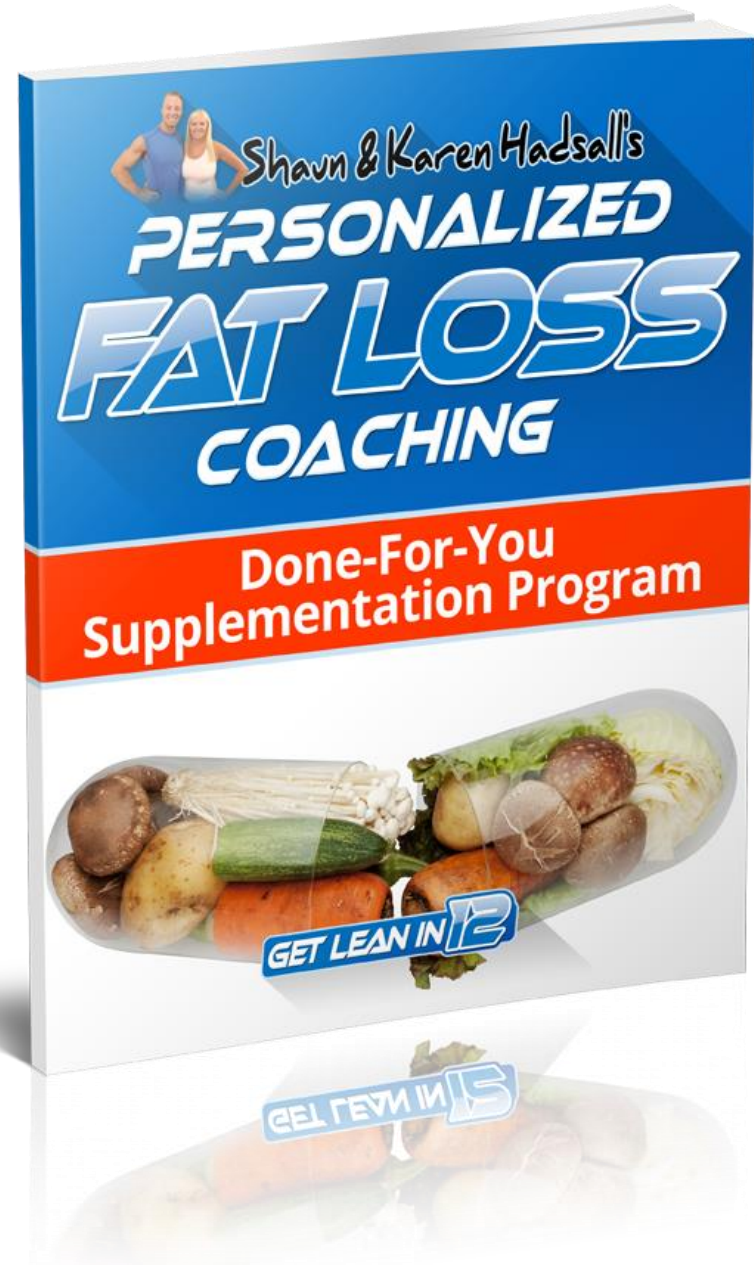
<https://authoritynutrition.com/protein-shakes-weight-loss/>



- 60 Days of Done-for-You Supplementation Program (not mandatory, but recommended)

