

**IT'S TIME TO PART WAYS WITH YOUR GYM ONCE AND FOR ALL!**

**ARE YOU TIRED OF GOING TO THE GYM AND LOOKING FOR AN ALTERNATIVE?  
HERE'S HOW YOU CAN GET SUPER-FIT FROM HOME IN JUST 30 MINUTES A DAY**

- ✓ **Are You Driving 15... 30... Or Even 45 Minutes Just to Exercise Your Body?**
- ✓ **Do You Get Frustrated When You Must Stop Your Workout Because Someone Is Using the Machine, or Weights You Need?**
- ✓ **Are You Spending Big Sums of Money to Walk Around A Fitness Center for A Couple of Hours and Get ZERO Results?**

**If You Are an active person who loves the game of basketball and are Bored or Annoyed by Your Current Gym Routine... Stay Tuned.**

**In A Few Moments, You Will Learn About A New Weight Loss and Fitness Program Designed to Help You Gain Control of Your Health and Vitality**

**This Fitness Program Will Encourage You to Start (Or Continue) To Live A More Active Lifestyle**

**And Users Tell Us That This Is A Most Exciting, Fun Way to Lose Weight and Maintain Their Health**

Dear Reader:

Now more than ever, active men and women (like you and me) are getting bored and annoyed with the old gym routine. And that's because of all the time and money it takes to get a good workout in.

If you have a family and a career (outside the gym), you might find it hard to set time out to visit a gym and take care of your health.

Let's face it – as fast a pace as the world runs today, you and I don't have time to commute, wait for the gym rats and meatheads to let us use the equipment we need, and drive back home.

And depending on where you live and the size of your gym's crowd, exercising could be an endeavor that can take a couple of hours to complete. If things go smoothly, that is.

You don't have that much to waste. You have a family and business to look after. But that doesn't mean that you should just throw our fitness practice away altogether.

Fitness should always be a priority. Without good health, you can't do what's necessary to take care of what's important. What you need is a fast and cost-effective way to keep your health. And that's what exactly why I want to talk to you.

Today, I want to present you an easy to follow program that can help you become lean, flexible, heart-healthy, and overall super-fit. Without living your home. And in under 30 minutes a day!

### **Introducing BASKETBALL YOGA BLAST**

Basketball Yoga Blast is an exciting new fitness/weight loss product that uniquely combines the benefits of basketball and yoga to help you build amazing strength, flexibility, and allover health.

This unique, proven combination of basketball drills and yoga moves will give you a lean, flexible, heart-healthy, and super-fit body.



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Basketball Yoga Blast will help you gain control of your health and vitality — while also allowing you to earn the physical abilities and strong mindedness that make a great basketball player.

### **Meet the Team Behind BASKETBALL YOGA BLAST**

#### **LeBron James**

LeBron is a three-time NBA Champion, three-time NBA Finals MVP, and two-time Olympic Champion. LeBron has the record for all-time NBA playoffs points scored, is third in all-time NBA points scored, and eighth in all-time NBA assists. From 2011 to 2018, LeBron's teams appeared in the NBA, and he is often regarded as the greatest basketball player of all time.





## Lisa Leslie

Lisa Leslie is a three-time WNBA MVP and a four-time Olympic gold medal winner. Leslie was the first player to dunk in a WNBA game. And in 2015, she was inducted into both the Naismith Memorial Basketball and the Women's Basketball Hall of Fame.

## Rodney Yee

Rodney Yee is a former gymnast and ballet dancer who gained world-wide recognition in the 1990's as a yoga instructor. He has authored the books *Yoga Meditations for Stress Relief* (2001), *Yoga, The Poetry of the Body* (2002), *Moving Toward Balance* (2004), and *Practical Power of Yoga* (2009). Rodney has graced the cover of *Yoga Journal* on multiple occasions and has been featured in many Gaiam video productions.



Basketball Yoga Blast has been endorsed by NBA coaches, doctors, sports medicine experts, chiropractors, and fitness personalities.

## **22 Reasons Why You Should Try BASKETBALL YOGA BLAST**

All right, so now you might be thinking “alright... this is cool and all... but, what’s in it for me?” Allow me to answer that question by giving you the 19 reasons why you should try Basketball Yoga Blast...

