



Getting and Keeping the Weight Off

Sixty-five percent of people on diets lose weight only to gain it back, plus a few extra pounds, within three years. And, a mere five percent of people who lose weight rapidly actually keep the weight off.

Why are the rebound rates so high? When people diet to lose weight, a large portion of the weight loss is muscle. When we lose muscle our metabolism slows down, making it easy to regain the fat and hard to regain the muscle.

What is the secret to permanent weight loss? The answer is to keep and add muscle to your body as you lose weight. This increases your metabolism and ensures only the fat goes away. An increased metabolism makes it easier to keep the fat off permanently.

Negative Training Creates Body Fat Breakthrough

With traditional strength training we can only lower the amount of weight we lift. In other words, if we raise 100 pounds, we lower 100 pounds. However, when we lower a weight, we are actually 40 percent stronger than when we lift it.

The lowering portion of an exercise—or negative training—is known to speed up the building of muscle while shrinking fat. Negative training transforms the body and builds muscle more quickly by triggering the body's natural hormones, commonly referred to as "muscle-fat crosstalk."

Scientist and fitness expert Ellington Darden, PhD, is the author of more than 50 books on building muscle to lose fat and is the former Director of Research for Nautilus Medical Industries. Dr. Darden has studied the most advanced strength-training tools from all over the world. He discovered the best negative-only exercise machines in Sweden.

These machines are unlike any strength-training machines you have ever seen. The X-Force machines use a unique tilting weight stack technology. This technology harnesses the power of negative training by automatically adjusting to create a 40 percent increase on the lowering part of the exercise movement. This, in turn, generates greater hormonal inroads to our starting level of strength, causing the body to change dramatically...and fast.

(continued on page two)



Record-Breaking Body Transformations

Dr. Darden conducted a multi-year study on the benefits of using the X-Force machines combined with a carbohydrate-rich, descending calorie diet. The results were so astounding, they were published by *Men's Health* and *Women's Health* magazines and in Dr. Darden's best-selling book, *The Body Fat Breakthrough*.

Dr. Darden's results were compared to hundreds of other studies over a 30-year period. Program participants' strength and muscle gains were accomplished in two-thirds less time with only two-thirds the amount of training. In other words, the program was generating the absolute fastest results in the shortest amount of time than had ever been recorded.

Hundreds of participants attained twice the results, twice as fast. These results were achieved in just two 30-minute sessions per week over a six-week period, as compared to other studies where the participant trained three times per week for 10 weeks. The study resulted in less time to achieve greater results by a factor of two!

"It may be that the deeper inroad, combined with just the right amount of carbohydrates, decreases insulin responsiveness in fat cells, and they shrink," says Dr. Darden.

The Last Diet and Exercise Program You Will Ever Need

The research study has turned into a complete fat-loss, muscle-gain program known as X-Force Body. The program is currently available in only two locations throughout the entire United States. Palm Harbor, Florida, is one of them. X-Force Body offers Discovery Sessions for individuals to learn more about the program. "The goal is to educate people on what it takes to achieve these dramatic results," says Iliana Stoilova, director of the program.

For more information or to attend a X-Force Body Discovery Session, go to www.XForcebody.com/discovery-session.