**\$29 per month**

**Total Value \$58**

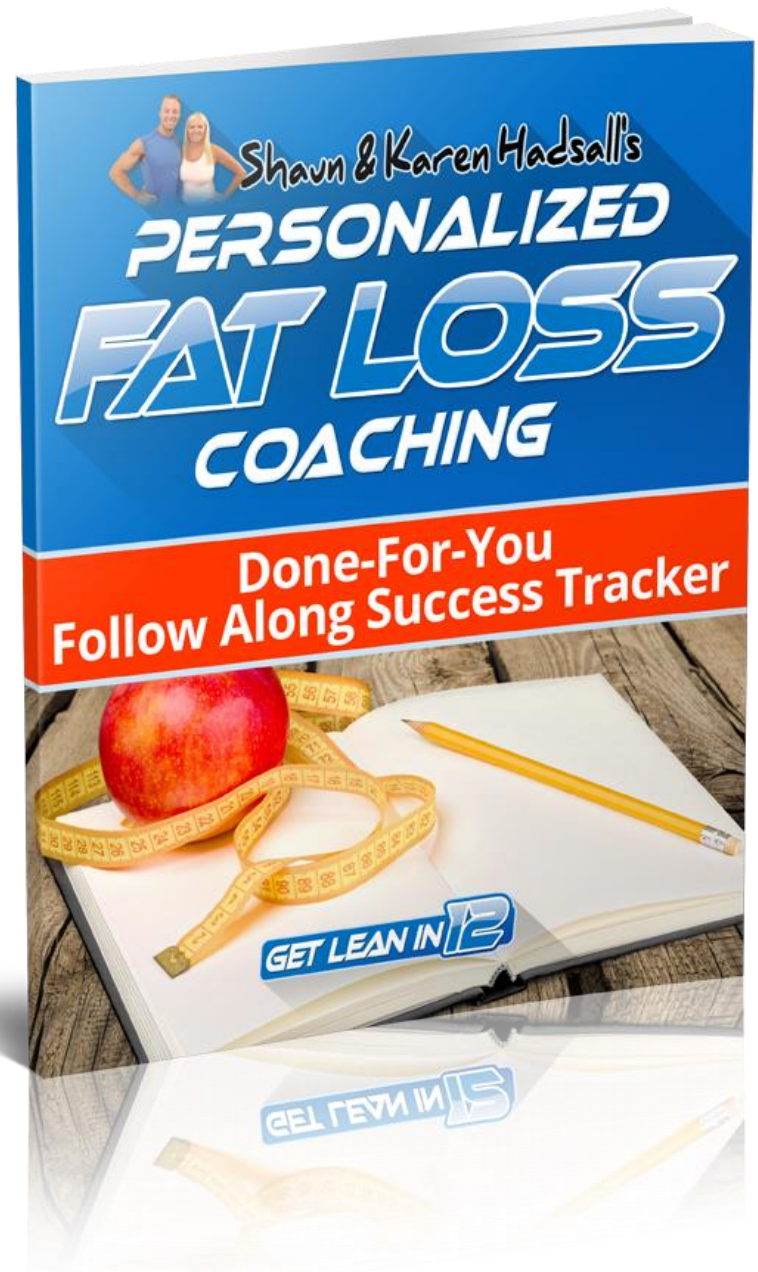


# A few quick facts about supplements

- Soil depletion and pesticides (ex: spinach & apples)
- There are 4 natural supplements that are as research backed to be as powerful as drugs
- Essential vs non-essential vitamins, minerals, and macronutrients (ex: omega 3s)
- Again, this is completely optional but we'll provide you with a step-by-step plan

- Done-for-You Follow Along Success Tracker (black and white print off)

**\$49 per month**  
**Total Value \$98**



# Success Tracker Science...

- There are 2 published weight loss studies that show tracking your success properly will ensure you'll stay more consistent...
- One study shows people who use a Success Tracker WANT to exercise more
- The 2nd study shows those who use a success tracker ENJOY dieting and exercising more!

- Hurling R, Catt M, Boni MD, et al. Using internet and mobile phone technology to deliver an automated physical activity program: randomized controlled trial. *J Med Internet Res*. 2007;9(2):e7. doi:10.2196/jmir.9.2.e7.
- Conroy MB, Yang K, Elci OU, et al. Physical activity self-monitoring and weight loss: 6-month results of the SMART trial. *Med Sci Sports Exerc*. 2011;43(8):1568–1574. doi:10.1249/MSS.0b013e31820b9395.

