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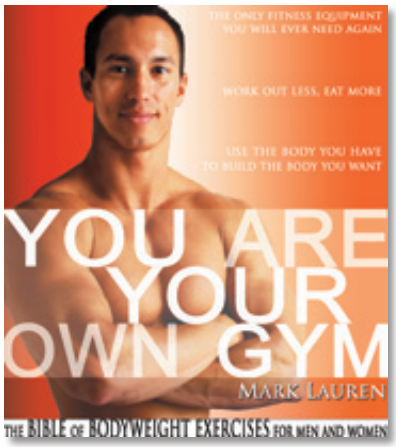
YOU'RE HOLDING ALL THE EXERCISE EQUIPMENT PEOPLE WILL EVER NEED AGAIN.

—use the body you have, to build the body you want—

Mark Lauren does not train movie stars or others whose livelihoods hinge on being fit. He trains those whose lives do. Now, for the first time, he makes U.S. Special Operations fitness exercises available to your readers, to fit *their* schedule, *their* wallet, and *their* fitness level. With no nonsense plain talk, motivational and nutritional advice, **YOU ARE YOUR OWN GYM** (Light of New Orleans; June 30, 2010; $14.95) is a total fitness package that requires no gym, no weights, *nothing* but your own body—the most advanced fitness machine ever created. No book like this exists. Yet for thousands of years—from Ancient Greece's Olympic athletes to tomorrow's U.S. Special Forces—humanity's greatest physical specimens haven't relied on fitness centers or dumbbells.

For a decade Mark used simple bodyweight programs to create the leanest, strongest people of our society. A stellar record lead the top command of Special Operations to buy into his system, and as you'll see on the back cover, all branches of our Armed Forces have benefited. Now these exercises will be brought into living rooms, bedrooms, offices, wherever women and men like. In addition to a simple 10-week program (workout only 30 minutes, 4 days a week), this "Bible of Bodyweight Exercises" contains the 111 most effective exercises to work any muscle, any place, for the rest of one's life, no matter their athletic ability.

In the 1970s Arnold Schwarzenegger showed the world the gym's potential, and it is said that he launched a thousand of them. Now it's time to harness the body's potential. This is the new fitness revolution.



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TOP TEN THINGS THAT MAKE YOU ARE YOUR OWN GYM GREAT

#11 (*Okay, it was impossible to keep the list down to 10…*) **SAVES TIME.** No packing, traveling, parking and changing at the gym, then doing it all in reverse to get back home. Plus, these workouts only take half an hour, and in between sets people can check their e-mail, clean-up the house, do anything at all.

#10 **SAVES MONEY.** For less than half the price of a typical gym's one-month membership fee, your readers will get a total fitness package that lasts a lifetime.

#9 **SAVES SPACE.** People only need to temporarily create enough space to lie down in. And there's no need to store whatever latest fitness contraptions are gathering dust in their home.

#8 **YOU CAN DO IT ANYWHERE**—your bedroom, hotel room, a park, roof, your office between meetings. This will be particularly appealing to anyone who travels. Who wants to search for the nearest gym?

#7 **NO GYMBARRASSMENT**. Let's face it, there are plenty of folks out there who know they need to shape up but cringe at the thought of putting themselves on display at a fitness center. Now *they* are the boss: Crank those tunes up loud or low as they please or watch whatever channel they want. And no gym clothes required. (In fact, no clothes at all are required.)

#6 **IT'S ALWAYS OPEN**—early in the morning, late at night, Christmas, New Year's, snowstorms, you name it.

#5 **IT'S SAFER**. As many as 50% of people who try aerobics hurt themselves even if it's "low-impact." As well, by using motions that are natural for the body, Mark's exercises keep one safe from the myriad chronic and acute injuries like joint problems associated with weightlifting.

#4 **PEOPLE WILL NOT STOP SEEING RESULTS. EVER**. This is not some short-term fix or fad, but a fun program that will never stop working. Variety is the spice of life. Mark provides seemingly infinite ways to vary these exercises so no one will get stuck in a rut.

#3 **BUILDS MUSCLE BETTER THAN WEIGHTLIFTING.** Most weight training exercises only isolate certain muscles, requiring a fairly small portion of the body's total muscle mass, unlike these that incorporate many at once. This creates more muscle, and more muscle…

#2 **BURNS MORE FAT.** These exercises will crank the body's metabolism more than using weights or aerobics.

And #1… **IT SIMPLY WORKS.**