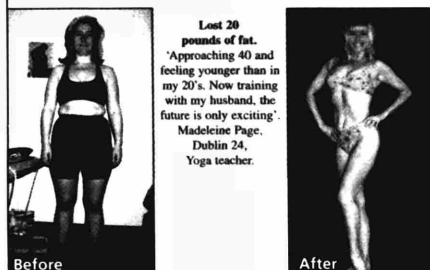


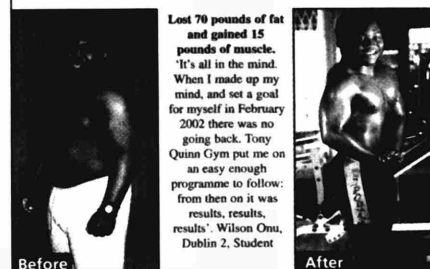
**Gained 34 pounds and extra strength.**  
 'Before joining the gym I was very thin and wanted to put on weight. I have put on 2 stone. The training has made me much stronger in my martial arts'.  
 John Moffin,  
 Co Dublin,  
 Civil servant



**Lost 20 pounds of fat.**  
 'Approaching 40 and feeling younger than in my 20's. Now training with my husband, the future is only exciting'.  
 Madeline Page,  
 Dublin 24,  
 Yoga teacher.



**Lost 3 stone and 7 inches from her waist.**  
 Feels great, has given me loads of confidence and would recommend it to anyone'.  
 Caroline Hanney,  
 Dublin 1, City centre hospital staff



**Lost 70 pounds of fat and gained 15 pounds of muscle.**  
 'It's all in the mind. When I made up my mind, and set a goal for myself in February 2002 there was no going back. Tony Quinn Gym put me on an easy enough programme to follow: from then on it was results, results, results'.  
 Wilson Omu,  
 Dublin 2, Student

# If You're Thinking of joining a GYM These are Questions You Must Ask ...

### Once I pay my sign-up fee, will I be ignored?

If your thinking of joining a gym, make sure it's a real gym. We pride ourselves on the results that we get for our members. Many gyms once you've joined up tend to ignore you, at which point you get disillusioned, stop going and forfeit your membership fee. At Tony Quinn Gym & Health Stores our customers/members are our business (established 30years ago, infact we're probably Irelands longest established Gym). We feel it's our responsibility to get you the results that you joined for. You will find that we practice what we preach. All our staff are keen fitness enthusiasts. If you have been or are disillusioned with your gym, we urge you to come and talk to us.

### Will I like it?

We really think that it is vital to a person's confidence and sense of well-being to have the shape, energy and strength that they want. This type of exercise programme is also a great stress-buster and has powerful protective effects on health. At the University of Connecticut, scientists reported that weight-training guarantees you body transformation 3 times faster than most exercise classes. Other researchers in the US showed that a 10-week course of weight-training elevated mood better than a course of counselling. So we expect you'll not only like the results, you'll feel good doing it too.

### What do I want out of joining a gym?

You need to ask yourself this. Do you want to lose a few pounds (or euros) out of your wallet? Be able to say that you attend the biggest and plushest gym in town? Pacify your self-critical tendency by having a gym membership card in your wallet?

### OR

### Do you want results?

Do you want to look healthy and feel your best with lots of energy. If you decide that you want results then you need to talk to us as we are capable of getting results for you.

### Does it really make a difference what gym I join once I exercise?

Many gyms will have beautiful facilities and equipment but we can say that the MOST important equipment in the gym are our male and female instructors. It is their thorough, professional approach that will get you the results. These instructors, coupled with other members that are getting great results, will give you the motivation and inspiration you need to succeed.

### Can everyone expect to get results though?

Well, according to recent university research by Dr. Tony Quinn it is indeed possible. In this study, people got very similar results regardless of age or exercise background. Again, it takes the knowledge of what to do and the right instruction in the areas of nutrition, supplements, exercise and correct mental attitude, to produce the maximum results with the minimum of effort.

### What kind of results can I expect if I do things right?

In the study people on average lost 8 pounds of fat over a 12-day period, which roughly equates to a reduction of 2 inches off your waistline. At the same time, they increased their lean tissue by 4 pounds. People interested in losing fat may not recognise that their muscle tissue is what supports their metabolism and if they can increase their muscle, they are going to burn up food faster for energy. So it's vital to retain the lean tissue as you lose fat.

