

Tough, Street-Smart Cop Responds to Your Call For Help To Lose Fat!

Active-duty Police Officer and Certified Personal Trainer Creates a Street-Tough, No-Nonsense, Incredibly Effective System to FINALLY Rid Yourself of Unwanted Fat!

You know, being a police officer out on patrol every working day gives me a chance to observe a lot of people in a lot of different places. And over the years it has become obvious that more and more folks are dreadfully out of shape.

People seem to be falling into the same rut: everyone is *so busy!* Working moms are driving their kids to daycare, picking them up for soccer practice, dealing with work issues on their cell phones and laptops, rushing back to work for meetings... it's exhausting to just think about it.

Meals? Call it food if you want, but an awful lot of what people feed themselves and their kids comes through the driver-side window at the fast-food restaurant.

And exercise? Are you kidding? There isn't enough time to get a good night's sleep, let alone do anything remotely like a workout—or even a walk around the block.

Working dads, singles, and pretty much everyone else are in the same boat. And single moms? I don't know how *they* cope at all...

Bad food and lack of exercise take their toll. Americans are carrying around more fat than at any time in our history. And people jump from one fad diet to another. Do those diets work? Well, if they did, we wouldn't be a grossly overweight nation, would we?

Even I Was a Victim!

I know how easy it is to fall into the trap. I had always been athletic and enjoyed being in top physical shape. While studying for my degree in criminal justice I was a college football All-American. I got myself into great shape for the police academy and aced the physical fitness tests.

But I started getting lazy. Hours behind the wheel of a cruiser, too much fast food, and not enough consistent exercise changed me from trim and fit to... well, let's just say that I was no longer an All-American athlete! If I had to pass the police fitness test again to keep my job, I'd probably have to hand in my badge!

Oh, I took supplements like crazy and read exercise books, most of which contradicted one another. I was filled with confusing information and lots of vitamins, but I was still overweight and out of shape.

Wedding preparations added more to my schedule, and it all took its toll. I found myself standing at the alter on my wedding day carrying an extra (and unwanted!) 40 pounds, with a body fat index over 15.

Needless to say, I was not happy! However, I *was* motivated to deal with it pronto! So, as soon as I returned from my honeymoon...

I got busy!

I started really digging into the **secrets of effective workouts and fat loss**. And it started to pay off...

I learned there are **three key methods of effective exercise**:

1. High-intensity interval training,
2. Strength training (with weights), and
3. Circuit training, where you quickly go from one exercise to another.

All three have their individual advantages. I figured that if each of these methods was good to a certain extent, **combining all three would give me the best of all worlds**. I spent months and months working through the practical application, refining the techniques, throwing out the useless parts, and expanding the components that really worked.

But That Wasn't All I Was Looking For

Just putting together a combination of the best and most effective techniques out there wasn't enough if most people could not—or would not—take advantage of them. You see, I also saw the **painful truth about the majority of fitness solutions** out there—**myths** that keep people from getting fit:

- ☑ **MYTH: People think they have to join a gym to get into shape.** They think they must put up with the expense, the time, and the inconvenience. They think all these big, expensive machines are the only way to work your muscles properly. They are willing to wait for their favorite machine to become free (and hope it's not covered in someone else's sweat—yuck!). They are willing to put up with smelly locker rooms and the lack of privacy—because they think this is the only effective way to get fit.

MYTH BUSTER! *You can get a fast, effective workout in the privacy of your own home... it's quick and gives you the results you want in a short time... no expensive equipment needed... costs next to nothing... and lets you get on with your busy schedule right after.*

- ☑ **MYTH: Long-duration aerobics are absolutely required if you're serious about dropping the fat.** Those poor folks jumping up and down in class and jogging along the side of the road in all kinds of weather, covered in sweat and looking like death warmed over can't ALL be wrong... can they?

MYTH BUSTER! *Long-duration aerobics (cardio) is the worst way to burn fat. And, more and more health experts are coming out and saying that this kind of exercise (including that endless jogging) is not only counter productive, but*

can be downright dangerous. You can search the medical literature and see what I'm talking about.

You can avoid hours spent on useless jogging and STILL blast away fat—and have the results last... you can build muscle evenly by exercising your whole body... and you don't have to run in the rain and snow and breath auto exhaust!



