

# BUILD SEDUCTIVE ABS

Everything You Need To Succeed Is In This Program

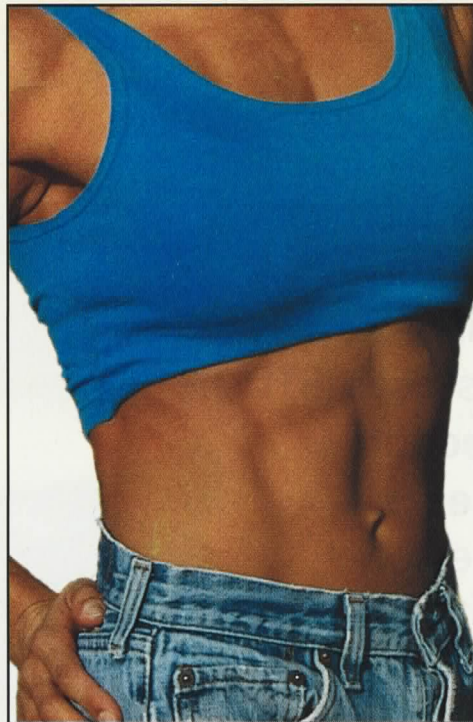
*The BodyCraft Fast-Abs Printouts Show You Exactly How To Do IT!*

**YOU CAN HAVE WASHBOARD ABS.** Get your personalized plans that show you how on a FREE Trial. Follow the plans for FREE. Pay nothing now. Make sure your plans work before you spend a cent. It's not hard to do. Just follow the BodyCraft Fast-Abs personalized program. Just eat each meal *exactly as it is planned for you*. The meals are easy to make... and they're tasty. Do the exercises as instructed. (the exercises are simple). The BodyCraft Fast-Abs program can change your life. In 35 days you can eliminate up to 8.6 pounds of ugly fat. You can have washboard abs. **HERE'S HOW YOU'LL DO IT:** The BodyCraft Program comes to you with *personalized printouts*. On these printouts are *mealplans* and *exercises*. A complete program. Three months of simple meal plans and three months of easy workout plans. Your plans are printed for you by the BodyCraft Computer Software that calculates exactly what you should do.

**YOUR FIRST MONTH:** Just follow each meal exactly as the BodyCraft Fast-Abs Computer has printed it for you. *For 30 days, each day is planned ... so it's easy.* Next, perform each exercise exactly as the printouts instruct. Almost immediately, *your excess fat can vanish.*

**DURING MONTH TWO:** Continue to follow the plans. In this phase, the last bit of *unwanted fat* falls off. New muscle is exposed. *Follow phase two properly, and you can add better definition to your new washboard abs.*

**MONTH THREE:** The third set of plans will maintain your results. During Month Three, you can polish off your midsection for an *incredible "chiseled" look.* **HERE'S WHAT CAN HAPPEN TO YOUR BODY:** Week One, you won't see much change, but you'll feel *energized.* Week Two, you can strip off *3 pounds of fat!* Week Three, you can have a total of *5 pounds of fat gone, and new muscle in all the right places.* Sexy curves can appear where before there were none. Week Four, up to *8 pounds of fat* can be removed from your body. Have an incredible body — you can



BodyCraft Software delivers "computer generated" plans for you to build your own washboard abs!

have more muscular definition, with sleek curves in your legs and butt, and sexy shape to your arms and back. At the end of Week Four, you can have lost a total of 8.6 lbs of fat, and you can have washboard abs! Succeed and *you'll have the body others can only dream about.*

**HOW DOES BODYCRAFT FAST-ABS WORK?** Simple and Safe. The meal plans you get are exactly prepared for your age and weight. Every plan is custom. When you follow your plan exactly You'll be following the Five Rules every woman who has "washboard abs" **must** follow to succeed. You'll be eating 5 simple meals a day and two basic snacks. This mealplan keeps you satisfied and makes your body burn calories fast ... all day long. You'll be eating basic foods like chicken breast, rice and vegetables. Simple, tasty meals make it easy ... *meals like turkey breast, baked potato and a green salad.* All the good stuff. You'll eat fresh, wholesome foods in the exactly correct amounts. You'll be following your plans strictly ... but don't worry ... it's easy and the payoff (Washboard Abs) is worth it!!