# GL12 Personalized Fat Loss Coaching Has A \$650 Value

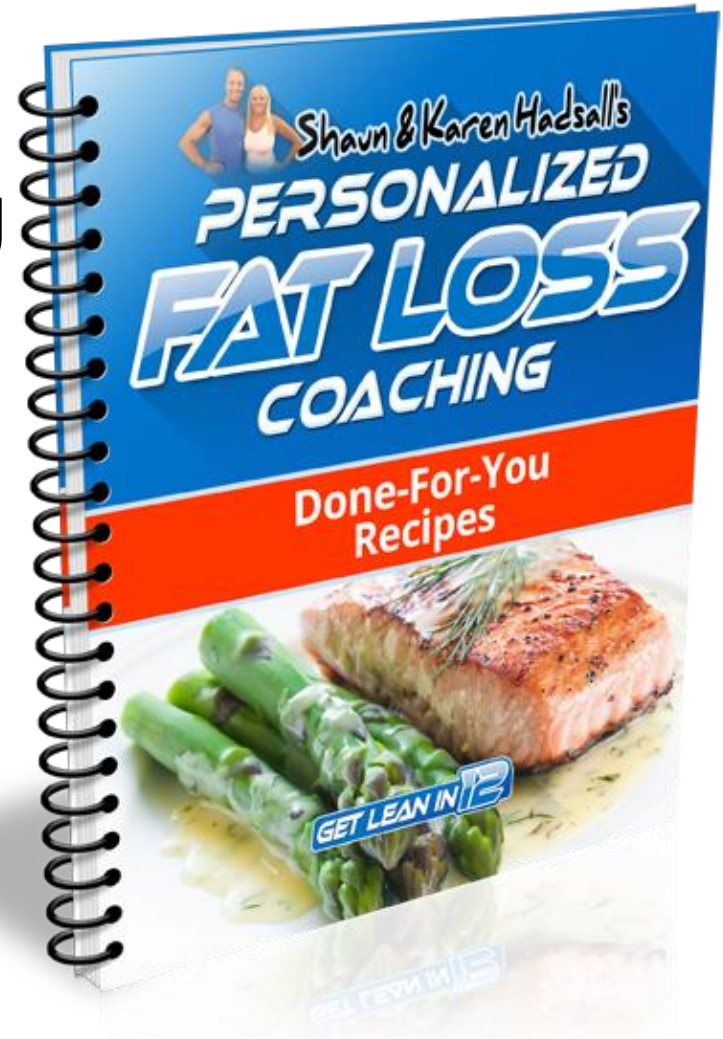
- Since you're attending this training you won't have to pay anything close to this
- Our local private clients have paid \$5,000 to \$10,000 dollars for 1-on-1 Personalized Coaching
- Today, you can get this same type of coaching for only fraction of the cost!

# PLUS: You'll Also Get The Following Bonuses

- Weekly Done-for-You Paleo Style Fat Burning Recipes from Karen

**\$49 per month**

**\$98 Value**



# Karen's Fat Burning Kitchen!

- Replace fat storing ingredients with fat burning ingredients (plus: substitutions)
- Food swaps for those with allergies or other dietary limitations
- No calorie counting necessary
- No Culinary Degree required (easy to make!)
- Delicious gourmet taste
- Family friendly (for the kids)
- Affordable
- The RIGHT carbs to help you optimize hormones and maintain a healthy metabolism



# Bonus #2: 12 Minute Follow Along Express Workouts For Busy People (\$199 Value)





# Bonus #2: 12 Minute Follow Along Express Workouts For Busy People

- Specifically designed to increase fat burning Growth Hormone 400 to 700%!
- Can be done anytime, anywhere
- Body weight only (no equipment required)
- Can be accessed from any device (laptop, desktop, tablet, phone)
- Perfect backup plan when “life happens”

# Bonus #3: VIP Private Facebook Support Group

- VIP Private Facebook Support Group  
\$199 Value



# FB Support Group Research & Science

Psychology shows **it's much easier to stick with a weight loss plan when you have a support group** where you can share tips, help each other, and stay accountable.

