



**LOSE LBS.
&
INCHES.**

WELCOME!

THE FIRST STEP TOWARDS YOUR
PHYSICAL AND PSYCHOLOGICAL IMPROVEMENT

FOLLOW US ON  Balla&Snella® Dance The Weight Away



ABOUT US:

We are SERGIO TOGLIANI and MIRIAM SALA Italian Sports Dance Champions, choreographers and lecturers at professional training courses for Dance teachers. We have created and founded the registered trademark BALLA&SNELLA® Dance the Weight Away PROGRAM.

Our mission is to help women of all ages transform their body composition WITHOUT GYM and WITHOUT DIETING, through our codified system of workout choreography.

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This training and nutritional re-education booklet is not intended to substitute for the advice of a physician or other health care provider who should in all case be contacted for the indication of a proper dietary and/or therapeutic and/or dietary supplementation.

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HOW MANY TIMES WHEN YOU LOOK IN THE MIRROR YOU DON'T RECOGNIZE YOURSELF IN THE REFLECTED IMAGE?

*This "HANDBOOK" is **the first step on the way to align your mental image to your real figure!***

In these pages we want to share with you contents of high quality that will guide you to discover how

1 **BOOST YOUR METABOLISM and lose weight easily in just 3 months**

2 **How to GET BACK IN SHAPE
Once and for all**

- No boring gym sessions
- No terrible diets
- No repetitive and difficult exercises

BEFORE GOING ON, WE NEED TO ASK YOU A FEW THINGS ...

- Eating healthy and exercising consistently, but not happy with the results?
- Still have flab on your thighs and cellulite on your B side and triceps, despite checking yourself in eating?
- Have you water retention, despite drinking lots of water?
- Have you tried everything (diets, bars substitutes, running, gym, etc.), but you can't find the physical shape and happiness you desire?



If you are feeling in this way, **STAY WITH US** and keep reading this **MANUAL!** This is the only way to discover what to do to have a dancer's body.

DANCER'S BODY (AT ANY AGE) THANKS TO BALLA&SNELLA® DANCE THE WEIGHT AWAY METHOD

"Discover How more than 18.000 Italian women have gained a dancer physique with Balla&Snella® method without going to the gym."



#REASON 1

To the gym there is no interaction, you are always alone in front of a gym machine

Aside from the difficulty of not knowing if you are doing the exercises well, you never know if you are using the machines effectively. You get made a card and then you are left on your own and have to train in solitude, in this way it is **very difficult to maintain the motivation.**

The Balla&Snella® method keeps you dancing all the time with the teacher and your classmates
ALWAYS BY YOUR SIDE.

During the choreographed workouts of Balla&Snella®, **there is always the chance to joke**, laugh and sing your favorite songs all together.

Our teachers, all professional dancers, will motivate you and, **with their high energy, will you have only fun and never feel bored or tired.**



#REASON 2

There is too much confusion
in the gym

People yelling, weights falling, tools slamming....

How can you maintain concentration in this way? It's impossible, and when you come out you are more stressed than when you went in.

In the Balla&Snella® centers there is only you, your
classmates class, the teacher and the music.

A Balla&Snella® class is a true interlude of serenity, the music is not the pounding BUM - BUM - BUM of Zumba, you will dance on 60 musical rhythms that go through every genre, from the Latin to melodic to pop.

You will very often catch yourself singing along while dancing with your new friends.

No guys yelling and making heavy jokes around or armies of women running on 22 treadmills at once.





#REASON 3

The gym is still a place basically
MALE and there many prying

Many women start going to the gym, but soon they give up, because they feel uncomfortable among male gazes that observe and judge them and in some cases even mock.

This unpleasant situation is unavoidable as women and men, no matter what they say, have different needs.

**At Balla&Snella® classes there are ONLY WOMEN,
moreover, COMMON WOMEN LIKE YOU,
You don't find the 20-year-old supermodel, for instance,
or not even the fitness super fanatic.**

The classes are made up of **women of all ages who mutually respect and solidarize.**

- ▶ **No one judging you by your physique**
- ▶ **No one judging you by the way you move**
- ▶ **No gymnasts and no hotties**

You can get the physique you want by dancing and having fun, toning your legs, abdomen and shoulders **in a place where you will be perfectly comfortable**



#REASON 4

In the gym, you risk getting a male physique.

Gym instructors are set to provide same standard worksheets to everyone and offer the same exercises with weights to both young men as well as middle-aged women

All Balla&Snella® teachers are dancers and posture experts so that, in addition to improving the body composition, our students acquire also more graceful poise and gestures.

What are the advantages of having a teacher who is also a professional dancer?

Basically two:

1

She knows how to create a slimming, toning and elasticizing training without using weights or equipment, everything takes place through free-body exercises, danced and choreographed. These are fluid and natural movements that go along with the natural female morphology.

2

Choreographic actions are created to acquire elegance and habit of a dancer.

During the lesson the teacher will tell many times the principles of correct posture, which conveys natural femininity.

