

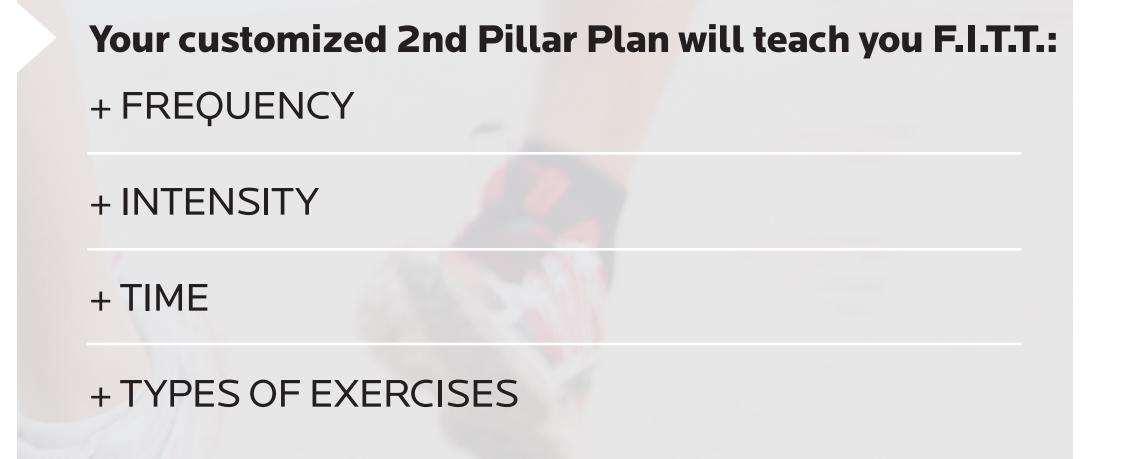
and keep your body changing.



THE SECOND PILLAR

Exercise is the body's stimulus for change.

Whether you choose strength training, endurance training or a combination of both, there are four variables that will ensure that your body is given the appropriate stimulus for change.*





*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.