

Into sports or fitness? Doing these 3 things can save you a world of pain...

Dear Reader,

Have you ever felt the stabbing pain of a pulled muscle...a nasty torn ligament...an agonizing sprained ankle...or the dreaded torn ACL?

If not, you're lucky...so far.

Injuries can happen to anyone...while playing basketball or simply exercising to stay fit...and they can set you back weeks or months... sometimes even years.

But they don't have to...[link to sales page]

Whether you play hoop, soccer, tennis or anything...injuries stop you from enjoying your favorite sports...playing with the kids...or simply going for a walk with family.

If you're not doing **these 3 things**, you're leaving yourself exposed to painful injuries...

- Always warm-up and stretch before you exercise...even just a few minutes makes a huge difference...
- Slowly increase your weights, distance or exercise times...
- Drink water...and plenty of it... (and coffee doesn't count)...

But there is a 4th way no one talks about. One where you can avoid painful injuries and at the same time **MAKE HUGE GAINS** in your fitness...both on and off the court...

Using the VERY same method the nation's elite NBA and WNBA basketball players use to dominate and achieve crazy long careers...***Learn this method now [link]***.

People are making massive physical gains in as little as 30 days...

This method "unlocks" how to play virtually ANY sport without worrying about "pushing" yourself too hard or getting injured (no matter what your game)... ***Find out more here [link]***

To your long-term health and fitness,

Dr. Laurie Reel, MD

Member Director at FitR, Inc

P.S. - **ANYONE** can learn this unique combination of moves (from weekend warriors to professional sport league players)...even if you've NEVER played basketball before.

(AND it's the **ideal** way to **keep healthy and injury-free [link]** through your 40s, 50s and 60s...)

SALES PAGE:

UNLOCK the secrets top NBA Pros use to enjoy *stunningly long careers...*

How to get fit, stay healthy and avoid injury - no matter what sport you choose to play...

Just google “athletic career cut short” and you get 55 million results. You’ll find story after story of athletic stars in their budding careers...or at the epic peak of their game. And then it ends...tragically...just like that.

Take the story of one promising basketball player in the NBA...

Yao Ming made five All-NBA teams and played in the All-Star Game every season (when he was healthy). Yao's head coach with the Rockets from 2003-07 said, “Outside of Shaquille O’Neal, Yao Ming was the best center in the world...”

Unfortunately, plagued with foot, back and knee troubles after his third season, Yao Ming never again reached the same heights in his game.

Or what about Brandon Roy? From 2006-11 he was one of the best players in the entire NBA. Winning the 2007 NBA Rookie of the Year and making three All-Star games.

He retired at 27. Why? Knee injuries. Surgery never helped. Who knows how far he could’ve gone.

Sprained ankle, torn ligament, pulled groin muscle, torn ACL, strained hip flexor, compressed disc...

Some are recoverable after days...or weeks...

But some leave you hurting longer...months...years...or worse.

Of course, it’s hard to prove **exactly** what caused the injuries. But you wonder...could their debilitating injuries have been prevented?

You bet!

Now, the answer may not be exactly what you think, but before I tell you about it...

Was it Just Bad Luck?

Could they have actually experienced amazing stellar careers...just by doing a few things differently?

Look, not everyone is a superstar athlete.

And frankly, not everyone wants to be...or should be.

But just imagine for a moment...a similar situation...

You've signed up for the local basketball league.

You're making new friends...and feeling the rush of winning several spring season games....

Halfway into the season, you're dribbling to the basket and jump into a lay-up...come down hard on your right foot on the court and...SNAP! You go down...a searing pain in your ankle.

Now you're on the sidelines...

Or maybe...

The kids want to play tag...so you're out in the field chasing them down, laughing...

All of a sudden...a painful jolt in your back...the kids run over concerned...

You could be out for a long time...watching the kids from the porch.

An Ounce of Prevention

I'm not suggesting every athlete that lost their career could have been prevented...

Or that sports and exercise injuries are 100% avoidable....

But everyone CAN attain one simple thing...and that is to live an active life.

A life that gives you the BEST chance to...stay healthy, feel energized, look great and prevent bodily disease.

Imagine Joining a Basketball League (or ANY Sports Team)...Without Feeling like a Beginner

Think of it...you confidently step out onto the basketball court...every part of your body is filled with an alert energy...

You're mindful of every position you take...with balance and control...strength and quickness.

You feel flexible and effortlessly absorb the impacts of the game...running back and forth...from one end of the court to the other...gaining your momentum for the lay-up...

