

"How Many Men and Women OVER 40 Years Old Can *Reduce Their Weight* In 12 Minutes Per Day...

It could just be **be the biggest exercise breakthrough EVER discovered for people in their 40s, 50s, and 60s.**

However, very few people even know of its existence... yet.

Even the world's most renowned fitness experts and personal trainers have no idea it exists.

While most people over 40 years old are slaving away following the naïve advice of young personal trainers and fitness professionals who know NOTHING about how to train older bodies....

There is **a secret 12 minute per day "metabolic trick"** uncovered below that will help even the most frustrated men and women over 40 SEE their belly get ***flatter*** and their trouble spots get ***tighter*** in a relatively short period of time.

It's **NOT** interval training... it's **NOT** another 60-90 minute knee jarring DVD workout designed for people in their 20s and 30s... it's **NOT** some new "hyped" up exercise gadget, and it's **NOT** *another* "magic" pill.

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And it doesn't require ANY fancy equipment or a gym membership.

If you're still not convinced just ask my beautiful wife Karen... she's been through it ALL...

Without My 56 Year Old Wife's Nearly DEADLY Battle With Cancer And Menopause This 12 Minute Per Day Breakthrough Would NOT Exist

This Real Life Story Makes Me Cry Every Time I Write About It...

It all started when I met my wife Karen in 2006.

Even though we were just friends at the time, we were both so passionate about helping others transform their bodies and lives that we teamed up and opened a personal training studio in Ann Arbor, Michigan.

Within 12 months we were the 8th most successful franchise in the world. We fell in love. Both of us were lean, healthy, and in great shape. Life was good.

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Then it happened...

The phone rang after Karen's doctor's appointment.

"*Honey!*" She screeched at the top of her lungs. "*I have cancer!*"

From that day on **EVERYTHING** changed.

Her ovaries were SEVERELY damaged. Harmful chemo and radiation treatments FORCED her into early Menopause.

It was truly the most difficult and emotional time of our lives because her life was in jeopardy!

Even though we were lucky enough to catch her cancer soon enough to save her... after 6 weeks of radiation and chemo treatments her metabolism was **destroyed**.

And no matter HOW hard Karen tried to lose belly fat afterwards, **NOTHING changed**. Was it too much stress? Was it too much exercise? Was it the chemo and radiation? Was it bad genes? I don't know.

I'll NEVER forget the day I received the devastating phone call...



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But the one thing I DO know for SURE is that more exercise didn't help... it only made matters WORSE.

She maintained a healthy diet. She tried cutting carbs and calories. She tried doing LONGER cardio sessions. She even resorted to using hormones...

Then one day she finally exploded.

I remember it like it was yesterday... we were driving home from dinner one night after a few glasses of wine when Karen lost it...

"I'm so sick of working my butt off, and not getting any results! I feel so fat and bloated every morning when I wake up and you'll never understand because you're a guy—you have it so much easier than we do!"

She blurted out as the tears



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came rolling down her eyes.

And she was RIGHT. Guys DO have it easier than women, but once we hit 35 years old we have our own hormonal challenges... **however**... there is long term solution for BOTH men and women as you'll soon discover below.

From that day forward I made a commitment to do WHATEVER it takes to make sure she NEVER felt this way again... so **I went on a quest to level the playing field and make her body respond as easily as young men in their 20s and 30s.**

And that's when I discovered the MISSING LINK for people in their 40s, 50s, and 60s to **lose weight**... more details below.

So immediately after my discovery, I put this 12 minute per day protocol to the test on Karen's body.



BEFORE

"For the first time in years I can finally take my clothes off in front of my husband and feel confident & sexy - instead of feeling embarrassed."

Clearer Thinking
Sharper Mind
Improved Sleep Patterns

"Tighter"
Trouble Spots
LESS Joint Pain

YOUNGER
Looking Skin
Confidence &
Happiness

FLATTER Belly
LESS Cellulite
Increased
Sex Drive

AFTER

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Fast forward 10 weeks later...

