My Bikini Belly

Curiosity-Based

Email Swipes

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Day 1 – quiz/curiosity

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Subject Line:

How To Get A Bikini Belly At ANY Age

What age do you think women have the hardest time losing belly fat?

Pick one and see if your answer matches everyone else’s tomorrow.

A.) 30-39

B.) 40-49

C.) 50+

[==> Plus, on the next page, You’ll Discover How Even The Most Frustrated Women Are Using This 30 Second Ab Trick To Visibly SEE A Flat And Firm Belly At ANY Age](http://targetedfatlosstraining.com/my-bikini-belly/)

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Day 2 – quiz results

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Subject Line:

[Re: Your Results] How To Get A Bikini Belly At ANY Age

Yesterday I gave you a little pop quiz…

What age do you think women have the hardest time losing belly fat:

**A**.) 30-39

**B**.) 40-49

**C**.) 50+

Here are the results:

 - 63% Answered **B**.) 40-49

 - 30% Answered **C**.) 50+

 - And only 7% Answered **A**.) 30-39

I also thought it was **B** since that’s when most women start noticing pre-menopause symptoms and unwanted weight gain in the belly.

Did you know that EVERY woman carries the “Menopause gene” in her DNA?

You see, when you hit 35 years of age, your body automatically activates the gene, instantly turning your belly into a magnet for fat…

A condition commonly known as “Menopause Belly”.

Not only does the unwanted fat hanging on to your belly automatically start piling on even faster but it becomes STUCK, making it virtually impossible to get rid of.

THIS is the #1 Cause Of BELLY FAT In Women Over 35.

Did you know that women over 35 actually have a hidden advantage for targeting fat cells that build up around your belly?

You’re just completely ignoring it!

[==> Discover How Even The Most Frustrated Women Are Using This 30 Second Ab Trick To Visibly SEE A Flat And Firm Belly At ANY Age](http://targetedfatlosstraining.com/my-bikini-belly/)

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Day 3 - curiosity

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Subject Line: **30 Second Ab Trick Cures “Menopause Belly” In Women Over 35**

Did you know that EVERY woman carries the “Menopause gene” in her DNA?

You see, when you hit 35 years of age, your body automatically activates the gene, instantly turning your belly into a magnet for fat… A condition commonly known as “Menopause Belly”.

Not only does the unwanted fat hanging on to your belly automatically start piling on even faster but it becomes STUCK, making it virtually impossible to get rid of.

[Discover How Even The Most Frustrated Women Are Using This 30 Second Ab Trick To Switch OFF Their “Menopause Molecules” And Visibly SEE A Flat And Firm Belly.](http://targetedfatlosstraining.com/my-bikini-belly/)

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Day 4 - content

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Subject Line: **#1 Cause Of BELLY FAT In Women Over 35**

Did you know that EVERY woman carries the “Menopause gene” in her DNA?

This tiny little gene is hidden away deep inside the fat cells of your belly and remains switched OFF until you hit 35 years of age.

Once you hit 35 your body automatically flips your switch ON and every year after that your belly is flooded with more “menopause molecules” that BLOCK your metabolism from burning belly fat.

Picture a balloon attached to your kitchen faucet - Now think about what happens to the balloon as you reach over and you turn on the water… You see, that’s your belly as it fills up with more “menopause molecules”.

**THIS is The #1 Cause of Belly Fat In Women Over 35...**

Did you know that exercising the wrong way can actually force this natural process into overdrive and accelerate fat storage in your belly?

Think about that: not only does the unwanted fat hanging on to your belly start to automatically pile on even faster but your body’s fat storage “switch” becomes STUCK.

**A condition commonly known as “Menopause Belly”.**

The TRUTH is most of what you've been told about exercising to lose belly fat is WRONG and has the exact OPPOSITE effect on women over 35.

These 3 Belly Fat TRIGGERS Reveal The Things You Absolutely MUST AVOID If You Want To FINALLY Achieve The Flat And Firm Belly You’ve Always Desired.

**Belly Fat Trigger #1** - Turns ON Your Menopause Molecules And Makes It Impossible To Lose Belly Fat

If you still believe that you have to exercise MORE and spend countless hours to get a flat belly you have been LIED to.

You see, the old “more is better” way of thinking completely works against women as we age. Your hormones get thrown out of whack, your metabolism plummets and your fat loss comes to a screeching halt.

Fat starts to pile onto your belly at an alarming rate because your body is BLOCKED from turning off your fat storing menopause molecules.

If you REALLY want to get a flat and firm belly in the fastest and safest way possible then you MUST STOP doing long boring workouts.

What women over 35 REALLY need is SHORTER and more carefully sequenced movements that match your body’s new hormonal state, like **this.**

**Belly Fat Trigger #2 -** TURNS OFF Your Belly Shrinking Hormone

Did you know today’s most popular workouts and exercises turn OFF your #1 belly shrinking hormone and make your belly visibly thicker and fatter looking?

For instance, a common exercise that makes your belly look fatter are weighted side bends. While these became popular in the late 80’s as a way to “whittle your middle” the truth is… they’re making your middle thicker and fatter looking!

The same goes for sit-ups and crunches. Why would you want to waste all that time making your belly even MORE resistant to letting go of the trapped fat?

If you’re at the age where you feel your days of ever having a visibly toned looking and tight feeling flat belly are behind you - you are WRONG.

It’s actually far easier for women over 35 to target belly fat when you use this **30 Second Ab Trick**because it perfectly matches your current hormonal state.

**Belly Fat Trigger #3** - DESTROYS Your Metabolism

If you still believe that you have to get on the treadmill, elliptical, or run miles to get a flat and firm belly you are WRONG.

Cardio workouts are very stressful on women over 35 and destroy your metabolism, attack your thyroid and instantly send your cortisol levels soaring.

This automatically activates distress signals inside your body forcing your metabolism to eat away at itself and push fat directly toward your belly. Even worse, it can actually weaken your heart, dramatically accelerate aging and wrinkles your insides like a dried up raisin.

There's a much smarter way to exercise that only takes a fraction of the time of normal workouts AND it triggers a FAR more powerful metabolism boosting, belly shrinking effect on women over 35.

[==> **Discover How Even The Most Frustrated Women Are Using This 30 Second Ab Trick To Switch OFF Their “Menopause Molecules” And Visibly SEE A Flat And Firm Belly At ANY Age**](http://targetedfatlosstraining.com/my-bikini-belly/)

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Other Subject Lines:

#1 Slim Belly Secret For Women

3 Belly Fat Triggers Women MUST Avoid

#1 Cause Of BELLY FAT In Women Over 35

30 Second Ab Trick Cures “Menopause Belly” In Women Over 35

How To Get A Bikini Belly At ANY Age

Other email possibilities:

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30 Second Ab Trick For Women Over 35

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Did you know that women over 35 actually have a hidden advantage for targeting fat cells that build up around your belly?

You’re just completely ignoring it!

[Discover How Even The Most Frustrated Women Are Using This 30 Second Ab Trick To Visibly SEE A Flat And Firm Belly In Only 21 Days](http://targetedfatlosstraining.com/my-bikini-belly/)

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