

How to use Gilad's Ultimate Body Sculpt™ with Gilad's Quick Fit System™.



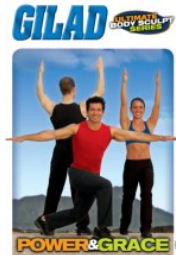
Many have asked how they can incorporate Gilad's New Ultimate Body Sculpt Series™ (UBS) into the popular weight management program Gilad's Quick Fit system™ (QFS)

We recommend that you follow the 12 weeks program as outlined in the Quick Fit System™. After you have completed the initial 12 week program the Gilad's new Ultimate Body Sculpt Series™ can be a great addition to your fitness program.

The way you can incorporate UBS would be as follows:

Power and Grace

This workout can substitute any "cardio" workout or the Hips Thighs and Buns workout.



Cardio Blast



Cardio Classic



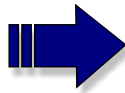
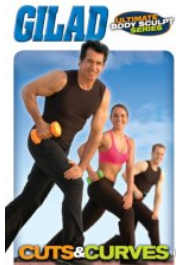
Cardio Strike



Hips, Thighs & Buns

Cuts and Curves.

This workout can substitute any of the "body sculpting" workouts.



Shoulders & Arms



Hips, Thighs & Buns



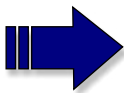
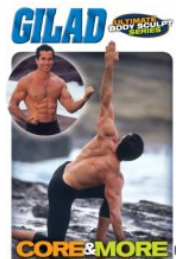
Chest & Back

Example:

In phase 5 of the Quick Fit System™ on Friday the program calls for two body sculpting workouts "hips and buns" and "shoulders and arms". This would be an ideal time to use the "Cuts and Curves" instead since it works all muscle groups.

Core and more

This workout would be an excellent substitute for the "Abs Workout".














ABS Workout

After the initial 12 weeks, the Quick Fit System™ training guide shows you a maintenance program that cycles 3 weekly training schedules. A good option would be to cycle between a week on the "Quick fit System™" and a week that combines the "Quick Fit System™" and "Ultimate Body Sculpt™" as shown below:

WEEK ONE

ALL WEEK → **GILAD'S QUICK FIT System**

WEEK TWO

MONDAY	→		PLUS	
		Cardio Blast		ABS Workout
TUESDAY	→			
		Cuts and Curves		
WEDNESDAY	→		PLUS	
		Cardio Strike		ABS Workout
THURSDAY	→		OR	
		Power and Strike		Chest and Back
FRIDAY	→		PLUS	
		Cardio Blast		Shoulders and Arms
SATURDAY	→		OR	
		Core and More		Hips, Thighs and Buns