

Sculpt & Strengthen Mini Band Workout

Clickbank Affiliate Swipes

Clickbank Affiliate Link:

<https://hop.clickbank.net/?affiliate=YourClickbankAffiliateID&vendor=painfoot&page=sasmbwaff&tid=xxxx>

NOTE: Kindly replace the "YOURCLICKBANKAFFILIATEID" with your Clickbank Affiliate ID. Please make sure to email us at Affiliates@ExercisesForInjuries.net so we can bump up your commission.

Email 1

Subject 1: Are you exercising too much? (the Mayo Clinic says you might be)

Subject 2: How much exercise is too much?

- - - - - email start - - - - -

When it comes to exercise, most people agree that more is usually better.

But that may not actually be the case.

A 2017 study published in the *Mayo Clinic Proceedings* found that too much exercise can lead to something called “coronary artery calcification”.

It’s what happens when calcium deposits build up on the walls of your arteries...

And is currently recognized by doctors as the #1 marker for heart disease out there.

Just so we’re clear...

That means research published by the Mayo Clinic and funded by John Hopkins (two of the 3 most prestigious medical institutions in the world) is saying that too much exercise can lead to heart disease.

Can you believe that?

And this doesn't just affect those crazy people that spend 2-3 hours in the gym every day...

Even an hour of exercise a day can DOUBLE your chances this calcium builds up in your arteries.

I know, it's hard to imagine that exercise could be linked to heart disease...

But if the Mayo Clinic AND John Hopkins are standing behind the research, you know there's gotta be something to it.

So the question is... how much exercise is too much?

Unless you're one of those people that loves yoga and spending hours at the gym...

Anything more than 30 minutes a day is overdoing it.

In fact, most people only need around 5-10 minutes to...

- Burn the fat from those "sticky" areas that won't go away
- Strengthen your bones (and protect you from falls and osteoporosis)
- Improve insulin resistance and protect you from diabetes, heart disease, and high blood pressure
- Improve your memory and keep your mind sharp

But that's all assuming you're doing the right kind of exercise.

And the right kind isn't yoga...

Or training with barbells or free weights...

Or even doing laps in the pool!

It's actually something that you can do from your own living room...

And if you follow the link below to the next page, I'll tell you both what it is AND how to do it.

[>> You only need 5 minutes of exercise each day if you do THESE exercises](#)

Your friend,

SIGN OFF

- - - - - email end - - - - -

Email 2

Subject Lines:

- quick question
- do you do this?
- are you doing this exercise?
- do you do this on a regular basis?
- how strong are you?
- are you strong enough?
- are you strong enough... for life?

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Quick question:

Do you do strength training on a regular basis?

If you don't, please read [this](#).

Best,

SIGN OFF

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Email 3

Subject Lines:

- so few people do this, even though it's so important
- the most important kind of exercise?
- why don't more of us do this?
- most important exercise for people over 45?
- most important exercise?
- science says this is A MUST
- important exercise for people over 45

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There are so many scientific studies on this.

There is so much evidence that this might be the most important kind of exercise you can do...

...especially for people between the ages of 45 and 75.

Science has now proven—beyond the shadow of a doubt—that doing this is [RIDICULOUSLY good for you.](#)

And, it's been proven that NOT doing this is [REALLY, REALLY bad](#) for you.

So, why do statistics show that somewhere around only 10 - 20% of people actually do this on a regular basis?

Because most of us believe:

- "It's hard."
- "It sucks."
- "It's a pain in the butt."
- "I'm too out of shape."
- "I'm too weak."
- "I'm too old."
- "I don't want to go to the gym."
- "I don't have time."
- "I don't know how."

Please check out [this article](#)—it's very important if you're a woman or man between the ages of 45 and 75.

In the article, I'll tell you:

- What this super-important type of exercise is
- Why it's A WHOLE LOT EASIER to do it on a consistent basis than you probably think
- EXACTLY HOW to do it on a consistent basis (very easily)

[Here's the article.](#)

Cheers,

SIGN OFF

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