



The lead singer of rock band Miggs trains one-on-one with Alli De Jesus to increase strength and endurance while touring on the road.

## LOOK LIKE A ROCKSTAR

THE RESULTS YOU WANT IN TWO 20-MINUTE WORKOUTS A WEEK

Don Miggs spends 200 days out of the year traveling from state to state on a tour bus. As front man of the rock band baring his last name, Don has trouble remembering what day of the week it is, let alone squeezing in a workout to stay in shape on the road.

"I was trying to hit the gym, but didn't have the time or energy," says Don. "But there's nothing worse than a wimpy white guy on stage."

Then he heard about a workout that would guarantee results with a minimal time commitment—only two 20-minute sessions a week. "At first, I thought it was ridiculous," says Don. "Who would think you could tone up without putting in hours of running and weight training at the gym?"

But he started seeing—and feeling—

results after just one week. And now, after five months of working out with owner Alli De Jesus, Don is far from a wimpy white guy.

The workouts involve four to six Nautilus weight machines, each targeting a specific muscle group. Weights are slowly raised and lowered in 10-second, non-stop increments until the targeted muscles reach a total momentary fatigue—about one-and-a-half to three minutes per machine. This slow motion method almost instantly improves muscle tone, cardiovascular fitness, stamina, energy and bone strength.

"This has been crucial to my success as a musician," says Don. "The workout has not only gotten me in shape, but it's increased my endurance and made it a little easier to travel through so many time zones."



Contact Alli Markow-De Jesus to schedule your appointment.

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Owners, Alli and Enrique De Jesus



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