

“Build Washboard Abs NOW!”

Your BodyCraft Kit Shows You How

Try it FREE. See what you think. You either love the BodyCraft Kit... and your new body... or forget it... pay nothing and accept our apology for getting you involved. **Blazing Fast Results!** Read on. Learn everything you need to know. How it happens. Why you cannot fail when you follow simple step-by-step plans. **What is BodyCraft?** BodyCraft is a totally personal system for you. Detailed plans, printed for you and you alone - by a computer. Your plans that tell you How to exercise and What to eat. Washboard Abs in 35 days... That's the certainty. All you need do is follow each step... day-by-day... and in 35 days you'll have washboard abs. **How does the BodyCraft kit work?** Simple and Safe. A computer at our office prepares plans for you, based on your height, weight, age and goals. Every breakfast, lunch and dinner is precisely calculated for you by the computer! Every calorie is planned... you even get a grocery list! Just follow the plans which give you detailed instructions. If you can follow easy instructions for 35 days... then you cannot fail... you will succeed with ease! You will have washboard abs in 35 days! When you follow your plans, you'll be following the “five rules” every person who has great abs

must follow. You'll be eating simple meals... basic foods like chicken breast, rice, vegetables. Simple, tasty meals make it easy. All the good stuff. You'll eat fresh, wholesome foods in exactly the correct amounts. You cannot fail... simple foods. Exact amounts. Easy workouts. You can do it. In fact, models and bodybuilders go from “fat” to “washboard abs” in under 6 weeks using this exact method. Success is yours when you follow these simple plans. **Here's what will happen to your body:** Week One, you won't see much change, but you'll feel energized. Week Two, about 3 pounds of fat are gone! Week Three, a total of 5 pounds of fat are gone and new muscle is appearing in all the right places. Week four, up to 8 pounds of fat melted off your body. Muscle appears where before there was none. Now, look in the mirror to see Washboard Abs. Follow the plans for



The BodyCraft kit includes “computer generated” plans for you to build your own washboard abs!

another 4 weeks to achieve a “chiseled” effect... and you'll have a body that others can only dream about!

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

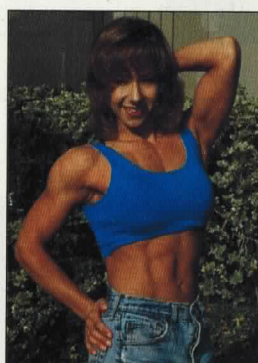
BodyCraft will instruct you everyday what to eat and what to do.

Follow this program and you won't 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

HERE'S WHAT YOU GET:

- Meal Plans: Strips off excess bodyfat ... see your first abs in 35 days! Included
- Workout Plans: Easy workouts for abs. Included
- More Workout Plans: Chest, Arms, Legs and Shoulders too! Included
- Grocery Lists: Tells you exactly what to buy. Included
- BodyCraft Manual: Explains the entire system in every detail. Included
- Abs Training Manual: Show you how to do every exercise correctly. Included



You either love this system, or forget it. Pay nothing. But expect it to succeed for you. BodyCraft is a complete system of guidance to make sure you get washboard abs.

Do not wait. FREE TRIAL!

Everything you see in the picture. Delivered to your doorstep. Try it out. Put it to the test for 35 days, and... if it's doing the job, keep it and pay just \$49.95. If you decide it's not for you, return it and owe nothing. You simply cannot fail with BodyCraft and cannot miss with this sensational trial offer. BodyCraft WORKS. That's the promise. Find out for yourself... decide in your own way. Call NOW for your FREE Trial.

Here's how to get your copy:

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

(Canada & Overseas require additional postage and different terms)

TRY IT ALL... **FREE!**

Call AlphaSport Toll Free!

1-800-850-3777

Tel #(619)457-7773

Fax #(619)457-7779

Ad Code: HGF86