



PRESS RELEASE

FOR IMMEDIATE RELEASE

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X-Force Body, the Country's Most Efficient Fat-Loss/Muscle-Gain Program, Opens First Florida Facility in Palm Harbor

The program requires no special foods and only two 30-minute workout sessions per week.

PALM HARBOR (March 30, 2016) — When you enter the new X-Force Body facility at 35567 U.S. 19 N. in Palm Harbor, it's clear that it's not a traditional boutique health club; nor is it a gym. It's a program for men and women who are very serious about losing fat and gaining strength.

X-Force Body is the most efficient fat-loss and muscle-gain program in the country, with hundreds of documented success stories. It was developed by renowned strength and fitness expert, Ellington Darden, PhD, former director of research for Nautilus Sports/Medical Industries for 20 years, together with Joe Cirulli, founder and owner of Gainesville Health & Fitness. GHF was the only Florida company distinguished by *Forbes* as one of "The Best Small Companies America, 2016."

Research conducted by Dr. Darden at GHF resulted in the development of both the X-Force Body program and his best-selling book, *The Body Fat Breakthrough: Tap the Muscle-Building Power of Negative Training and Lose up to 30 pounds in 30 Days*.

The fast, effective and sustainable X-Force Body program utilizes exclusive, advanced negative-resistance machines manufactured in Sweden. The machines' tilting weight stacks make the negative, or downward, phase of each lift much more efficient than other equipment by adding 40% more resistance. It is so effective that only two 30-minute workouts per week are required during the six-week program, with even fewer during subsequent maintenance phases.

Negative training triggers the body's natural hormones to engage in what is called "muscle-fat crosstalk," activating the body's chemistry to speed up the building of muscle and the shrinking of fat.

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The X-Force Body program consists of three elements: a very structured and balanced descending calorie diet plan (50-25-25 carb-fat-protein) designed for maximum convenience and time-efficiency; X-Force Body machine training for 30 minutes twice-a-week (either Monday/Thursday or Tuesday/Friday); and extra sleep. No special foods, shakes or other elements are required.

According to Dr. Darden, 90% of the muscle built after working out occurs during sleep, which burns fat as well. In a 2010 study published by Annals of Internal Medicine, test subjects who slept an average of 8.5 hours a night burned 400 more calories a day than those who slept only 5.5 hours.

X-Force Body-Palm Harbor holds free, no-obligation Discovery Sessions to provide an overview of the program. The next Discovery Session is on Monday, August 15. Those interested can sign up on the X-Force Body website, www.xforcebody.com.

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Note to Editor: Ellington Darden, PhD, and Joe Cirulli can be available for interviews at the X-Force Body Palm Harbor location. Participants who have completed the first six weeks of the program can also be available for comment. Gainesville DJ Storm Roberts' dramatic video testimonial appears on www.xforcebody.com.

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