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**PRESS RELEASE**  
FOR IMMEDIATE RELEASE

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# **X-Force Body Palm Harbor Celebrates First Anniversary with Installation of New, Advanced Negative-Resistance Training Machines**

**Palm Harbor** (February 9, 2017) – X-Force Body Palm Harbor is marking its first anniversary with the installation of new, advanced negative-resistance training machines designed to help program participants lose fat and build muscle in record time, compared to traditional exercise machines.

According to Iliana Stoilova, Director of X-Force Body Palm Harbor, “The new machines are a big improvement. They are smoother to use, and allow weight to be increased in increments of 10 pounds instead of 20, which helps clients get stronger faster and achieve better results.” X-Force Body is the most efficient fat loss/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 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 initial six-week program, with even fewer during subsequent maintenance phases.



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The X-Force Body program consists of four 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); extra hydration; 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 per night burned 400 more calories a day than those who slept only 5.5 hours.

X-Force Body Palm Harbor, located at 35567 U.S. 19 N. (Alderman Rd. at U.S. 19); (727) 223-9083, holds free, no-obligation Discovery Sessions to provide an overview of the program. Those interested can sign up on the X-Force Body website.

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