



# **Four Way Burn: The All-in-One Training Program for : Stronger Muscles, More Flexibility, Improved Posture and Balance, Increased Energy and Power**

*Ralf Hennig*

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Get fit in just 20 minutes, three times per week, with a program that combines cardio, strength, flexibility, and core training, from the conditioning coach and personal trainer to former president Bill Clinton.

As one of the top fitness trainers in America, Ralf Hennig has been called upon to design fitness programs for some of the nation's most prominent and busiest individuals, among them: former president Clinton and Citigroup chairman emeritus Sanford Weill. For the first time ever, his unique and superbly effective fitness program is available to everyone.

No more balancing schedules for cardio and strength training; and no more warming up and stretching afterward! In *Four Way Burn*, readers will learn Ralf's all-in-one workout for improving strength, flexibility, balance, agility, and hand-eye coordination.

Using a weighted ball (like a medicine ball), readers of any fitness level are led through Ralf's workout cycles. Suitable for couch potatoes and performance athletes alike, *Four Way Burn* includes a general program for all readers as well as personalized routines for readers who want to lose weight, travel often, suffer from back problems, or who are looking to boost their performance while cycling, running, golfing, or playing tennis.

"[Ralf] is incredibly dedicated to creating a better way of life."?Sanford Weill, chairman emeritus of Citigroup

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