

# BREAKTHROUGH TRAINING

## For the Ultimate Cardio Workout

Slip on your headphones, and start your workout. Within minutes you'll feel an exhilarating surge of power and energy as your mind transcends daily clutter. You'll soon enter timeless states of ecstasy as an intoxicating fusion of high-beta brain wave frequencies and primal rhythms stimulate your body to:

- Boost beta-endorphin production • Blast through blocks
- Burn more fat • Dramatically increase heart-health

"The best workout audio programs on the market."

— *Body Mind Spirit Magazine*

## What You Can Expect

*Breakthrough Training* delivers a special combination of window frequencies, which have been associated with higher cognitive function, visual acuity, concentration, creativity and relaxation. Nobel prize winner Sir Francis Crick and others have suggested that one of the window frequencies used may be the key to the act of cognition. This program will balance both right and left hemispheres of the brain, while allowing you to enter the peak performance brain state known as "the Zone" — a transcendent state of consciousness marked by moments of exhilaration, relaxed concentration and timelessness.

## Other Benefits

The cumulative training effect of this program provides striking long-term benefits, including an overall sense of health and well-being that lasts long after your workout is over, as well as dramatically improved physical and mental performance levels.

## Instructions for Listening

Use this program while you work out. Take the time to stretch and warm up before you begin. The program is designed to be used for 30 minutes, providing a 20 minute aerobic workout. If you would like to extend your workout for an additional 30 minutes, continue listening to track two of the program. If you have any pre-existing physical injuries or health conditions, please consult your physician before embarking on this or any exercise program.

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**800-444-SYNC**

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**[www.brainsync.com](http://www.brainsync.com)**