Being part of the GL12 weight loss community plays a prominent role in your motivation and weight loss efforts.<sup>[3]</sup> Shared testimonies, recognition for success, accountability, friendly competition, and humor all cultivate the convenience, anonymity, and the non-judgmental interactions that ensure your success.<sup>[3]</sup>

# You'll also get an extra 4<sup>th</sup> Bonus

- Front Line VIP Customer Support
- You'll have access to a **private email address** that gives you one-one-support
- Value = Priceless

# GL12 Personalized Fat Loss Coaching

- GL12 Personalized Fat Loss Coaching Main Package \$650 Value
- Done-for-You Recipes \$98 Value
- 12 Minute Follow Along Express Workouts For Busy People \$199 Value
- VIP Private Facebook Support Group \$199 Value
- Front Line VIP Customer Support – Priceless

**Total Value: \$1,146**

# Another Question...

- If you lost 3 pounds per week (very doable) for the next 12 weeks would you be at your ideal weight? If so, please type “Yes” in the chat box...
- If not, how much closer would you be to your goal?

# And let's not forget the other intangibles...

- Look better naked
- Better love life and relationships
- More energy for your kids
- New level of confidence and self esteem
- More focus and productivity
- Etc.

**==>> Personalized Coaching is THE fastest way to transform your body (and every other area of your life)**

- Hopefully now you can see why this program is for you and why it's not an expense when you look at it thru these lenses...
- It's the BEST investment you can make in yourself, your family, and your future...
- Now let's make sure you can afford it...



# GL12 Personalized Fat Loss Coaching

- GL12 Personalized Fat Loss Coaching **\$650 Value**
- Done-for-You Recipes **\$98 Value**
- 12 Minute Follow Along Express Workouts For Busy People **\$199 Value**
- VIP Private Facebook Support Group **\$199 Value**
- Front Line VIP Customer Support - Priceless Total

Total Value: \$1,146

- Save: \$299

Normal Public Price: \$847

# Here's how you can save \$650 being on this webinar

- If you can promise to share your case study with us after you go thru the 8 week personalized coaching program (because by then you'll be in the best shape of your life)...
- All we ask is that you allow us to use your success story to inspire others

# GL12 Personalized Fat Loss Coaching

- 8 Weeks GL12 Personalized Fat Loss Coaching **\$650 Value**
- 8 Weeks of Done-for-You Recipes **\$98 Value**
- 12 Minute Follow Along Express Workouts For Busy People **\$199 Value**
- VIP Private Facebook Support Group **\$199 Value**
- Frontline VIP customer support (Priceless)

**Total Value: \$1,146**

# Special Webinar Price

Total Value: \$1,146

- Save: \$299

Normal Public Price: \$847

This Event Only-SAVE: \$650

**Special Price Today's Webinar: \$197**

**Two Payment Option: \$125 x 2**

(2<sup>nd</sup> payment billed 30 days later)

Now you can get the same results for a FRACTION  
of what a personal trainer or dietician costs  
(typically \$50 to \$75 per hour)



# 90 Day Money Back Guarantee



# One more powerful incentive...

## You can help us **SAVE LIVES!**

- For **EVERY** person who joins today we'll donate \$25 to provide fresh, clean water to needy families and children
- **Last year we were able to donate \$29,792 to install fresh water wells to help thousands of people in Nicaragua, India, and Honduras!**



