

Hi <First name>

Are you bored of doing the same workouts in the gym? Or maybe you're looking for a more cost effective way to get fit and have some fun too?

Today, I want to introduce you to a brand new fitness combination that gets fast results and is a ton of fun to do.

Even pro athletes like myself have used this program to advance our careers and get the edge on our competition.

I may have been a professional athlete but that doesn't mean I always loved the gym!

I wanted to find another way to get the edge on my fellow basketball pros ... one that was fun AND effective.

My secret weapon turned out to be pretty far removed from the machines at the gym and it helped me to gain a mental advantage, as well as a physical one.

I was introduced to yoga by the inspirational Arizona teacher, Dave Oliver and I've never looked back.

It worked far better than weight training for making me super strong and it's kept my muscles in peak condition long after I retired. When I'm doing yoga, my mind feels completely free and this had surprising benefits for my game.

One day, it hit me that basketball and yoga complement each other perfectly so why not combine the two in one kick-ass program?

Introducing Basketball Yoga Blast (BYB)!

Basketball and yoga may not seem like a match made in heaven but they're the perfect partners for getting the best of both worlds - a fitter, stronger body and a calmer mind.

With BYB, you can:

- **Reduce Your Risk of Heart Disease and Stroke.** You'll train your heart and lungs to work harder and smarter. A stronger cardiovascular system leads to lower blood pressure, lower resting heart rate and less risk of heart disease, heart attack and stroke.

- **Burn Calories and Lose Fat More Quickly.** Struggling to shift those stubborn extra pounds? As an aerobic exercise, basketball is *the* way to go for burning calories and reducing body fat. You can easily burn over 130 calories from just 20 minutes of basketball moves. The effects don't stop there though. In a 2014 study on post exercise recovery, the fat burning effects of high intensity exercise continue *after* you've done exercising, as your body gets more efficient at burning calories.
- **Improve Bone Health - Naturally and Without Supplements.** As a weight bearing exercise, basketball helps bones to grow and strengthen. With regular sessions of BYB, you can look forward to better bone health - even as you get older.

Sounds great, right?

And that's not all...

- You'll learn 5 levels of yoga secrets that stretch and tone your muscles like never before. Even if you weren't flexible before you started BYB, you'll soon notice the difference!
- These yoga moves are also weight bearing for stronger, healthier bones.
- Discover how to master the Savasana pose and tap into a little known secret for lowering your blood pressure. In research published in The Lancet, this yoga pose significantly reduced systolic and diastolic blood pressure levels after 3 months.

What would you expect to pay for these type of health effects? \$500? \$1000?

We'll only charge you a **fraction** of that amount. Our regular price is \$299 but we want you to be able to invest in your health and start your journey towards a fitter, stronger you. **Today**.

That's why we're offering the BYB program for the super low price of \$197 - a **34% discount** on the regular price. But it's only here until the end of the month.

After that, the price goes back up. And I can't promise that the program will ever be this price again.

I know you'll love the BYB program and the results it'll bring you. That's why I'm offering a **100% money back guarantee** on all orders.

If it doesn't make you feel that you're on the fast track to better health and wellbeing, just return the DVDs and I'll happily give you a **full refund**.

So, what's holding you back? Order BYB today and join the tens of thousands of people who are already enjoying the health and wellbeing benefits.

When you order, you'll also receive an **exclusive and free** copy of our Health, Mind and Body Wellbeing Guide. This eBook is only available to BYB buyers and it's packed full of the health and fitness tips that have been so important in my life.

I'm so excited for you to join the program and start your journey towards better health and a calmer mindset.

To your health,

Bridget