And in your awareness of other players...you avoid awkward collisions.

You're loose enough to feel relaxed, but extremely alert of your surroundings...

Playing the game becomes effortless flow.

Without exhaustion...without feeling breathless...and without worry...

And it didn't take long...Why?

Because you have a **BASE** of **physical and mental flexibility**... and a strong skeletal frame...that allows you to perform at your peak, **SAFELY**...

And not just in basketball...in **ANY** physical exercise or sport you choose.

Whether basketball, football, tennis, hiking, biking, swimming, running... a solid core of physical fitness, flexibility and alertness gives you the best chance to make choices...

Choices about how you want to spend your life...

It's the secret to living an active life. It's what keeps us healthy and happy...

“Unlock” Long-Term Fitness for ANY Sport

What if you could trigger a set of “body corrections” that “unlocks” your ability to excel at **ANY** physical activity or sport... with safety and confidence?

A unique combination of body moves that:

- Develops your fitness in ways that leave you **LESS** prone to accidents or injury during physical exertion, sports and activity...
- Builds for you a **solid core** of physical strength, flexibility and spatial awareness that lets you quickly excel in any sport or fitness program....
- Is perfectly designed to increase and maintain your mental clarity, sharpen your concentration and improve your balance no matter what your age or current fitness level...

In fact, there is such a system....

And it's used by the TOP NBA and WNBA basketball players...

You see, two of the greatest basketball players of all time “discovered” the benefits of this unique combination of training.

And now these two basketball **GREATS** have teamed up to make this proven system available...to people who want to see significant and quick gains in their stamina, strength and stability...

While minimizing injury and “down-time”...

ENTER...Kareem Abdul-Jabbar...who used this VERY system to build one of the longest and most successful careers in the NBA. Kareem is the “cream” of basketball star legends with a stunning 20 years in the NBA...

AND

Swin Cash...one of the most celebrated WNBA players...and why not? She dominated 15 seasons in the WNBA (3-time champion) - and won two gold olympic medals.

It's Not Like Pumping Iron at the Gym

Basketball, like no other sport, builds superior hand-eye coordination and full-body coordination.

And Kareem and Swin have decades of experience and success...

They have carefully selected a series of basketball drills that provide you with the MOST benefits in the SHORTEST space of time.

How?

Their selected basketball drills are specially curated to stimulate BOTH your aerobic and anaerobic muscle systems...

The drills not only “activate” your muscles in the “oxygen” (aerobic) state...they

“Switch-on” your muscles in their “non-oxygen” (or anaerobic) state...and this

Quickly develops your muscles into a smooth, lean and toned appearance...that not only looks good, but also feels strong and secure.

By combining both types of drills into one training plan, you'll exponentially improve your endurance, stamina and strength... you'll gain EXPLOSIVE power....AND:

- Build lean muscle and feel stronger faster...
- Improve cardio and respiratory fitness...so you are less “out-of-breath” in even short “bursts” of intensive activity (like sprints and jumps)...
- Feel a surge of endurance... so you'll last longer and “go the distance” more easily...
- Lose weight by shrinking fat stores...
- Boost your metabolism so that you burn more energy...even **AFTER** the drills are done (even if you're relaxing on the beach!)

The American College of Sports Medicine says...

“A combination of both low and high intensity exercise is ideal for safe, effective fat loss and

strength building through exercise...and is best done with a combination of aerobic and anaerobic exercises....”

But while the basketball drills build endurance, stamina and quick reflexes...

To really “unlock” a long and active life...breath control, flexibility and mental balance are the key.

"There is No Way I Could Have Played Basketball as Long as I Did Without Yoga."

ENTER...Kent Katich, two-decade yoga instructor for top NBA, WNBA and international sport all-stars.

Kent says: “you can’t always rely on other types of conditioning such as running and lifting weights...you need to integrate the practice of yoga...because it’s a very diverse practice.”

Kent recognized that Yoga:

- Restores and re-balances your body...and helps to correct any “weak-spots” people have...
- Enhances your flexibility, mobility and muscle strength...so you can get into those body positions during play...with less risk of injury...
- Increases your self-awareness - so you understand your physical limits...

For flexibility and injury prevention...it’s unequalled.

Here’s what Kareem Abdul-Jabbar says about the benefits of yoga:

"Basketball is an endurance sport, and you have to learn to control your breath. So, I began using yoga techniques in my practice and playing...yoga helped reduce the number and severity of injuries I suffered. As preventative medicine, it's unequalled."