# GL12 Personalized Fat Loss Coaching

- 8 Weeks GL12 Personalized Fat Loss Coaching **\$650 Value**
- 8 Weeks of Done-for-You Recipes **\$98 Value**
- 12 Minute Follow Along Express Workouts For Busy People **\$199 Value**
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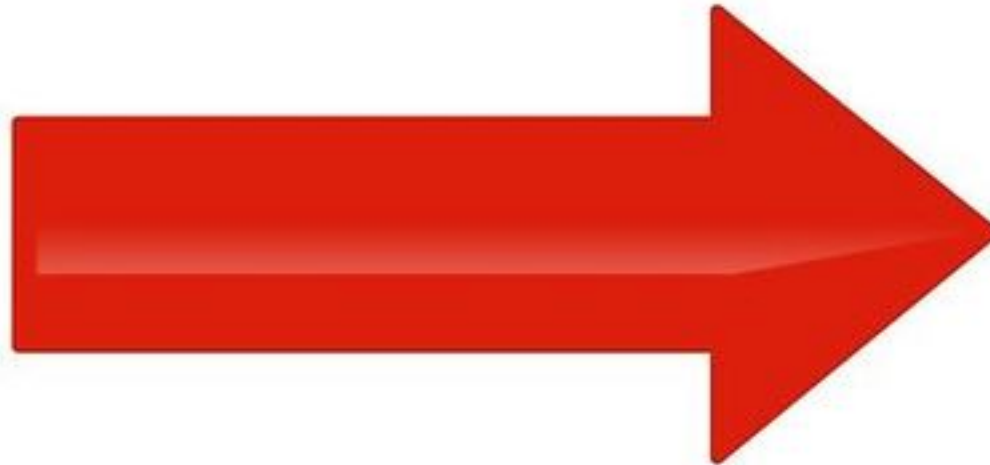
(2<sup>nd</sup> payment billed 30 days later)

# Personalized Coaching Program Starts Next Monday (but you can start tomorrow if you want to)

- Limited to the first 50 people for support reasons
- Because of the personal attention needed for each individual we can only take a limited number of people

# This Special Discount Is Only Available During This Webinar

Take advantage right now



NOTE: If you click the link right now you will not leave the webinar because it will open up in a separate window

# Don't forget about grabbing your free gift before you leave...

- At the bottom of the checkout page you'll see a link where you can download this entire presentation in a PDF format

# Q&A

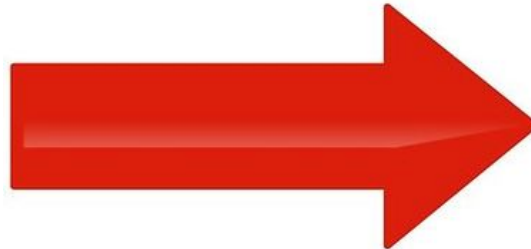
- Do you have any questions?
- If so, please type it in the chat so we can answer it for you
- If I don't get to your question today when you type it in the chat it will be automatically forwarded to our support team so they can assist

# Still on the fence?

- Remember with our 90 day money back guarantee you have nothing to lose and everything to gain (except belly fat)...
- What if this could be the tipping point for you to finally achieve the body you so deeply desire??...
- It's either the pain of discipline... or the pain of regret.

# Webinar Special Price: \$197 OR... Two Payments of \$125

(2<sup>nd</sup> payment billed 30 days later)

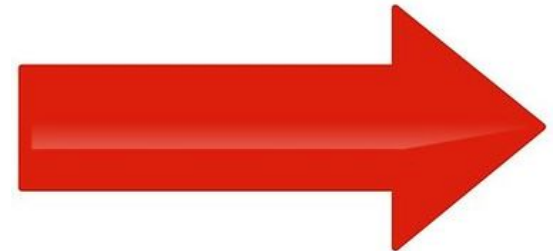


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presentation and scroll down to  
the bottom of the page



Webinar Special Price: \$197  
OR... Two Payments of \$125  
(2<sup>nd</sup> payment billed 30 days later)



Thank you for taking time out of your busy day to attend! If you have any questions pls feel free to send an email to [support@getleanin12.com](mailto:support@getleanin12.com)