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WHAT IS FUSION FIRE?

Fusion Fire is a fitness revolution created by International Fitness Celebrity Jennifer Nicole Lee. Jennifer is a busy mom and wife, knowing firsthand what it is like to not have enough time to work out. So, she created the Fusion Fire Workout Method to give you maximum results in minimum time. She also understands that you don't have to have an expensive gym membership, or trainer, to get amazing, jaw dropping results. Fusion Fire is a mix of the most effiicient exercise types including kickboxing, karate, plyometric training, and body sculpting. It will give you a sizzling hot body with results that are immediately noticeable. This program works so well because of the *fusion* of weights combined with quick bursts of cardio to create this ground-breaking method! With Fusion, you will not get big and bulky. You will get TNT–tight and tiny! The Fusion Fire method not only makes you look and feel better, but also makes you both mentally and physically stronger by challenging you in new and innovative ways that people of all fitness levels can enjoy. Remember, "strong is the new skinny"! With Fusion Fire, your body will get the attention and respect it demands!

"With the Fusion Fire Method, you can expect to not only lose weight, but also gain energy, stamina, and endurance."

– Jennifer

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WHAT CAN I EXPECT?

Fusion Fire is unlike any other exercise program in the world, with a total of 12 unique workouts to get your body strong and sexy. Since no workout lasts longer than forty five minutes, you will get maximum results in a minimum amount of time with Fusion Fire.

We know that not everyone is created alike and that is a good thing. This fitness revolution is designed to work for everybody, no matter what your fitness level.

Each section is broken down into thirty-second intervals. We know you can do absolutely anything for thirty seconds and that is why this program will work for you. The cardio blasts are one of the signature characteristics that make Fusion Fire so powerful. Right after thirty seconds of strength training, you transition with speed and agility to your cardio blast, forcing your heart rate back into the fat burning zone. From alternating strength and cardio, you will build sleek, sexy muscle tone, which will burn off ugly fat long after you are done working out.

With the Fusion Fire Method, you can expect to not only lose weight, but also gain energy, stamina, and endurance. You will also gain a new identity as an "athlete", as you will be treated as one when performing the workouts.

We don't like it when people waste our time, so that is why we promise not to waste yours. You have already decided to get out of your fat suit. Now get up off that couch and start achieving the sexy body of your dreams!

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Jennifer Nicole Lee

Jennifer has become an icon for women in over 110 countries with her amazing 80-pound plus weight loss success story. Jennifer was not always an incredible fitness mogul. She started out as a fat and frumpy mom who was unhappy and miserable with herself every day. It all changed for her one day when she saw herself in the infamous pink bikini. She picked up the weights and started perfecting what we now know today as Fusion Fire! Jennifer is a true role model for anyone who is looking to become sleek and sexy.

Jennifer has been featured on multiple major national talk shows and has graced the cover of over 45 magazines including Oxygen, Fitness Rx, and Powerhouse Gym.

Dear Fusion Fire Fitness Friend!

Congratulations on taking control of your health and fitness future by using my Fusion Fire Workout Method! You have made a smart and powerful investment in your well-being! I know what it feels like, firsthand, to be overweight and out of shape. This frustration fueled my fitness passion to create a super effective training method that is efficient and challenging, yet also extremely fun and rewarding! As a busy mom and wife myself, with a strong desire to maintain my fitness level, I can tell you that Fusion Fire does work! All you have to do is press play! I'll be your VIP Celebrity Fitness Coach, training you all the way to your utmost weight loss success! I'll show you all of my methods for creating an award-winning, super sexy, strong, sleek physique all in the comfort of your own home! So whether you want to lose a little or a lot of weight, tone up a bit, or increase your endurance level, you can achieve all of your fitness goals with Fusion Fire, as it's functional training at its best. I applaud you for making the personal choice to better yourself with my Fusion Fire workout program. Remember, if I can do it, you can do it, too! I am always here rooting for your weight loss and body transformation success! And as I always say, "strong is the new skinny" and "never give up, never give in, and always train to WIN!"

I believe in YOU!

Jennifer Nicole Lee

Believe!

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MEASURE YOUR SUCCESS

LET'S GET THOSE PHOTOS

You are about to get into the best shape of your life, so let's make sure you track it! In order to track your progress, you are going to start with your "before" photo. Follow these easy guidelines to get the best photos.

1. CLOTHES:

Wear a swimsuit, or something similar, in order to clearly determine the areas that need your focus. The more skin you see, the better. It will help you to fully see your complete transformation later. If you're a male, wear shorts and take off your shirt for photos. Ladies, wear a sports bra and shorts or a bikini so that your waist, belly, and thighs are visible.

2. BACKDROP:

You want your backdrop to be as plain as possible. Pick an uncluttered spot for your photos. We recommend using a white wall.