1. Basketball Yoga Blast can become the foundation to a more active, healthier lifestyle
2. Go from unfit to super-fit with 12 training sessions that will take you from the beginner stage (adjusting your body to the basketball-yoga routine) to the advanced stage (making you work hard for what you want!)
3. Improve your mood, weight, and overall health without leaving your home and in just 30 minutes a day
4. You can practice this fitness program at home or while on the road, at whatever time you wish, and with whomever you wish (including your kids!)
5. Anyone with any level of fitness can do this. There is no previous fitness training needed. Because our program can take you from being a complete beginner and develop your body to manage more advanced training sessions
6. This is the only certified basketball-yoga hybrid program in the world. You will not find a workout like this anywhere else
7. You can get some sweet serotonin while enjoying some time away from stressful tasks (i.e. work)
8. Ease your pains such as arthritis, back pain, fibromyalgia, carpal tunnel syndrome, and other chronic conditions
9. Give your lungs room to breathe by learning how to breathe more efficiently
10. Relax your system by slowing your breath, focusing on the present, and shifting your balance from the sympathetic nervous system to the parasympathetic nervous system; causing you to lower breathing and heart rates, decrease blood pressure, and increase blood flow to the intestines and reproductive organs
11. Prevent IBS and other digestive problems like ulcers, irritable bowel syndrome, and constipation
12. Get deeper sleep - leading you to be less tired and stressed while reducing the risk of having accidents throughout your day
13. Keep viruses and allergies (such as the flu) at bay by preventing mucus buildup and stuffy sinuses
14. Develop confidence in your abilities as you learn how to get the most out of each training session
15. You can establish inner strength and character – which will help you remain focus on achieving your goals
16. Start making healthier mind and body decision with the valuable tips you'll get from LeBron James, Lisa Leslie, and Rodney Yee
17. Connect with your inner child by staying enthusiastic over moving from one fitness point to the next
18. Get some peace of mind by slowing down the mental loops of frustration, regret, anger, fear, and desire that can cause stress
19. Keep yourself drug-free by lowering your medications for asthma, high blood pressure, Type II diabetes – among other diseases
20. Build awareness and be free of the destructive energy harming you
21. Improve your relationships with a change in attitude that can lead to be more supportive to your friends, family, and community
22. And make yourself happier while fighting depression and anxiety with this innovative form of form of cognitive behavior therapy

## **How to Go from "Unfit" to Super-Fit"**

The Basketball Yoga Blast program consists of 12 training sessions. Each session features a unique, tested combination of basketball drills and yoga poses designed to help you grow stronger, more flexible, and with improved endurance.

Throughout the Basketball Yoga Blast experience, not only are you sure to improve your posture, bone health, and balance. But you also can...

- Build muscle strength
- Prevent cartilage and joint breakdown
- Increase blood flow
- Drain your lymph
- Boost your immunity system
- Up your heart rate
- Drop your blood pressure
- Regulate your adrenal glands
- Lower your blood sugar
- Release tension in your limbs
- Soothe your sinuses
- And support your connective tissue

Basketball Yoga Blast has all the tools you need to gain or regain control of your health and vitality by leading a more active lifestyle while having a lot of fun!

**Here's What Our Users Have to Say About the BASKETBALL YOGA BLAST Program...**

*"As Head Coach of Amateur Basketball Clubs of America, I work with many players who have day jobs and busy lives, but also want to pursue their passion for the game of basketball. I do everything possible to help each club member achieve his or her "personal best." People who stay involved in athletics are usually better disciplined, better focused, and healthier, overall. I use my training as a coach and mentor to help them apply their athletic skills to achieving their personal weight and fitness goals. I believe that a daily workout routine is the most helpful is staying slim and agile. After trying Basketball Yoga Blast with my teams, the results have been amazing!"*

**— Coach Joe Cunningham**

*"Being a single dad, I need to keep my energy level up to keep up with my 6 and 8-year-old sons. It's not easy, I can tell you. I've found that your program helps me to maintain the fitness and stamina levels I need to manage work, kids, and home. Even though I can't wait to pick up my sons from school, I've already put in a full day's work. I'm an associate at a busy law firm. To keep my take-home work to a manageable amount, if I'm not with a client, I usually work right through lunch. By the time I get home, the boys are ready to have some fun with their dad! And I made a promise to myself that I would never let my work interfere with those few hours between the time we get home and the time they go to bed. For all of us, the best time of the day is when we're all together — and Basketball Yoga Blast makes it fun for all of us to play basketball and stay healthy. After they go to bed, I can put in another 3 hours on my computer. I feel a definite difference when I'm consistent about following your program. My kids love it too. It's all good."*