No longshoreman's shoulders, or cyclist's quadriceps, what if a some like them, on average they are very far from the sense of common aesthetic.



#REASON 5

Training in the gym is very boring

In a training program, boredom is the component that can throw everything off.

If when you go to training you get bored, you lose the will to go.

For a while you can leverage your willpower, but then in the long run you don't go anymore and you lose your subscription money and the opportunity to get in shape.

It's not a problem of one gym versus the other, it's really training with weights and equipment that is boring, as well as tiring.

In the Balla&Snella® centers, on the other hand, BOREDOM DOESN'T EXIST, as soon as you enter you are pervaded by the **music and energy** of the toning choreography. You will become more toned and more agile without even realizing it, **because every hour of the class will literally fly by.**





#REASON 6

At the gym, no one takes care of you

Once you join the gym, **you are given a standard workout sheet that you must follow** at every workout.

From that moment, there will be no confrontation with the owners and instructors.

No one will care if you are doing the exercises well, or if you can have moments dedicated to your relaxation as well.

Contrary to what happens in the generic gyms, **in the Balla&Snella® centers**, between the pupil and the teacher there is a relationship of complicity and sharing. Your trainer will dance by your side, **supporting you and spurring you on to DO YOUR BEST.**

In addition to this Balla&Snella® provides you with free analysis of your body composition through professional impedance scale. In every class you will also refresh yourself during the "TISANA TIME" sipping an organic herbal tea, with draining properties, in the orange, fennel and licorice flavors that is prepared for us by an organic herbalist shop.





#REASON 7

The gym does not reward your achievements

When you attend a gym no one cares **if you are getting results or not.**

In the Balla&Snella® centers, on the other hand, we work to achieve goals. We take a baseline measurement at the beginning of the course, then we monitor any progress of our students.

At the end of each quarter we repeat the measurements through our impedance scales and we award a quarterly free gift to our student who has achieved the best result in terms of weight and body composition.

This specific procedure is named **WEIGHT CONTEST.**



Note

LET'S START TO GET INTO THE SPECIFICS AND SEE THEN HOW **BALLA&SNELLA®** WORKS ...

- ▶ Do you accumulate fat on the thighs?
- ▶ Do you accumulate fat on the belly?
- ▶ Do you accumulate fat on the arms?

**DON'T
WORRY!**
BALLA&SNELLA®
RESHAPES YOU

DO YOU KNOW WHY?

BALLA&SNELLA® is a **PATENTED PROGRAM** reserved **EXCLUSIVELY** for **WOMEN** that combines dance and ballet techniques with a training method consisting of free-body exercises aimed at muscle elasticity and tone.

In this **MANUAL** we want to suggest you some **GENERAL GUIDELINES** that will surely make you understand **WHAT TO DO TO GET BACK IN SHAPE**

Apply them right away!

So in a very short time you can notice your first improvements.



THINK...HOW YOU WILL FEEL WHEN YOU SEE THAT THE JEANS YOU HAVEN'T BEEN ABLE TO WEAR ANYMORE WILL NOW FIT YOU PERFECTLY?

Your friends will not believe in their eyes and you?

You will regain confidence in yourself and will be proud of your results!

You will realize how much you can't pass unnoticed anymore!

All these things sound you like a pipe dream? Definitely not!



Absolutely, BALLA&SNELLA®. guarantees you that it will be your goal within 3 MONTHS!

Moreover,

It will also be easy to get it!

You will just have to join us and follow our program together with the friends who have already trusted our team.

In creating this exclusive method, we wanted to make it extraordinarily accessible to anyone who really wanted to achieve the body of their dreams in the shortest possible time, while respecting their health above all without necessarily going to the gym and without ever starving yourself.

Now let's see what it is about in practice.....



FOR WOMEN BORED BY THE GYM WHO DON'T WANT TO GIVE UP THEIR FIGURE

X NO TO BORING EXERCISES
THAT MAKE YOU WANT TO GO
HOME AS SOON AS POSSIBLE

X NO TO WEIGHTS AND
MACHINES THAT MAKE YOU
STIFF AND MASCULINIZED

X NO TO MALE PLACES WHERE
YOU FEEL OBSERVED AND
UNCOMFORTABLE

✓ YES TO AN ALL-FEMALE PATH
DESIGNED BY WOMEN FOR
WOMEN, THAT MAKES YOU
SLIMMER, FLEXIBLE, DANCING
AND HAVING FUN

book your
100% FREE TRIAL
by calling
+1 757 295 7206

DON'T DO THAT

THE 10 MOST COMMON MISTAKES

Find out why you're out of shape

What are the causes of
Water retention - Cellulite - Fat accumulation?