In fact, a 2016 study of college athletes showed merely twice a week yoga sessions significantly improved both flexibility, mobility and balance. Two different universities confirmed these findings in the well-respected International Journal of Yoga.

And it’s not just the “young” people yoga provides major benefits to...

A COMPREHENSIVE review in 2017 of all available yoga studies in the highly respected Pubmed/Medline found the same results for the elderly.

But not only did yoga enhance their flexibility, mobility and balance. It made a difference in so many other things. Just look at these findings...

- Reduces heart rate and blood pressure...
- Reduces fatigue and weakness...
- Enhances mental function by reducing depression and anxiety..

- Stabilizes emotions by reducing anger, stress and tension...
- Improves life satisfaction and vitality...
- Provides a better quality of sleep...

And doctors and clinicians endorse Yoga...

Dr. Natalie Nevins, a board-certified osteopathic family physician, recommends regular yoga practice to make you smarter and more relaxed at home and work, because it can...

- Create a sense of calm mental clarity...
- Increase body awareness...
- Relieve chronic stress patterns...
- Relax your mind...
- Sharpen your attention and concentration...

Stanford University health psychologist and yoga instructor Kelly McGonigal, PhD says: "The evidence is showing that yoga really helps change people at every level."

Imagine practically reinventing yourself every morning. Confident to face the day's challenges. Excited to fulfill your life's purpose with extra energy, enthusiasm and stamina. You can...because...

No One Thought to Combine These 2 Proven Exercise Techniques... Until Now

With years of miraculous playing under their belts, Kareem and Swin - along with Kent - have now developed this new and innovative program called...***Basketball Yoga Blast***...

...combining the explosive power of basketball with the flexibility and mental clarity of yoga.

This "dynamic duo" of fitness fuses basketball drills and yoga moves to give you a lean, flexible, heart-healthy and super-fit body.

Even if you've never played basketball before...this unique and simple system of basketball drills and yoga will leave you confident in your game...and excited to show your strong and flexible self to friends and family...

Plus, with Basketball Yoga Blast, you can forget the "no pain - no gain" mentality...

Because the program builds on the practice of Yoga, where pain signals you need to back off...

It Takes Less Time and Effort Than You Think

When we are young and fit, we can't imagine we'll ever be anything different...

As we mature into hardworking adults, we can **keep fresh and feeling young**. But it won't be from pushing too hard at the gym or "over extending" ourselves...because...

Basketball Yoga Blast is set up so that you can feel the benefits in **under 30 minutes per day**.

The workouts are short and intensive ... so you won't feel like you've wasted half your day trying to get fit.

Imagine getting up in the morning, spending a mere half-hour with Basketball Yoga Blast and you've completed your entire exercise routine for the day.

And adding your favorite sports and activities between your short "Blast" workouts is easy... because you'll feel stronger and more flexible...and perform better...no matter what you choose.

Even world-class athletes get caught out...pushing themselves to their physical limits... without using these proven methods available to them.

No one wants (or deserves) accidental fitness injuries... or worse...to be prevented from living an active life through their 40's, 50's and into the golden years...

Having fun with excited and playful grandchildren is too important...

At Home, in the Park, or on the Court...

Once you use Basketball Yoga Blast, you'll understand how easy it is to start feeling the difference...without having to drive to the smelly gym or pay huge fees to individual or group "motivational" coaches...

Basketball Yoga Blast works just as well in the comfort of your own home and ANYWHERE you want to take it...

In fact, most of routines only require a small space about 15 feet by 15 feet. That's less than the size of a normal living room.

But take it outside into the yard...the local park...or the basketball court if you want...and feel the cool breeze as you combine the basketball drills with yoga poses that help you...

- Get and stay fit and flexible...so you can play any game or sport you want...with confidence...
- Maintain an almost superhuman alertness (and keep aware of potential accidents - before they happen)...
- Quickly "catch up" if you've fallen out of a regular exercise routine...

- Keep up with weekend-warrior friends - and stay in the social loop...

Unlike Any Other Fitness Program

With the basketball drills, you get the benefit of a full body workout...and build muscle strength and bone density.

Combined with Yoga, you'll soon begin to feel how flexible, focused and unusually aware of yourself and your surroundings you will become.

A healthy **mind and body** are invaluable for creating the active life you want to live.

There is no better single or combination of fitness programs that provide the benefits that basketball and yoga - together - can give you:

- Cardiovascular health...so you can dominate your favorite sport without feeling out of breath...
- Greater bone strength and density to prevent accidental broken bones...and keep you strong...
- Better motor skills and coordination that you can apply to any game or sport...
- Greater spatial awareness...to keep alert and your eye on the ball)...

