

# SUPER SENIOR ARM PUMP PROGRAM

ARM STRENGTH & TONING



Senior Men: This Video Will Show You How To Fill Out A T-Shirt With Big, Strong Muscles. Women: Tone Your Arms And Get Rid Of The Flabby Skin Behind Your Arms.

Dear Friend,

My name's Ron Krayewski, and I used to be like you: getting older and growing more concerned about my health as I age.

You see, I'm a personal trainer and strength training specialist, and for the last 43 years I've been working with clients just like you, getting them into the best shape of their lives.

But this year, 2012, I turned 65. I'm "officially" a senior.
And as I've gotten older, I've learned that us seniors
need a special program to stay healthy and in shape. A



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#### body cleanse for weight loss

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