MYTH: You must diet to lose weight. Pick a fad diet: Low-carb, low-fat, low-portion, all-veggie, all-green, complex-grain, no-grain, organic, macro-nutrient, micro-nutrient... etc. Starve yourself. Count portions. Count calories. Avoid this. Avoid that. Be miserable. Get used to it...

MYTH BUSTER! *Diets don't work. You CAN eat full meals with a variety of delicious, healthy foods and get fit... lose fat but keep your sanity... don't starve yourself... eat foods that burn fat off... enjoy life... have a few treats every so often!*

Your body is designed to utilize a variety of foods. Denying categories of food is not only wrong, but can be unhealthy. Keep it natural and use good nutrition sense... and stop counting calories!



MYTH: You can lose fat faster with this machine or that pill. People get duped into thinking that if they buy this gadget or take that pill THEN they will finally lose the fat. Selling all those products is a great way to make money! Using those products is a lousy way to lose fat.

MYTH BUSTER! *Machines and pills don't help you lose weight. Exercise and proper nutrition do. So why waste money on machines and pills? Use your own body weight and maybe some inexpensive dumbbells... no fancy, expensive equipment... keep it simple... keep your money... learn to depend on good technique rather than a contraption that may break or pills that may run out.*

I Did It!

After years of research, study, and experience, I finally put together a program that gives you the **best of the best**—I call it **Fit With A Cop!**

One of my first “clients” was me! I hit the ground running and ripped through the program. The results: **I lost 30 pounds and dropped to a single-digit fat index—all in three months!**

After having our daughter Destiny, my wife Tanika used **Fit With A Cop** to get back to her original dress size and lose twelve inches. **It took her only three months to do!** We *know* **Fit With A Cop** is incredibly effective because we used it to get back into shape ourselves.



Before

240 lbs @ 15.5 body fat



After

205 lbs @ 7.5 body fat

Are You Sick and Tired of All the Fitness Hype?

Well so am I! I got so tired of slick sales and marketing gimmicks for books, supplements, equipment, gym memberships, newsletters, gurus, experts, pills, and the latest exercise contraption on the late-night infomercials that I decided to do something about it. That something is **Fit With A Cop**.

Why I'm the Guy Who Can Help You

My name is E.L. Forestal. Yes, I really am an active-duty police officer in a mid-sized department who goes out on patrol every working day. And, I am also a Certified Personal Trainer, athlete, and fitness author with a number of published articles and training materials. I have even put together a training program for candidates who want to pass the challenging police physical fitness test.



I know how to get you into shape because I have taken years to research real-world solutions to fitness and fat loss, throwing out the useless hype and refining those methods that truly work. I also have a track record of getting folks fit and trim—including myself.

Here's the Lowdown on What You Can Expect

- ☑ **45 Minutes A Day—Three Times a Week!** That's it! That's all it takes! **Fit With A Cop** is designed for everyone who is "too busy" to exercise. In fact, shorter is better when you exercise right. You're done in a flash... you feel great... and you can get on with your day.
- ☑ **You WILL Lose the Fat!** **Fit With A Cop** is a **supercharged combination** of the best-of-the-best in effective exercise techniques, combined with **solid, sensible nutrition information**. If you follow my program, you **WILL** lose fat and **reveal those abs!** Guaranteed!
- ☑ **No Aerobics or Boring Cardio!** Short, intense workouts eliminate the need to spend hours huffing and puffing and ruining your knees pounding pavement or some stupid machine. You don't need that! It doesn't work anyway! You're free of it!
- ☑ **Build Muscle While You Lose Fat!** Strength training builds and tones muscle. You not only lose the fat, but you have something to show in its place—a chiseled physique and a natural, healthy glow. Ladies tone their muscles but don't have to worry about getting too "bulked." And, more muscle helps accelerate fat loss because more muscle increases your metabolism, which is always burning off the fat.

- ☑ **No Starving!** Trying to lose fat by eating less is unhealthy and doesn't work. If you eat healthy you'll *be* healthy. Giving your body the right nutrition is a key part of shedding the fat and building muscle. There are foods that actually cause your body to burn fat! I show you which ones. I also warn you against the **Fatty Five**—five foods you should try to avoid because they give you empty calories and little nutrition. You'll learn what to eat... how much... and even when to eat!
- ☑ **No Guessing!** I stand by you like any loyal coach would. I take you through the entire program step-by-step, showing you what to do... how to do it... how to tweak your style to get the most benefit from each exercise... In short, you don't have to wonder what comes next or guess about it. It's all laid out for you.
- ☑ **No Fancy Equipment!** Aside from your own body weight, you will use a couple of inexpensive dumbbells—maybe even a barbell. That's it! No expensive machines or useless gadgets.
- ☑ **I Not Only Tell You, I Show You!** They say a picture is worth a thousand words. That's especially true when teaching something new. So, I include lots of pictures illustrating exactly what I'm trying to teach you. Foolproof instruction for excellent results!

