Vendor Hoplink (be sure to replace XXXXXX with your affiliate id!):

https://hop.clickbank.net/?affiliate=XXXXX&vendor=1minweight

**Swipe 1:**

Subj: Can You Spare 1 Minute Per Day?

If you have a few spare minutes per day,

we have some very exciting news for you!

>> CLICK HERE TO SEE <<

New research suggests that H.I.I.T., or high

intensity interval training, is just as effective

as spending 45 minutes at the gym doing

moderate exercise.

This means, specially designed H.I.I.T.

exercise routines, or as I like to call them,

1 minute weight loss routines, can be

used to replace long, boring cardio

work outs at the gym!

Finally, you can get back into shape, and shed

that unwanted belly fat that has been so

hard to get rid of!

All with just a FEW minutes per day…

>> CLICK HERE TO SEE HOW <<

**Swipe 2:**

Subj: Slim down in just 1 minute?

What if I told you, you’ve been lied to

for nearly all of your life?

For years, you were taught that “dieting”

and busting your butt at the gym several

times per week were the only REAL ways

to get fit.

Well, there is scientific evidence that suggests

that suggests continuous strenuous exercise

can cause inflammation in your muscles, which

can actually slow down the process of shedding

those difficult to lose pounds.

If you have a few minutes, watch this controversial

video that reveals how you only truly need a few

minutes per day to lose weight.

>> CLICK HERE TO VIEW NOW <<

**Swipe 3:**

Subj: I’m so sorry they lied to you…

What I’m about to tell you may shock you.

It may even make you feel slightly angry.

>> CLICK HERE TO WATCH NOW <<

You see, your entire life you’ve been fed

a lie. A lie that you need to be spending hours

upon hours in a gym, and eating a healthy

diet to lose weight.

The truth is, large gym corporations, and even

big pharmaceutical companies make money

off of people who are overweight.

After all, big pharma makes a fortune treating

problems people have when they are obese.

High cholesterol, lower libido in men, type II diabetes,

back pain and much more.

If everyone were in great shape, without having

to spend several hours per week at the gym, you

can imagine what would happen to big gym company’s

profits.

The good news though, is that we’re finally blowing

the lid off the lies you’ve been told, and showing you

how it’s possible to be fit, healthy and shed that hard

to lose belly flab with only a few minutes per day.

Watch this short controversial video that exposes the

truth by clicking the link below.

Hurry though, this video may not be online for long!

>> CLICK HERE TO WATCH NOW <<

**Swipe 4:**

Subj: Enough is a enough!

Is this going to be the day you finally do

something about your health?

It is a lot easier than you think to

be able to shed off unwanted weight.

See how you can get started today with

1 minute weight loss routines!

>> JUST CLICK HERE NOW <<

**Swipe 5:**

Subj: Gym guru exposes fat burning secret!

Hi, I’m Brian. I’m a world-renowned fitness expert

I’m going to reveal to you the secret method that

allows you to get the equivalent exercise of 45 minutes

at the gym, in just a few minutes per day!

Just watch this short video explaining how it works,

by clicking the link below:

>> JUST CLICK HERE <<

**Swipe 6:**

Subj: People laughed at me until I…

People used to laugh at me behind my back before

I was in shape or successful.

Once I lost a lot of weight, I was so excited that I opened

my own gym, and began helping others. I began to get

quite a large following of students, and finally, I didn’t

catch someone laughing at me behind my back any longer.

>> CLICK HERE NOW <<

You see, growing up being known as the “fat kid”

and being picked on by people because of your

weight forces you to do one of two things.

You can either just give up, and accept yourself

for who you are, or you can change.

I chose to change.

I tried every weight loss diet fad out there… the

Mediterranean diet, the low carb diet, the atkins diet…

you name it, I’ve tried it.

While at first some of them seemed to work, if I

stopped the diet for a period of a few days,

nearly all of the weight would come right back.

Sometimes I would actually end up heavier than

when I was before I started dieting.

Trying to work out at the gym wasn’t much better.

I had a very busy schedule and trying to work out

for 45 minutes, 3-4 times a week, just wasn’t possible.

I decided to research the science behind weight loss,

and discovered new science that proves certain

1 minute exercise routines, when done properly, can

be just as efficient as spending nearly an hour at the gym.

If you want to see how you too, can lose weight using

1 minute exercise routines, just click the link below!

>> CLICK HERE NOW <<