**Fitness Boost: Two At Home Programs Focus on Strength Training**

According to USA Today[[1]](#endnote-1), half of women would give up sex rather than gain 10 pounds. Fortunately, I have two products that can keep women in bed AND in shape.

After losing 50 pounds myself this year, I wish I had been introduced to these programs at the beginning of my weight loss adventure. For months I ran my butt off (literally), but the weight didn’t really start to come off until I began strength training. A lot of people don’t incorporate this key to weight loss in their routine.

There are countless fitness and weight loss programs, each meant for a different audience with different goals. Melt It Off and the Bender Ball target those who want to shrink a few sizes by strength training.

Created by Olympic Medalist Mitch Gaylord, Melt It Off is an all inclusive program that utilizes the G-Ball, a sphere weight, with a low impact aerobics routine. Most weight loss programs offer a meal OR exercise plan, but **Melt It Off provides both** which makes it easier and faster to drop the pounds. It’s available at [www.3daymelt.com](http://www.3daymelt.com) for $19.98.

The Bender Method of Core Training incorporates the soft, inflated **Bender Ball** that **increases range of motion of a crunch** when positioned correctly at the small of your back. The workout DVDs teach you dozens of different crunches that sculpt your core, leading you to a smaller pant size. This program starts at $9.99 and can be found at [www.benderball.com](http://www.benderball.com).

Best Regards,

Kendra

1. <http://www.usatoday.com/news/health/weightloss/2010-08-12-weightorsex11_ST_N.htm> [↑](#endnote-ref-1)