**Her Confidence SOARED Because She Lost Weight
and Felt Younger.**

If you're a man or women who is in their 40s 50s, or 60s, keep reading because **YOU can use this
12 minute per day protocol to experience the SAME results as my wife Karen...**



Presenting...

Metabolic Zone Training™

**The Weight Loss Solution *Specifically* Designed for
Frustrated Men and Women Over 40 Who Have
Tried EVERYTHING To Reduce Stubborn Fat—But
Still Can't Seem to Get a Flatter Belly...**

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Cut Your Exercise Time in HALF and Get LEANER, Firmer, FASTER—In ONLY 12 minutes Per Day!



Researchers from 2 published journals found that Metabolic Zone Training™, performed just 3 times a week, produced the same results as 3 long duration (the slow boring stuff) cycling sessions, each of which lasted 90 minutes to 2 hours!^[11]

In other words, just one measly hour of exercise PER WEEK, over the course of just 7 days, produced what would take **up to 6 hours of traditional cardio or aerobic exercise.**

And get THIS: After just two weeks, **subjects increased their endurance by 100% and began using oxygen more efficiently to lose weight.**



REIGNITE Your OVER-40 Dead

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Metabolism (can be done anytime, anywhere so it fits **PERFECTLY** into your busy lifestyle)



According to Japanese research, a mere 4 minutes of Metabolic Zone Training™ just 4 times a week, **can improve your *anaerobic* capacity by 28%, your aerobic power by 15% -- in as little as 6 weeks. ONLY 16 minutes per week!**^[1]

This has NEVER been accomplished or documented from ANY other type of exercise in the history of mankind.

After ONLY 4 minutes of entering Zone 2 below, this same research went on to conclude there was an increase in metabolic rate for 38 to 48 hours.^[1]

This means your body will continue to burn off fat and calories for up to 2 FULL days after just one short 4 minute session...

On the other hand, traditional steady state cardio burns almost NO calories afterwards – and your

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metabolic rate is back to normal within a few hours after finishing. And it takes way too long...

So How In The Heck Did This Middle Aged Ripped Grandpa Stumble Across This 12 Minute Per Day Weight Loss System?

I'm Shaun Hadsall, a *proud Grandfather, Best Selling Author, and Stubborn Fat Expert* who has helped over 106,000 people across the globe learn the REAL truth about losing stubborn fat after turning 40 years old.

Way back in when I was in my twenties, I used "regular" exercise and interval training to gain six pack abs for the first time in my life.

I went on to place *1st Runner Up Grand Champion* in the world's largest body transformation contest called, *Body-for-LIFE™* with over 122,000 contestants.

From that day forward...



I Was Convinced Interval Training Was

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The Answer But I Was Actually DEAD WRONG...

When I was younger I was convinced that the answer to losing stubborn fat was Interval Training (also known as HIIT—High Intensity Interval Training) because it worked it worked so well on my body...

However, after I turned 40 and met Karen I actually discovered that I was DEAD WRONG.

Although interval training works is very effective for people in their 20s and 30s...

After privately working with Karen and hundreds of other people over 40 I discovered it's actually one of **the ROOT causes for weight loss plateaus for people in their 40s, 50s, and 60s.**

And as you can see from my pictures below, I've used this 12 minute per day metabolic system to KEEP my six pack abs year after year after year.

I'm not sharing this with you to *impress* you, but to impress UPON you **it works for most people over 40 who work hard.**

AFTER Discovering Metabolic Zone Training™

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Now you can see why I have a deep passion for giving you direct access to the same 12 minute per day solution I've used to maintain my 6 pack abs for the last 7 YEARS.

Bottom Line:

My wife Karen is 56... and I'm 45! If we can do it in just 12 minutes per day, so can YOU!



X FORGET about using the LONG, BORING

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Here We Are TODAY!

**We still use the SAME 12 Minute Per Day System
below to stay in shape
every year...and now YOU can too!**

marathon cardio workouts you see
everybody at the gym using (**notice how
MOST of them are STILL
overweight?**)...



