

Published based on [7 Seconds to A Perfect Body](#)

7 Seconds to A Perfect Body

These are REAL photos showing REAL results produced in just 7 weeks, working out less than 10 minutes a day! But it didn't stop there. Read this letter to see the incredible transformation from a weak and wobbly body to a stunning physique and super strength without weights – you'll be amazed...

These aren't professional studio photos designed to look like the cover of a men's fitness magazine. These are unedited, not photo-shopped or changed in any way – (believe me if they were you wouldn't be seeing the bed sheets of my spare bedroom drying in the background). There are no fancy camera tricks or lighting effects. These are just the ACTUAL photos my brother took of me before and after 7 weeks following the advice below....working out for less than 10 minutes a day...

This is unlike anything you have ever seen before. I will show you exactly how you can achieve an incredibly fit physique while developing devastating strength without weights, without injury and best of all without a great deal of time....

But I don't expect you to take my word for it...so below with your own eyes you will see demonstrations of the spectacular strength that you too can achieve.....

Now is your chance to learn the forgotten secrets of the old time supermen – breakthrough techniques that can transform your body and it's abilities in just seconds! Secrets that the fitness industry has tried to bury! You won't need equipment, you won't need expensive supplements...you'll just need.....

Paul, Your program is amazing to say the least. I'm writing to thank you for showing me an entirely new way to train my body. I've always led an athletic lifestyle and until I stumbled across your website, I thought that weight training was the only way to...

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