**— Tray Young**

*"I have a demanding career life. I'm not complaining. I love it. Sadly, I've seen many up-and-comers burn out before they made it even halfway up the corporate ladder. Though I seem to thrive on the constant excitement, most people can't take the pace. For those with families, I think it's the long hours that create the most stress. I'm not going to let stress and long hours take its toll on me and my family. Therefore, every evening when I get home, I fire up your program. I enjoy 30 minutes of a fun workout that involves one of my favorite past times — basketball. My husband can't believe I found a yoga-basketball workout! He's even joining me in my Basketball Yoga Blast workouts, so we both have a new appreciation for both pursuits. Even better, doing these workouts together has energized us for ... um... other pursuits. Thanks for creating a basketball fan's fan-tastic workout that helps us perform better on all levels."*

**— Heather Walters**

## **A One-Time Investment**

People pay millions (yes, MILLIONS) of dollars to get fitness advice from LeBron James, Lisa Leslie, and Rodney Yee. But now, you don't have to pay that much money for this life-changing health advice.

You can get the best health and wellness tips from three of the fittest people on the planet, along with this revolutionary fitness program, by having the BASKETBALL YOGA BLAST program delivered to your home for a one-time payment of \$179.99.

## **Of Course, You Can Take Any Other Course of Action...**

You can let your gym membership suck your income away while you don't get half of what you should for it...

Or pay a lot more money than you do for your gym membership and run the risk of getting scammed by hiring a personal trainer...

And how about P90X – a program designed for advanced-level fitness junkies (but they won't tell you) that will have you quit before you know it...

OR... you can adopt the ONE and ONLY basketball-yoga hybrid program that's proven to deliver positive results for people of all fitness level – BASKETBALL YOGA BLAST!

### **And Don't Worry... We've Got You Covered!**

Put my statements to the test by trying BASKETBALL YOGA BLAST risk-free for 30 days. If within a month of getting your order you don't feel as confident as we do that BASKETBALL YOGA BLAST will help you gain control of your health and vitality – just send the DVD package back. We will then refund you 100% of your purchase – no questions asked.

PLUS – you get to keep your gifts. How awesome of a deal is this?

### **Wait... Did I Just Say Gifts?**

How did I forget? Silly me...

We at FiTR feel the DVDs and instruction manual are not enough for you to get the most out of this program.

You need the necessary tools to complete your sessions. And we want to provide you the best possible equipment for you to CRUSH your goals.

That's why – when you order BASKETBALL YOGA BLAST to day – you will get...

1. An NBA-Quality Basketball Game Ball (a \$150 value)
2. A Balanceform Goyoga All-Purpose Yoga Mat (a \$50 value)
3. And a Kofun Yoga Mat Tote Bag (a \$20 value) ...

For FREE! You'll be saving over \$200 in equipment when you order BASKETBALL YOGA BLAST today.

### **So, What Are You Waiting For?**

If you are an active man or woman who loves the game of basketball and want to get out of the dreaded gym routine... then order BASKETBALL YOGA BLAST now and be on your way towards gain control of your health and vitality!

Just click the button below to place your order. Or, if you'd like to place your order with one of our customer service reps, call the FiTR offices during regular business hours at +1-770-851-5823.

And remember – you have 30 days to figure out if the BASKETBALL YOGA BLAST is right for you. Then you can be on your way to a healthier, more active lifestyle.

Click the button now to get the ball rolling

Sincerely,



Caroline Harbin  
CMO, FiTR Inc.

**ORDER TODAY**

***PS: Making bad choices constantly can get you to lose control of your health. And your health is vitally important. To your lifestyle, your family, your community, and every other aspect of your life.***

***Those who know and understand how to take control of their health and vitality today (before a drastic event happens), have the edge when it comes to living longer and happier. They can make their causes more successful, their finances grow faster, and their careers take off. This is the edge that Basketball Yoga Blast provides.***

***Yes, there is a mountain of fitness programs on the market. Some paid, some free; both online and offline. But you don't have time to try out even a fraction of it. And can you be certain that they work? Anyone can give you "workouts."***

***With BASKETBALL YOGA BLAST, you get proven, actionable training sessions that combine basketball drills and yoga poses designed to help increase your endurance, become stronger, and getting more flexible than ever before.***

***We help you keep control, so you can live a happier, longer life. We'll make sure you improve your physique, cardiovascular conditioning, and flexibility – without leaving your home.***

***Order BASKETBALL YOGA BLAST today and increase your chances at living longer and happier by adopting a healthier, more active lifestyle.***

**ORDER TODAY**