3. ANGLES:

You can't take too many pictures. The more you have, the more you will be able to reference later. You will definitely want to take a few front shots with your hands on your hips, some side shots with both hands on your sides, and some back shots with your biceps flexed and with your hands on your hips. Set your phone or camera to portrait mode (not landscape). Make sure you can see yourself head to toe, while still posing close enough to see details.

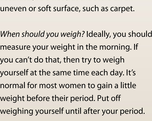
4. POSE:

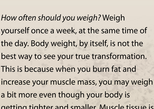
You want to see exactly how your body looks at rest, so don't suck in or push out. This will help you see how much tighter and leaner you become with Fusion Fire.

5. SUCCESS:

Take photos in the same clothes, poses, and circumstances, using the same background, every 30 days, to see your great progress and success! Once you have made it to the end, go ahead and take your incredible "after" photos in which you will want to mimic the poses you did in your "before" photos to get the best comparison possible.

Don't forget that you are going to want to see a calculated result, as well. We have included our Measurement History card for your convenience. You will measure each area at its widest point to get the most accurate reading. Write down your "before" measurements the same day you take your photos. Likewise, write down your "after" measurements the same day you take your "after" photo.





Share Your Incredible Story!

Send in your "before" and "after" pictures to support@bodyfx.com, along with your stats, to be considered for cash and prizes!

MEASURING YOUR WEIGHT

Use the same scale each time you weigh yourself. Make sure you are wearing the same clothes each time you weigh yourself. The clothing should be as light as possible or, better yet, wear no clothes at all. Choose an accurate and reliable scale. Make sure it measures half-units (1/2 lb.) accurately. Do not put the scale on an uneven or soft surface, such as carpet.

When should you weigh? Ideally, you should measure your weight in the morning. If you can't do that, then try to weigh yourself at the same time each day. It's normal for most women to gain a little weight before their period. Put off weighing yourself until after your period.

How often should you weigh? Weigh yourself once a week, at the same time of the day. Body weight, by itself, is not the best way to see your true transformation. This is because when you burn fat and increase your muscle mass, you may weigh a bit more even though your body is getting tighter and smaller. Muscle tissue is more dense than fat tissue, so it weighs more. But that's okay—you want more muscle and less fat! That's the reason it's important to also measure your body in inches.

MEASURING YOUR INCHES

All you need is a measuring tape and a friend who is familiar with the directions below:

1. Biceps (right and left arm) measurement: Flex the biceps muscle and measure exactly at the peak (the spot between the shoulder and the elbow)

2. Chest measurement: Measure around your chest, across both nipples. Make sure the tape is flat to your body and perpendicular to the floor. Hang your arms down so you can get the lats (back muscles) in the measurements.

3. Waist measurement: Measure your waist by placing the measuring tape exactly across the belly button (including the love handles). Make sure the tape is flat to your body and perpendicular to the floor.

4. Hip measurement: Stand with feet close together. Measure the widest part of your butt and keep the tape flat to your body and perpendicular to the floor.

5. Thigh (right and left) measurement: Stand with feet shoulder width apart with your weight evenly distributed. Measure the middle part of your thigh (spot 1/2 way between the inseam and the knee).

6. Calf (right and left) measurement: Stand with feet shoulder width apart with your weight evenly distributed. Measure at the peak of the calf.

**Remember to be consistent with your measurements. Measure your body at the exact same place every 30 days, starting on Day 1.

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STRATEGIES FOR SUCCESS

How many times have you started an exercise program and then just quit? Well, you're not alone! Many people start with great intentions but soon lose motivation and end of quitting altogether. We want to see you succeed every step of the way, so we put together eight tips that we have found useful for starting and sticking with the Fusion Fire 8-week plan.

Fusion Fire Introduction Videos - If you are new to Fusion Fire, follow along with the introduction video entitled Fusion Intro, along with Fusion Basics which demonstrates Fusion Fire's Signature Moves. In the beginning, it might feel a little overwhelming, but these tools will help.

Modify If Needed - In each one of the Fusion Fire workouts there is someone performing the modifications, making the workout easier on your joints and decreasing the range of motion. You can choose to follow all of them, or simply modify the moves that you don't feel comfortable with. It is a great option for beginners. Consider it a building block to work up to the level of the group. Remember, slow and steady wins the race!

Maintain Your Form - It is important to maintain proper form to achieve the best results possible. Pay close attention to the instructions during the workout. You will be guided on how to properly breathe and maintain correct posture while performing the Fusion Fire moves. You will not only maximize your core strength and endurance, but also accelerate your fat burn- tenfold!

Wear Good Shoes - Be sure to wear a good, supportive pair of well-fitting cross-training shoes that provide support and allow you to move and jump side to side.

