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**ARROWWORD WIN!**

# THE 60 SECOND PROMISE ON DVD!

**A**re you tight on time but want to get fit, fast? Are you looking to tone up your wobbly bits and lose fat from your problem areas? This is the perfect way to work off all those extra Easter eggs in the form of *The 60 Second Promise*. The workout is simple – sweat it out for 45 seconds, rest for 15, and start again! Presented by respected personal trainers Simone Dailey and Carl Prince, *The 60 Second Promise* burns fat and targets multiple muscle groups with interval training that really does work. The 10-minute workouts are made up of four sets of 45/15-second efforts, interspersed with 60 seconds of cardio activity to keep your heart rate up, while targeting problem areas and achieving real results. We've got 10 DVDs to give away! If you'd like to be in with a chance of winning one, just simply e-mail your name, address and answer to [puzzles@allaboutsoap.co.uk](mailto:puzzles@allaboutsoap.co.uk) or write to the usual address.

**THE 60 SECOND PROMISE**  
**FULL BODY FAT BURN**

one of the **fastest** most **effective** ways to **lose weight**

the interval training revolution

4 x 10 Minute Workouts  
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- Lower Body
- Upper Body
- Total Core

**THE RAPID RESULT WORKOUT**

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