INSTEAD all you have to do is enter the 3
Zones below and **you can lose weight
FASTER than all the cardio junkies
you know**



FORGET about cutting carbs OR following
some crash diet that will only **make you
FEEL MISERABLE**)...



INSTEAD just eat your favorite carbs AFTER the OVER 40 metabolic trick below. You'll be able
to eat LOTS of your favorite carbs without **SUFFERING using some strict, complicated
diet.**



FORGET about trying to kill yourself trying to follow some INSANE DVD workout....



INSTEAD all you need to do is follow the timesaving solution below....

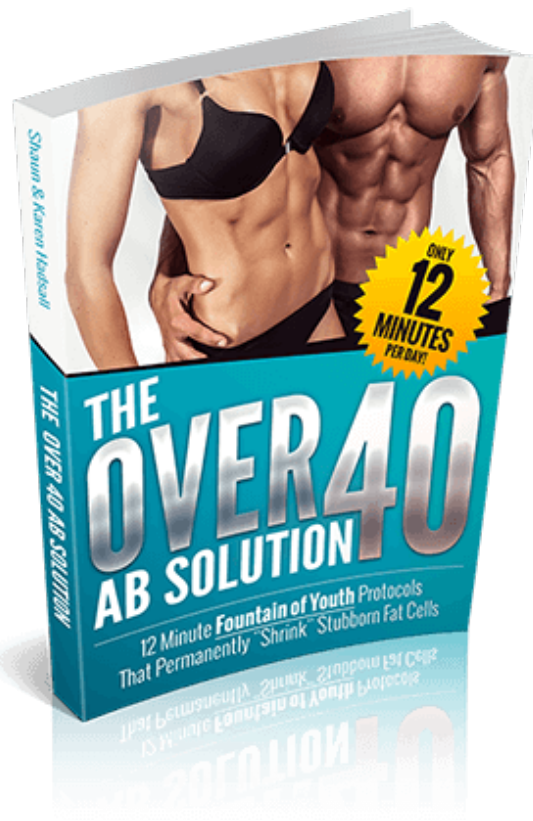
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INTRODUCING: The OVER 40 Ab- Solution

**The Brand New Zone Training System for
Men and Women in Their 40s, 50s, and
60s that Can Help You Lose Weight In 12
Minutes Per Day**

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The OVER 40 Ab Solution is so simple to follow that many people in their 40s, 50s, and 60s can use it....



"As a doctor, I lead a very busy life so the 12 minute routines are easy to fit into my schedule."

"I'm a doctor and have recommended this

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*program to a number of my patients who are struggling with weight loss because I know first hand just how well **it really works.**"*

—Eric Nicely

Doctor of Urology



"This has officially become my new lifestyle and I love it."

*"I finally understand what I need to do to keep the weight off for good. This plan is one of the **easiest, most informative and rewarding** weight loss plans out there. **This has officially become my new lifestyle and I love it!**"*

—Alissa Roark

Merced, CA



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*"I simply followed the advice you provided & the **results happened automatically**. I had to work at it, but it was worth it. Thank you!"*

—Lamont



"I'm 55 years old and I'm a total believer! My wife's results were fantastic too!"

*"Thank you so much for your Over 40 Ab Solution program. I just wanted to send you over my before and after pictures of the body transformation challenge I entered. As you can see, **I had tremendous results.**"*

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*I'm 55 years old and **I'm a total believer!** My wife's results were fantastic too so now the whole family are huge followers of your program as well. Thank you so much for all you do for people like me and my family."*

—Stanton



"After being stuck at the same weight for over a year, my confidence is soaring."

*"Everything is laid out so there's no guesswork. The workouts are quick so **I now have more time for my family and myself.** Following this plan makes me a better wife, a better mom, and a better person. It's so easy to adhere to I'll never stop using this way of eating and*

exercising."

—Colleen Coppersmith

Novi, MI

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