- 1 Sedentary Life
- 2 High Heels
- 3 Stress and Few Hours of Sleep
- 4 Too many processed foods
- 5 Drink little
- 6 Smooking, Alcohol and Coffee
- 7 Fast Food
- 8 Too much Salt
- 9 Too much Sugar
- 10 Skipping Meals

WHAT TO EAT

- ▶ **WHOLE GRAINS**
(Brown rice, Wheat Buckwheat, Oats, Quinoa, etc.).
- ▶ **PROTEINS** (Fish, Chicken, Veal, Turkey, Eggs)
- Seasonal
- ▶ **SEASONAL VEGETABLES and LEGUMES**
- ▶ Seasonal **FRUIT**
- ▶ **NATURAL WATER**
- ▶ Divide the intake calories into **5 MEALS DAILY**, 3 main (breakfast, lunch, dinner) and 2 snacks, thus favoring the "little and often" rather than "a lot at



WHAT TO DO

1 FIRST OF ALL, YOU NEED TO REST.
The body needs recovery to fight the stress. Ideally, you should be able to sleep 8 hours

2 Carve out **MOMENTS DEDICATED JUST TO YOURSELF,**
do whatever you like best, a walk,
a chat with friends, shopping.....

3 But then you need to ... **TRAIN.**

LET'S REVIEW

1 **EAT WELL**
(don't skip meals)

2 **EAT HEALTHY**
(little and frequently)

3 **TRAIN**
2 (even 3) times a week

4 **SLEEP**
at least 7/8 hours

5 assure yourself
moments of **RELAX**

IF YOU ARE NOT SATISFIED WITH YOUR BODY YOU CAN IMPROVE IT BY FOLLOWING OUR PATENTED PROGRAM!

BALLA&SNELLA® is the No. 1 program for women who want **to get back in shape** in the **shortest time**, without dieting or going to the gym!

BUT WHAT IS BALLA&SNELLA® REALLY?



It is a **path of physical transformation** that involves a **free-body workout based** on dance/ballet steps, choreographed specifically to tone and drain through more Than 60 rhythms of music.



It is not a diet to follow, you will have no food to weigh and even suggested foods to eat (for example meal replacements or supplements). **BALLA&SNELLA® will only give you food recommendations.**



You don't have to train every day, hours and hours. **Just 2 to 3 trainings Weekly.**

BALLA&SNELLA® IS NOT FOR YOU If....

YOU ARE A WOMAN WHO WANT:

- ▶ a diet in which you **weigh everything**
- ▶ **eat the same things** every day
- ▶ **work out at the gym or run every day**

BUT ALSO IF YOU THINK TO:

- ▶ get back in shape by eating **pizza, chips or Nutella....**
- ▶ **drink alcohol**
- ▶ lead a **profligate life**



HOW LONG DOES THE PROGRAM BALLA&SNELLA® LAST?

1° STEP:
12 weeks
(detox and preparatory training)

2° STEP:
24 weeks
(fight stubborn fat and metabolic Sprint)

3° STEP:
Choice: 36 weeks or 6 months
(improvement and consolidation)

You start with the first phase and then together we will decide whether to continue with the next steps or not.



AM I OBLIGATED TO DO AND PURCHASE ALL THE STEPS TOGETHER?

NO!

Each time you finish a phase you will decide whether to continue or stop



BUT I WILL ALSO HAVE A MAINTENANCE PROGRAM?

Certain

Once you have reached your goal, you will have your own maintenance program that will allow you to stay in fit forever.

WHAT WILL YOU GET WITH BALLA&SNELLA® PROGRAM?

▶ **12-WEEK PROGRAM** of choreographed slimming and toning dancing training

▶ **WEIGHT CONTROL** with PROFESSIONAL IMPENDANCE SCALE to see your improvements

▶ **ACHIEVED RESULTS CHECK** to reward you at WEIGHT CONTEST

▶ **BALLA&SNELLA® RECIPE BOOK:** recipes for eating with taste and stay in shape even on special occasions



BALLA&SNELLA® OFFERS YOU THE SATISFACTION GUARANTEE OR 100% MONEY BACK!



100%
SATISFIED or
MONEY
BACK

GUARANTEE

We are absolutely sure that BALLA&SNELLA® will give you an excellent physical shape, but if for any reason you are not satisfied, **we will refund 100%** of the invested fee.

TRY BALLA&SNELLA®
ZERO RISK FOR YOU!

SOME REAL RESULTS of women who attend BALLA&SNELLA®?

BEFORE-AFTER



Aurora Guagnano - 22 Lbs (2 Sizes)

BEFORE-AFTER



Cinzia Bruno - 55 Lbs (3 Sizes)

BEFORE-AFTER



Miriam Portalecchia - 8 Lbs (1 Size)

BEFORE-AFTER



Orietta Pirola - 66 Lbs (3 Sizes)

**FOLLOW
US ON FB OR
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US**



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If you leave your phone number in the email contacts you will be called back for a free consultation or just for more info before starting **YOUR PHYSICAL AND PSYCHOLOGICAL IMPROVEMENT.**

**IT'S TIME FOR A CHANGE AND THIS IS
YOUR CHANCE, DON'T MISS IT!**

CHALLENGE YOURSELF!

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