No Wimpy Workouts Here!

Fit With A Cop uses **high-intensity exercises** to get you maximum fat loss in minimum time. More and more exercise research shows that high-intensity exercises give you the maximum benefits that carry through well after you stop for the day.

Think of sprinters with their chiseled physiques and overall healthy tone. Now compare them to the scrawny long distance runners who look like they are about to collapse into the grave. They don't have any muscle definition... and look sickly and unhealthy!

Strength training uses weights the right way to build muscle and increase metabolism. More muscle helps you burn fat off even when you are resting. It's a positive cycle! **Fit With A Cop** shows you how to get the most from using your own body weight and simple dumbbells. I teach you the little secrets that make sure you are firing the right muscles in the right way, to maximize your efforts.

You go through a concentrated regimen of exercises in a short time—no sitting around between exercises sipping a smoothie! **Circuit training** techniques move you quickly from one exercise to another. You'll be sweating and breathing hard, but you will have given your body **the best workout you can get anywhere!** You'll feel recharged, rejuvenated, full of energy, and glowing.

The Complete Program Takes 26 Weeks—But You'll Notice the Changes Start in as Little as One Week!

Fit With A Cop is not a quick fix. I want you to use my program to get into shape and *stay that way!* So, I take you through a full 26-week arc of exercises designed to get you completely fit, toned, and fat free.

But you don't have to wait 26 weeks to see something happen! The high-intensity circuit training in **Fit With A Cop** is super concentrated so you can expect to see changes starting right away:

- ☑ The first thing you notice is a dramatic increase in energy. Once you stop eating dead, empty calories for food, and start putting live, healthy nutrition into your body, you start to see how things are supposed to work! You may also see clothes starting to fit a little looser. You're off to a good start!
- ☑ Within a month, you see more defined muscle tone and less pudgy fat bouncing around your middle. You can get through the day without the midday slump in energy. People start noticing the change and you start enjoying a few compliments!
- ☑ After three months you see a dramatic change. Fat loss is significant, and your strength and endurance have increased measurably. Your "fat clothes" are too loose to wear without looking silly, so you have to start updating your wardrobe. Needless to say, you feel like a million bucks!
- ☑ As you continue, the improvements in tone and fitness become more deeply ingrained, and you slip into the "healthy zone." Your workouts are now an integral part of your lifestyle... and healthy eating habits are now the only way for you.

Close your eyes and picture yourself going through this transformation. It's totally possible... there's no reason why you can't "be there" in *just three months!* And to make it as easy as possible, I've made **Fit With A Cop** ridiculously affordable!

By offering **Fit With A Cop** as a low-cost downloadable e-book, I'm able to deliver the entire program to you for a one-time price of only **\$39.95**.

You can download the e-book immediately and **start getting into shape right away**. **Fit With A Cop** is in **convenient PDF format**. Use it on your computer, or print it and put the pages in a binder to carry around. Whatever is most convenient! No waiting for the mail to arrive—it's yours in just a few minutes!

All My Experience, Knowledge, and Training—At A Price Anyone Can Afford!

I often work with people who want individual coaching. They pay at least \$80 per hour plus a consultation fee for my time. In fact, if you wanted to hire me for a one-on-one phone consultation, you'd have to cough up \$100 for the first hour, and \$60 for each additional hour. And what do I teach in these private sessions...?

*The exact same things I give to you in **Fit With A Cop!** Which YOU can get for only \$39.95!* There's no question that **Fit With A Cop** is a terrific bargain!

How Sure Am I About This Program? Sure Enough to Give You A 60-Day Money Back Guarantee!

I'm so confident that **Fit With A Cop** will burn the fat off your body and get you into ripped shape that I'm willing to take all the risk. If for any reason you decide it just isn't for you, send me an email and I will refund all your money—no questions asked! Now you have *no* reason not to try **Fit With A Cop**!

You'll Also Receive The Following 7 Bonuses Worth Over \$290.00 for FREE!