Sports and fitness experts agree...correctly combining basketball drills and Yoga techniques can:

- Prevent, reduce and avoid major and minor injuries...
- Maintain your flexibility and alertness “**on and off**” the court...
- Keep fit, active and virtually injury-free...

You can live an active life and continue to have choices that let you...

- Have more fun with you kids...
- Attain (and maintain) your fitness goals...
- Remain steady and healthy and ENJOY an active life for LONGER...
- Stay relaxed and maintain and improve you sex life...

Proven Results

I don't have to tell you that the value of a healthy mind and body is priceless... because it allows you to create and live an active life.

But let me share with you what other people (not just the big stars) are saying about Basketball Yoga Blast...

And how this **one-of-a-kind** program has helped them:

- Play better team basketball while staying injury-free...

- Maintain an active life with their children...
- Keep their relationships fresh and energized...
- Stay more active and fit with friends without the worry of “getting hurt”...

“After trying basketball-yoga with my team, the results have been amazing! Injuries are at their lowest and the crew is playing at semi-pro levels” - J. Cunningham (Head Coach - Amateur Basketball Clubs of America)

“I made a promise to myself to never let my work interfere with my kids...and Basketball Yoga Blast makes it easy and fun to keep fit and spend time with my boys...” - T. Young (lawyer)

“My husband can’t believe I found your program! We’re both doing it together now, and feeling fitter than ever! It’s helped our relationship in so many ways...” - H. Walters (executive)

“I don’t even play basketball in a league, but now I feel way more confident saying ‘yes’ to my active friends. I feel lucky to be a part of the weekend-warrior crew now... after starting Basketball Yoga Blast.” - R. Hart (retired pilot)

It’s the perfect way to make massive gains in your active life...and give yourself the opportunity to do it safely...whether you want to:

- Attract new and build up existing relationships...simply feel stronger and more attractive...
- “Catch-up” quickly (after falling out of routine)...
- Stay strong and injury-free when playing sports and being active...
- Keep up with your “fit” friends by staying health, flexible and strong...
- Stay safe and confident in any activity...by building and maintaining quick reflexes and balance...

I’m positive that if you try Basketball Yoga Blast, you’ll give yourself a worry-free active life with surprisingly little effort.

Even if you’ve tried going to the gym or hiring a personal trainer and been left feeling let down...

Once you experience this unique system that combines the extraordinary strength and coordination benefits of basketball drills...with the flexibility and focus producing benefits of yoga...you’ll find that Basketball Yoga Blast is one of the BEST ways to stay HEALTHY and on your game.

Here’s what choosing Basketball Yoga Blast offers:

- 6 DVDs shipped to your home plus INSTANT online access (lifetime) to each and every life-changing workout...use the DVDs at home or take them along to easily

practice with friends or your team...

- “Quick start” guide so you can get going right away at home...
- Included are 30 unique workouts...taking you from beginner all the way up to advanced...
- An easy-to-follow schedule let’s you work your way step-by-step through the program...even if you’ve NEVER had a yoga class or played basketball...
- Or mix-match routines any way you like...at your own pace. Within days, no matter what level you decide to begin, you will notice the unique qualities of focus, flexibility and sharp alertness this program provides to you...
- Detailed Instruction Guide (downloadable) that clearly explains how to use the DVDs...
- Plus...how to find 30 minutes per day “out of thin air” to practice the basketball drills and yoga exercises...even when life’s demands and competing priorities leave you with little extra time.

The handy guidebook not only provides an easy-to-digest section on how to quickly develop your physical and mental capabilities...

There are many more mind and body tips related to basketball drills and yoga that will propel your progress, like:

- Four simple workout tricks that will leave you’re friends “stunned” at your physical adaptability during your next weekend warrior trip...
- Top 11 ways to increase and maintain your mental clarity, sharpen your concentration and relax your mind, so you can stay present and enjoy life more...
- The truth about stress relief - it takes less time and effort than you think...
- The 15 most effective ways to reduce injuries during sport, proven through numerous studies by internationally known medical associations...
- A simple way to burn 630-750 calories in in an hour, just by having fun with your kids...
- How to use Basketball Yoga Blast as the **PERFECT** supplement to any sport or fitness program (by building strength in the muscle groups ignored by other programs).

And much, much more...

Order Basketball Yoga Blast Now [link to Order Page]

Now, consider the typical cost of trying to keep fit or lose weight through the usual ways:

- A typical gym membership costs about \$700 per year...
- Taking a single group exercise class per week costs around \$1000 - \$1500 per year...
- Individual coaching can be \$350 - \$500 per month... or \$4200 to \$6000 per year...

