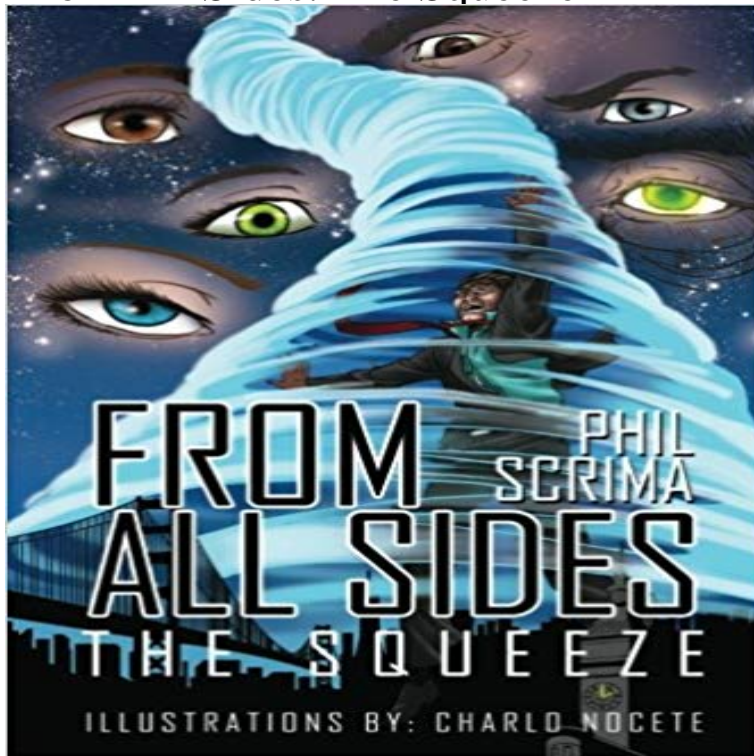


From All Sides: The Squeeze



Harry was your typical small businessman, worked seven days a week, and maintained a one-room office with just a secretary. He had a nice family and a wife, with three kids. The last few years were exciting, and his destiny seemed secure. He owned a beautiful home that was almost paid for, and for the first time in his life, he could afford his dream car. Overall, life was good. Then he got a threatening phone call from a competitor, and the next day his banker phoned him. It was on a Sunday! From that point on, life would never be the same for him, or his family. The excitement and emotional upheaval of a torrid love affair, and the sorrows and tragedies that would follow was beyond imagination. There was only one hope! Nonno, his grandfather knew about the energy tunnel, Harry himself had seen it! This energy beam could be the stepping-stone to immortality, as well as salvation for the human race.

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1. Guidance on achieving your goals
2. Instruction about fundamental nutrition, cardio and bodybuilding
3. Each week a reason to appear at the gym
4. Accountability
5. Methods to assist monitor your improvement

[What is a Program Like?](#) Each session typically lasts about an hour. The first meeting is dedicated to assessing body measurements, fitness level, health and workout background and goals. Be ready to step on the scale, have your body fat measured and answer questions that were particular about your goals. After this, you'll spend each session performing cardiovascular exercise, weight-training, flexibility or other activities depending on what your aims are. Your trainer will show you give you tips for getting the most out of each workout, enable you to determine how much weight to use and just how to do the exercises. [What to try to find In a Personal Trainer](#)

1. Education: A personal trainer should be accredited through a recognised personal training organization. The more education your trainer has, the better your workouts will be, although a workout science or other related college degree isn't crucial.
2. CPR: your coach should have an updated qualification in CPR and/or firstaid.
3. Experience: Make sure your trainer has expertise, particularly with regards to your goals. As an example, if you are a bodybuilder, you want some body educated in that area.
4. Details: If you've got a particular clinical issue, injury or illness (such as being pregnant, difficulty becoming

pregnant, heart troubles, diabetes, etc.) ensure your trainer has education in these fields and communicate with your doctor. 5. A good-listener: A good trainer ensure he comprehends your aims and should listen carefully to what you say. 6. Attention: A good trainer should be targeted only during your sessions on you. 7. Monitoring improvement: A great coach will often assess your progress and alter things if necessary.

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