I’ve been using eye candy to get guys interested in health and fitness since the day I walked in the gym and turned heads. I figured if you wanted Tits & Ass I’d give it to you. Enough to make a buck and get my guys healthier. As a personal fitness trainer for Men I’ve learned…that not all Guys are the same. Each of you is different and You need to find what works for You. When you do … the the pounds melt away, your gut shrinks, and your health improves.

You’ll love the new you. Your girl friend will love it. Your wife will love it.

**Nothing a woman loves more than a long rock hard man in shape.**

While everybody in the fitness community screams and yells about gym memberships, 30 day challenges, and complete diet changes … My Guys don’t do all that. My Guys are Real Men with Real bodies. Real Men that work for a living and don’t have time to live in the gym.

Real men are tired of gym rats with “Look at me” egos, God given 1% body fat and abs you’ll never get. These guys are full of Shit! And they’re the first one to buy my book. Ya gotta love it.

You need to find what works for you.

“I made a few adjustment in my meals added a minimum amount of exercise and lost 17 pounds in three months. Thanks Rosie. Couldn’t have done it without you.”

**“Rosie I took your bait** and it actually made sense. Can’t believe you got me exercising. My gut shrunk and had to buy new pants. Best 20 bucks I ever spent.” **“I’ve tried a few expensive** 30day programs but your **Ultimate Workout** was all I ever needed. You’re right **No F\*\*king** secret here.” **“Strategically eating Fast food** is genius. Never thought I could still eat “the good stuff” and lose weight. WOW!” **“My increasing weight** was scaring the hell out of me. Showing me that it’s the little changes I can do…that has changed everything.” **“Everybody wanted me to make big** drastic changes in my life. I can’t do that. All these little “Tricks of the Trade” I can do.” Thank you Rosie.”

**Real Men can be fit, healthy and in shape no matter their size, weight, or body fat.**

My mission is to get your lazy ass in shape by finding what works for you.   
If I need to get your attention first…Then that’s what I’ll do.

**Rosie Lee Hart Author Photo Here**

**Fitness Trainer for Men**

**Think you can do Twenty bucks to Get You Hot, Sweaty, and Hard?**