

## The Body and Mind Synergy Home Workout Program

### Description

Of course, why *wouldn't* you want a workout program you can do at home? Most of us are too busy to drive a gym, and we not everyone can afford or fit a lot of equipment in their home.

While I do have the luxury of quality weights in our garage, I can't always drag my poor daughter out there with me. Luckily I just signed up for a home-based workout program that requires no equipment but will still challenge anyone from beginner to advanced.



The program is called [Body and Mind Synergy](#), and it has everything you need to get started. Whether you're looking to lose weight, get stronger, or simply maintain your current fitness level, [Body and Mind Synergy](#) will help you with your goals. Here's a quick overview about the program..

#### **A Unique Approach To Health And Fitness – How To Stay Fit With Kids, Long Hours & Travel.**

The most comprehensive mental and physical coaching program, online.

[\*\*Test the system first with a no-risk 7-Day Free trial.\*\*](#)

**SAVE TIME:** Short workouts, with no equipment, done anywhere.

**FOOD MADE EASY:** Fast, tasty, healthy meal preparation for non-chefs made in minutes, not hours.

**\$397 FREE BONUS:** “Between The Ears” is the do-it-yourself mental coaching program that shows you how to do it when you just don't feel like it. Make healthy living an automatic choice.

**STEP-BY-STEP SYSTEM:** Video instructions, workout calendars, done-for-you meal plans.

**WORKOUT LIBRARY:** Huge library of exercises and workouts that you can do anywhere, and anytime. From beginner to advanced.

**UNIQUE APPROACH:** Work with your mind and your body to whip yourself into shape to create a lasting change.

**7 Day Free Trial:** This offer is for a limited period and only offered by recommendation. Take your free trial today.

Since I'm just starting myself, I can't give you my personal experience yet, but I'm hoping you'll join me so we can track our progress together. I'll post updates about likes and dislikes from the program, and I'd love to see your feedback/questions in the comments section.

[Antony](#) is the man behind the program and will guide us through the workouts and answer any questions we have along our journey.



I'm not a fitness newbie and never thought I'd want to join some program, but when the Body and Mind website specifically listed [these details](#) as the most important thing, I was on board.

This is the most important page on the site. It is a reference for everything else.

**Question:** What are the 3 biggest obstacles to getting fit and staying healthy?

**Answer:** 1. Lack of time. 2. Lack of motivation. 3. Lack of structure.

This program has 3 phases to tackle these obstacles.

1. **Between The Ears** will show you how to create rock-solid mental strength to demolish motivational issues.
2. **Food Matters** makes structuring your meals, simple, easy, quick and tasty.
3. **Getting Sweaty** structures short, intensive powerful workouts that can be done anywhere, with no equipment.

**Complete all 3 phases to succeed.** Download the materials, track your progress, and tick boxes.

Transform your body and make it a lasting change. Enjoy the journey.

Ever find yourself making one or all of the 3 excuses? I have, but it doesn't have to be that way. If you're interested, and I hope you are, check out the site and sign up for the [7 day](#)

[free trial with no strings attached.](#)

To see if youâ€™ll like the workouts, Antony has several to sample workouts to try out right now. [Head on over and see how well you can do as a Newbie, Intermediate, or Advanced trainee.](#) All workouts last just 30 minutes, require no equipment, and can be done in any small space. Perfect for those who spend a lot of time in hotels or when the kids take over the house leaving you stuck with choosing to hide in the confines of your bathroom or behind the couch.

If youâ€™re confused about a certain exercise, no problem, Antony has detailed video demos of each movement to make sure you will go into each workout with confidence. Youâ€™ll also have several resources you can download to track your food, workouts, and progress. This truly looks like a complete system thatâ€™s easy to follow and stick with, which means your results will be easier to maintain as you shift to a healthier mindset and overall lifestyle.

Thatâ€™s it for now, hope you find this program useful. I feel it will benefit all of the busy parents out there and maybe youâ€™ll kids will even see you and want to join in. Maybe? ðŸ˜‰

Keep an eye out for a future post on my progress along with pros and cons Iâ€™ve noticed after starting.

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