Sleep Well - Get at least eight hours of sleep each night. Sleep not only increases your calcium retention to help maintain your bone mass, but it also promotes fat loss, reduces fat storage, supports your immune system, and keeps your organs operating smoothly. When you sleep, you also produce most of your growth hormone.

Drink Lots of Water - Drink water all throughout the day: before, during, and after workouts. Drinking water helps control appetite.

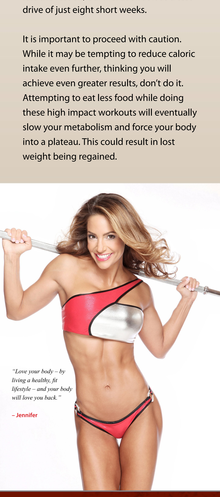
Track Your Results - Your body will start showing positive improvements from the day you begin Fusion Fire, so capture your transformation immediately. On Day 1, take a "before" photo of yourself and document your starting measurements and weight on the measurement tracker. Continue weighing, measuring, and taking progress photos every 30 days to see your transformation. This way, you will stay motivated to reach your fitness goals! Also, be sure to pay attention to inches, photos, and other non-scale victories. Weight is not the best indication of your success in the short term. The scale only tells part of the story. Just as a pound of feathers and a one pound brick are not the same, your body's composition will also not always be the same. As you lose body fat and gain lean muscle mass, it will prove diffiiicult to use the scale as a tool to properly assess your progress. The scale paired with body fat testing will prove to be far more effective in determining results.

Track Your Exercise - Track your exercise progress by keeping a working journal. This can make or break your fat loss progress! Think of the journal as a road map. It's going to show you the route, help you avoid becoming sidetracked, and keep your final destination in focus. If you lose direction, consult your journal. If you lose your purpose, consult your journal. Seeing your progress in your journal will help you to be more successful in achieving your dream body.

Become a Leader - The absolute best way to ensure your success with Fusion Fire is to become the leader of a group. Find co-workers, friends, neighbors, or family members who want to achieve the same type of goals that you do. Be the point of contact for the group. Meet every day or every other day to share your achievements and challenges. This way your sense of responsibility for the goals that you desire is at its highest.

Take Small Steps - Make this Fusion Fire journey small and temporary in the beginning. Don't look at a diet change and a new exercise routine as something you need to commit to for six months, much less the rest of your life. Look at it as a test drive of just eight short weeks.

It is important to proceed with caution. While it may be tempting to reduce caloric intake even further, thinking you will achieve even greater results, don't do it. Attempting to eat less food while doing these high impact workouts will eventually slow your metabolism and force your body into a plateau. This could result in lost weight being regained.



"Love your body – by living a healthy, fit lifestyle – and your body will love you back."

– Jennifer

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TESTIMONIALS

"I Lost 20 pounds and went from a size 9 to a size 0!"

Sandra

- 36-years old
- Mother of 2
- Officer in the United States Marine Corps
- Lost 20 pounds and went from a size 9 to a size 0!
- "Fusion Fire has left an indelible mark in my life, make it your lifestyle."

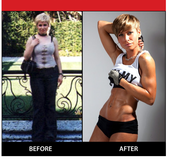
"I lost 75 pounds doing Fusion."

Allison

- 34-years old
- Mother
- Became a Fusion Fire Master Trainer after her success with the program
- "I lost 75 pounds doing Fusion."
- "Jennifer, I can never repay you for the gift you have given me, for the fusion method. It has completely changed my life. It has changed
- the way my body functions. It has added years to my life. There is no way I could ever repay you."

Results you can count on

"I was 165. I'm 110!"



Marina

- Mother
- Lost 55 pounds
- Became a fitness model after doing Fusion Fire
- "I was 165, I'm 110. Fusion Fire is so Revolutionary. She brings so much inspiration to all the mommies out there."

"Fusion Fire has changed my life."

Bradley

- 29-years old
- Lost 10 inches
- "8 weeks later I feel awesome. Fusion Fire's program is so good. You really really feel it. It works all through your body, from head to toe. It gets you sweating. It gets you huffiiing and puffiiing immediately. I love it. "

"I gained 10 pounds of muscle mass!"

Chris

- 44-years old
- Lost 8 ½ pounds and 10% body fat in 8 weeks!
- "I am starting to get some abs, and it's been a long time since I was able to see those muscles. I am finding body parts that I even forgot existed."
- "It has given me my body back!"

"I lost 18 pounds of fat."

Jessie

- 25-years old
- "Fusion Fire is a workout that anyone can fit into their lifestyle."
- Lost 7 ½ pounds and 15% body fat in 8 weeks
- "Fusion Fire really works because I have a consistent sweat through the entire workout."

"Fitness models have more fun, because life is more fun when you are fit!"

– Jennifer

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