Fit With A Cop is an incredible bargain by itself at only \$39.95. But there is so much more valuable information that I've gathered that I just had to add some terrific FREE bonuses to round out everything I want you to have.

BONUS #1: 15 Minute Circuit Training

(Reg. Price = \$19.95)

If you have one of those days where you can't find even 45 minutes to run through the **Fit With A Cop** routine—don't worry! You still have options! This e-book lays out a quick and powerful workout that takes only 15 minutes! You can rip through it and get still get everything else on your schedule done.

BONUS# 2: Hardcore Ab Workout

(Reg. Price = \$19.95)

Doing ab exercises will not develop a six-pack until you *first* lose the fat using **Fit With A Cop**. But once you do drop the fat, you can accentuate your abs using this intense, powerful ab workout.

BONUS#3: Body Weight Workout

(Reg. Price = \$19.95)

Did you get lazy and put on a few pounds after going through **Fit With A Cop**? Well, don't beat yourself up—use this four-week Body Weight Workout to get right back into shape. A change of pace from your usual routine that uses your own body weight. How convenient is that?

BONUS #4: High Intensity Cardio

(Reg. Price = \$19.95)

Aerobics are bad, but high-intensity cardio interval training is good—very good! This is no cream puff workout. It's extremely intense but extremely effective! This will blast away fat in a short period of time while burning a very high amount of calories. That is, if you dare to try it!

BONUS #5: Tips To Supercharge Fat Loss

(Reg. Price = \$24.95)

Fit With A Cop will certainly help you burn fat. This bonus book will round out the great information in **Fit With A Cop** with tips and tidbits on how to supercharge your fat loss.

BONUS #6: Foods That Blowtorch Fat

(Reg. Price = \$29.95)

Many common foods found in your average grocery store can actually burn fat! You don't have to go to expensive health food shops to buy strange ingredients or odd vegetables you've never heard of. Eat the right foods and practice good portion control, and the results will come quickly.

BONUS# 7: Free Subscription To My Weekly Fat-Loss Tips Newsletter

(Reg. Price = \$119.95/yr)

Fat loss tips delivered to your Inbox every week! You'll get practical, helpful tips, articles, and other information to fortify your workouts, burn fat, build muscle, and eat right.

I'll also keep you up to date on new developments in fitness and nutrition from the leading authorities. It's free, and it's yours!

BONUS# 8: The Whole Truth—and Nothing But the Truth—About Six-Pack Abs

(Reg. Price = \$29.95)

Separating the hype from the truth! So much nonsense has come from mythical search for the perfect abs that I felt that I should share my experience and training to tell you

what you need to know—and what you *don't* need to know—about developing your abdominals the right way.

Some Final Words...

If you have read this far, I assume you are truly interested in losing your excess fat. If so, you're the kind of person I'm looking for.

Look, I know the majority of people out there will continue to search for that elusive, non-existent magic pill or plug-in device that will burn fat while they sit on the couch shoving cheese fries into their chubby faces and staring at their high-def idiot screens. And, they won't do anything in the meantime except get fatter and sicker.

If you truly understand that it IS possible to lose fat, but that it requires determination, commitment, and work, then you owe it to yourself to order **Fit With A Cop** today... and get yourself on the road toward a lean, strong, healthy body. I promise you that if you **simply follow my proven program**, you will have such a **deep feeling of success and accomplishment** that **your life will truly change for the better**. You will look back on your fat days and say "Never again!"

I have already put everything together for you... I know exactly what to teach you... all my methods are proven to help you burn fat as fast as possible... I've already answered your questions... and I'm ready to stand by you as your coach.

In short, it's all waiting for you!

The next step, my friend, is up to you.

Just \$39.95—you could spend that tonight on just one unhealthy meal! Or, you can choose to spend the same amount on a **lifetime of health!**

Order **Fit With A Cop** TODAY and get ready to meet **the new you!**

To Your Health,

E.L. Forestal

P.S. Fit With A Cop is yours in convenient PDF format—you can download the complete e-book and all the bonuses immediately after placing your order. No waiting for the mail to arrive! You can be on your way toward burning the fat from your body and getting yourself trim and healthy within minutes from... NOW! What are you waiting for?

P.P.S. Remember that you're fully protected by my 60-day guarantee. If you decide that **Fit With A Cop** is just not for you, simply write to me for a full refund. The only thing you have to lose is all that fat that you didn't want anyway!