**Helping More Guys Get  
Hot, Sweaty & Hard than a**

**Vegas Hooker on a Friday Night.**

As a fitness trainer for men I figured if you wanted Tits & Ass I’d give it to you. At least long enough to make a buck and get my guys in shape.

You wanna lose weight? You wanna shrink that gut? Touch me down here.

I can help you shrink your gut.

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

**“Rosie I took your bait** and all these small steps make sense. Can’t believe you got me exercising. My gut shrunk, had to buy new pants. Best 20 bucks I ever spent.”

“I’ve tried expensive 30day programs, but your “Ultimate Workout” was all I ever really needed. You’re right No F\*\*king secret here.”

“Holy Shit! Strategically eating Fast food is genius. Never thought I could still eat fast food and lose weight.

“My increasing weight was scaring the hell out of me. My father had diabetes in his later years and he was a medical mess. Showing me what to do 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 that.” Thank you Rosie.”

“Now in my 50’s with a family history of high blood pressure and diabetes I’ve got to do something. Your tips and small steps are just what I need. I can do this.

“I’m too pig headed when people tell me to change my whole life. Can’t do that. Your stuff I can do.”

“I’m never going to be a skinny guy. I’m built big and will always be big but that doesn’t mean I can’t be in shape and healthy. Thanks for the kick in the ass reminding me I can do it.

“Running and jogging does not work for my fat ass. I carry way too much weight. It kills my ankles and my knees. Now I know plenty of options. Thanks.

“You’ve taken away my excuses, called me out on my bullshit and left it entirely up to me. I guess it’s time to grow some balls and get in shape. You’re right… No more F@#!\*G excuses.”

“Love the graphic presentation of the RLH Collection. If this was written like a traditional book I never would have read this much.”

“I feel so used the way you seduced me… I love it!

Finally got me to exercise and it feels really great. Please seduce me anytime.”

“You’re right I’m tired of seeing shirtless guys with 1% body fat telling me how I should exercise. I’m never gonna look like that. I may be successful in my career but you don’t want to see me with my shirt off. Thanks for recognizing real men with real jobs who can’t live in the gym but can still get results! “

“Now in my 40’s with a family history of high blood pressure and diabetes I’ve got to do something. Your tips and small steps are just what I need. I can build on small changes. I’m too pig headed when people tell me to change my whole life. Can’t do that. Your stuff I can do.”

“When I do get myself in shape and it doesn’t take much, I don’t lose weight but I can tell the difference in my pants and my belt is a notch or two tighter.”

My mission is to help my guys get fit, healthy and make a buck.

Go ahead. Blow your wad, spend twenty bucks.

Put your big boy pants on and drop twenty bucks.