



PRESS RELEASE
FOR IMMEDIATE RELEASE

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Extra Sleep is Key Element of Nation's Newest, Most Effective Fat-Loss, Muscle/Strength-Gain Program, Now Available in Tampa Bay

PALM HARBOR (September 19, 2016) – The nation's newest, most efficient fat-loss and muscle/strength-gain program has opened its first Tampa Bay area facility, and one of its key elements is -- extra sleep.

The X-Force Body program 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 named by Forbes as one of "The Best Small Companies in 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 percent 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.

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



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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 percent of the muscle built after working out occurs during sleep, which burns fat as well. In a 2010 study published in the 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.

"Here in Florida, 'beach season' is year-round. The efficiency and effectiveness of X-Force Body means that you can get the 'beach body' you want in far less time than you ever thought," says Dr. Darden.

X-Force Body is located at 35567 U.S. Highway 19 N. in Palm Harbor, and on the Web at www.xforcebody.com

Note to Editor: Dr. Darden and Joe Cirulli are available for in-person interviews, as are current X-Force Body program members and those who have completed the six-week program. Dr. Darden can also provide clinical documentation of the program's results from his studies at Gainesville Health & Fitness.

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