Plus a study published in July 2016 on the costs of being inactive says you can save \$2,500 in medical bills every year...just by maintaining an active life.

That's potentially thousands of dollars EVERY year in costs.

Today, Basketball Yoga Blast is being offered at a one-time cost of only \$179. This gets you the 6 DVDs, LIFETIME online access to ALL the workouts, the detailed instruction guide... plus

Bonus Offer #1

Along with the DVDs, workouts and guidebook, when you order today you'll also receive in your mailbox a:

- Non-slip yoga mat - so you can safely hold poses and perform yoga moves on a professional-quality yoga mat...
- Leather NBA-quality basketball - that simply put, feels professional in your hands...
- Convenient carrying case that fits EVERYTHING, including the DVDs, basketball and yoga mat...so you can take your "Blast" anywhere....

Bonus Offer #2

And the workouts don't stop at 30...if you accept this opportunity today:

- Each week for the next year, a brand new workout (specially developed by Kareem, Swin and Kent) will be released to you online...

Just think of it...every week, for the next 12 months, a library of new, different basketball drills and yoga routines will be introduced and available for your use....

That's an additional 52 workouts for a total of **82 ways** to keep you healthy, fit and flexible.

However, please consider that this offer of a one-time cost may not ever be repeated...

Because Basketball Yoga Blast is adding new and interesting workouts every month (who knows what additional benefit programs may be added soon)...future new members that do not take advantage of this one-time opportunity may be asked to pay a small monthly fee.

So take advantage of this special offer of a one-time payment of \$179 before it closes - and gain access for LIFE.

Order Basketball Yoga Blast Now [link to Order Page]

Don't Let Worry of Injury Prevent an Active Life

We all know a healthy heart and fit body will keep you **ON TOP** of your game and living life to the fullest.

You're worth it...so are your friends and family.

Once you start feeling "the Blast", why not join a basketball or other sport team?

You'll start out with the flexibility, balance and coordination approaching that of an NBA player...

And for those who want to prepare for an *independent and active life* through the 'golden years'...

There is no better choice than following the simple routines that Basketball Yoga Blast has to offer.

Our two basketball legends and respected Yoga expert are confident of the results you'll get if you follow this unique program step-by-step.

At FitR, Inc., we provide a **100% Money Back Guarantee**. Your satisfaction and health are so important - that if you use Basketball Yoga Blast and are not completely 100% satisfied, simply call us within 90 days and we'll give you a full and complete no-hassle refund... period.

That gives you 3 entire months to try it - completely risk free!

Kareem, Swin and Kent have formulated these basketball drills and yoga poses to generate transformation within 30 days...and they are confident you will see and feel these changes, too.

It's what the latest and greatest basketball and sports stars are doing.

And it's what you can do...starting today.

Order Basketball Yoga Blast Now [link to Order Page]

To your long-term health and fitness,

Dr. Laurie Reel, MD

Member Director at FitR, Inc

P.S. With a new basketball drill and yoga workout introduced every week online, you might also be interested in introducing yourself in the "Blast" Forum...where peers and instructors provide you with support and encouragement in living your active life...

Order Basketball Yoga Blast Now [link to Order Page]

ORDER PAGE:

Gain a Solid Core of Physical Strength, Flexibility and Alertness now.

Yes, I want to live an active life and feel confident in any sport and fitness activity I choose...by “unlocking” the techniques used by the nation’s elite basketball stars.

I’m ready to feel strong, lean and toned...build more physical strength, flexibility and spatial awareness...and enhance my mental clarity, concentration and balance. Kareem, Swin and Kent have formulated these basketball drills and yoga poses to generate transformational changes to my body and mind within 30 days...in less than 30 minutes a day...

Please send me the 6 DVDs and give me instant access to the online program and members forum. Also include the non-slip yoga mat, leather NBA-quality basketball, and handy carrying case. So I can take Basketball Yoga Blast anywhere.

I understand FitR, Inc. provides a 100% Money Back Guarantee. My satisfaction and health are important - so if I use Basketball Yoga Blast and am not completely 100% satisfied, I can simply call FitR, Inc within 90 days and receive a full and complete no-hassle refund.

If I want to order by phone or if I have any product information questions, I understand FitR, Inc is supported by Customer Service Staff available 9 AM to 6 PM EST, Monday through Friday at 530-222-4455.

ENTER MY DETAILS:

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ORDER NOW [button]

FitR, Inc

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