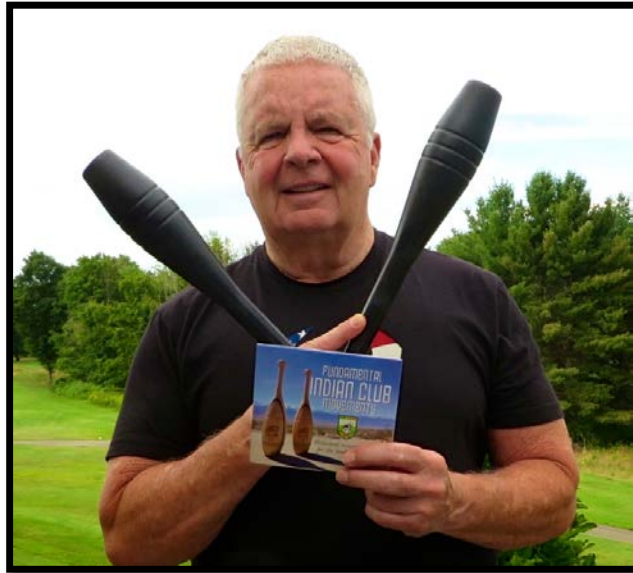




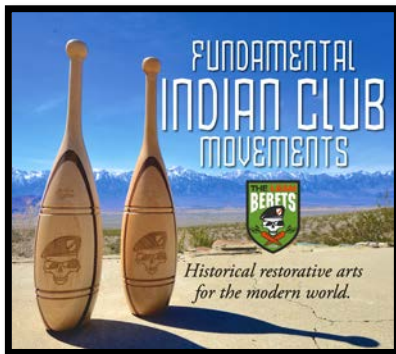
THE LEAN BERETS

AVENGERS OF HEALTH!



Jim Hatcher Testimonial

For some time, I have been enamored with the possibility that the proper use of Indian Clubs could assist me in restoring some degree of normal mobility to my gimpy old shoulders and improve my upper body mobility. You see, I am well into my 70's, and I have done a fair amount of damage over these many years. Poor training habits, power lifting, and a lot of barbell training have taken a toll. Physical therapy and injections have been my survival mode. UNTIL NOW!



I have enjoyed the The Lean Berets demo Indian Club videos on-line and recently purchased the "***Fundamental Indian Club Movements***" DVD. It has been a transforming experience in just a few short weeks. Once I learned some basic movements, developed some coordination and concentrated on what Ron calls the "nuances," I noticed increased range of motion, better overall posture, and I was pain free. These benefits have accrued in a very short time; I had no previous experience with Indian Clubs, and I am practicing the most basic movements. I am hoping in time to go to a next level of skill. *If these very basic and simple skills have done so much for me already, who knows what the next step might bring?* -***Jim Hatcher, Illinois-USA***