The people featured on this page are an indication of the results that are possible at Tony Quinn Gym. We have hundreds of such results on file and we're delighted to keep adding to those!

### Will working out benefit my sport?

It sure will! Increasing your natural fat burning hormone at any age is one of the most important steps to being at your fittest and strongest, and to promoting recovery within the body. This programme is designed specifically to do that. The work Dr. Tony Quinn did with Steve Collins for the World Super-Middleweight title fights showed that the right type of exercise and nutrition programme could make a vital difference to an athlete's strength, fitness and energy levels. Many sports people are very dedicated trainers, but would benefit from better body conditioning. Also, many athletes experience problems with overtraining and tiredness. This is where this programme could help.

### I often work late. Can I train in the early morning?

Yes you can. The gym opens at 7am Monday to Friday, so if you are in at 7, you'll be off again by 7.30-7.40am.

### The gym opening times are:

|                       |      |    |     |
|-----------------------|------|----|-----|
| Monday to Friday      | 7am  | to | 9pm |
| Saturday              | 9am  | to | 6pm |
| Sunday/ Bank holidays | 11am | to | 3pm |

### Can my partner and I train together?

Yes, absolutely. It often helps if you workout together, as you'll encourage each other. Initially your sessions will be scheduled with a trainer/ instructor, but subsequently you can train at whatever time suits you.

### How much will it cost me to do this programme?

The 12-day programme used in the research study is available to do as a means of learning how to approach getting into the shape that you want. It costs €380, and that includes the exercise and nutrition programmes, the supplements for the programme, body-composition measuring before and afterwards, and 12 sessions of personal training with an instructor. The 12-day programme is also included in our annual membership, which costs €600.

### What do I get for my membership fee if I join for a year?

1. The 12 Day University Study Programme and its Supplements
2. Four weeks of personal training sessions.
3. Education in the areas of nutrition and food supplements.
4. Training in how to use more of your mind, which has been shown to get even faster results in the gym.

### 'Living Outside Dublin is Not an Obstacle Anymore'

Around the country people who are not able to regularly attend our gym have gained the knowledge of how to get into the shape that they want, by doing our 12-day programme. This is a replica of the university research under taken by Dr. Tony Quinn, where people lost 8lbs of fat, and gained 4lbs of lean tissue over 12 days. Now they continue closer to home, spending less time and yet getting more results.

All you need for a total body transformation is twenty minutes per day for 12 consecutive days. If you've got the will, we've got the way.

Imagine for a moment finding that your clothes fit better or that you take a smaller size; that your waistline is 2 inches smaller and you feel firmer; that you feel energised, confident; that you now know what to do to be in the best shape of your life.

These are results that you can expect to happen by doing our 12-day programme. They are results that are obtained - not by an exceptional few - but on average. In other words, if you were the betting type, it would be a safe bet that you'd get these results. That's what the research study shows.

### The Complete 12-Day Transformation Package

- Initial Consultation
- Body-composition analysis
- Nutritional consultation
- Tailoring of programme to individual goals

### Days 1 to 12

Personal training sessions with our trainers. Each day is a chance to move closer to your ideal shape. Our trainers have the knowledge and experience necessary to get you those results you really want.

### Final Consultation

Re-analysis of body composition  
 Recommendations of continuation dietary and exercise programmes. Before and After photography is free and optional.

### IMAGE Magazine tests the Tony Quinn 12-Day programme...

#### The Tester:

fortysomething mother of two  
**The Results:** my weight went from 11.9 to 11.2 and my waistline shrank by 2 inches...

**The Verdict:** it was a great bonus to have achieved such results - I even bought a skirt. Friends and family made flattering remarks about how well I looked... at the end of just 12 days, my waist was 2 inches smaller and I felt really energised and well. It fulfilled its promises.

(IMAGE, February 2002, pp 46-47)

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 tel. 01 8304998, fax: 01 8600549.**

**e-mail: gym@tonyquinn.com**

**Enquire also at any Tony Quinn Health Store**

