



*Thank you for your interest in the  
X-Force Body Program.*

Welcome to the X-Force Body family. We are truly committed to each and every member finding the results they crave, and keeping those results for life. As part of our welcome to you, we want you to know all of the time, energy and research that went into developing and proving the X-Force Body Program.

### **Fat Loss Program Defined**

The X-Force Body Program is a result of decades of research by Ellington Darden, Ph.D. For over 40 years, he has tested, modified, and retested various ways to build muscle and lose fat.

More than 2,000 members of Gainesville Health and Fitness have been involved in Dr. Darden's research. His initial study in 1985 led to a bestselling book, *The Nautilus Diet*. Between 1988 and 2004, eleven other books were published by Dr. Darden and each one was based on research at Gainesville Health and Fitness.

### **Training That Produces Superior Results**

One of the unique features of this program is negative-accentuated training via the X-Force equipment. This type of training activates your hormones to turbocharge fat loss and muscle growth. More specifically, negative only training makes deeper inroads, repetition by repetition, throughout the entire set which stimulates the production of human growth hormone, insulin-like growth factor, mechano-growth factor, and interleukin 6 and 15.

With the arrival of 14 X-Force machines in February of 2012, Dr. Darden began a new study at GHF. 40 women and 25 men were selected, measured, and photographed for a six-week fat loss program. The women consumed approximately 1,300 calories a day, and the men ate 1,500 calories a day. In addition, the participants were instructed to drink one gallon of ice water daily. All participants were trained on one set of four to five X-Force Body exercises, twice a week.

It is this research that was published in the best selling book *The Body Fat Breakthrough*, and marked the beginning of a new fat loss program at GHF.

## The Amazing Fat Loss Results

The fat loss and muscle gain results over six weeks were were impressive to say the least. The men in the group had an average fat loss of 29.83 pounds and a muscle gain of 8.83 pounds. The women dropped an average of 16.85 pounds of fat and added 5.1 pounds of muscle.

Both groups were well above any previous studies ever published that involved losing fat and building muscle simultaneously. Throughout 2012, a total of 145 members of GHF went through one of Dr. Darden's X-Force courses. Almost everyone involved experienced a real "Breakthrough."

But why is it so important to add muscle, while reducing fat?

## Stimulate Muscle, Lose Fat, Increase Metabolism = Permanent Fat Loss

Most people, unknowingly, lose a large amount of muscle while dieting. The end result is a slower metabolism — and a greater amount of fat added back once the dieting stops. Our goal at GHF is to stimulate muscle while losing fat to increase a person's metabolism which makes it easier to keep off the lost fat for good!

The science behind our X-Force Body Program is compelling. X-Force's negative training triggers the body's natural hormones to engage in what has recently been called, muscle-fat crosstalk which activates the body's chemistry to speed up the building of muscle and the shrinking of fat. An amazing body transformation is visible week by week in both male and female trainees.

With continued attention and maintenance, the X-Force Body Program leads a person almost automatically to a lifetime of muscular strength, body leanness, and vibrant health.

## Discipline, Dedication, and Mental Fortitude Required

Is this overall process easy? No. It requires discipline, dedication, and the right mental attitude. But with these things in place, both men and women can create their own new world. We have seen it happen to hundreds of people and look forward to you doing the same.

On behalf of all of us at X-Force Body, thank you for your interest in our program and we can't wait to help you reach the results of your dreams!

**GET FIT IN NO TIME**