**EASY & SAFE.** Simple foods. Exact amounts. Easy workouts. You can do it. Remember that both models and female bodybuilders can go from "out-of-shape" to "contest-ready" in under 6 weeks. You can too.

**Get your personalized plans on a FREE Trial.** Follow the plans for FREE. Pay nothing now. Make sure your plans work before you spend a cent. Pay only if your plans work. Amazing washboard abs can be yours ... and you can start tomorrow. We'll overnight your BodyCraft Fast-Abs Program to you ... the complete package ... printouts and all the goodies. Tomorrow the BodyCraft package will be on your doorstep. Get started now. Build washboard abs FAST.

**Details:** Pay just \$4.95 for overnight delivery. Use the plans for 35 days. When you succeed, keep the plans, the books ... everything shown in the photo. The whole package is only \$49.95 — but you'll use it for over a month before you decide to pay. Start right now. Build washboard abs. And if you are dissatisfied in any way, call our Returns dept. and pay nothing at all.

Plans tell you exactly what to eat ... and when to eat.

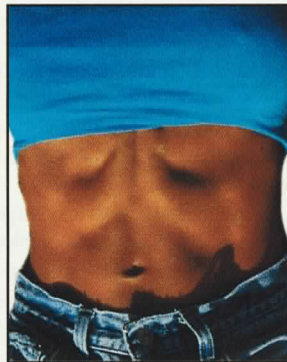
BodyCraft will instruct you everyday what to eat and what to do

Follow this program and you wont be able to keep the smile off your face



A Scientific method that really works!

These personalized plans tell you exactly what to do!



"BodyCraft really works. Follow the plans. Get results!"

-Charlene Rink  
San Diego, California

Everything shown here is delivered to your door for just \$4.95!

**Here's What You Get:**

- Month One Meal Plans:.....Included  
*Strips off excess fat, first sight of abs!*
- Month Two Meal Plans:.....Included  
*Takes off that last bit of fat, you get amazing definition*
- Month Three Meal Plans:.....Included  
*Polish, refine and chisel for the ultimate washboard abs effect!*
- Month One Workout Plans:.....Included  
*Eases you into the program. 9 min workouts!*
- Month Two Workout Plans:.....Included  
*Medium level, workouts are now up to 12 minutes.*
- Month Three Workout Plans:.....Included  
*15 minute workouts. By now it's too easy!*
- Workout Manual:.....Included  
*Explains the 5 rules you must follow. Details every exercise!*
- Ab's Training Manual:.....Included  
*Brief, but every word is pure gold. Explains Why and How to do the 9 min. abs workouts!*
- Free Tech Support:.....Included  
*Call any time with any question. We're here 13 hours a day to help you out!*



## FREE TRIAL!

We trust you will follow the program exactly—for it is easy to follow and requires no great effort or sacrifice on your part. Call. Examine this software. The program is yours free to try out NOW! If you develop washboard abs, or are well on your way—you will want to keep BodyCraft Software. Decide now to try it and you could start tomorrow. We will rush you BodyCraft via Overnight Airborne Express. WE ARE DEPENDING ON YOU TO GET WASHBOARD ABS. So, if you get off track—Call Us! You can call for free tech support—ask any question!

Here's how to get your copy:

1. Call 800-850-3777
2. Ask for BodyCraft Program
3. Pay Just \$4.95 for Overnight Delivery.

(Canada & Overseas require additional postage and different terms)

TRY IT ALL... FREE!

Call AlphaSport Toll Free 24 Hours!

**1-800-850-3777**

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