



It's the New Year and a great time for getting fit and creating new habits to support your major life goals. Being trim, fit and healthy is usually top of the list, and in turn will help you feel great about yourself, and have more energy to accomplish the things you want to do this year.

With Pulse8 Elements, we have three bellydance based workouts to choose from, because your energy is not the same every day. Each workout or class on dvd (or with a teacher if in your area) is 45 minutes. Pulse8 is based on Ketī's easy, flowing A-Z bellydance routines plus extra techniques that improve dance skills.

Choose your mood and choose your element, it's that easy.

FIRE

When you have high energy, choose FIRE with a spicy mix of latin dance steps and hot bellydance for a great, fun cardio workout that will slim you all over – especially your thighs and bootie!

Fire will energize you.



EARTH

If you feel like getting strong and grounded, choose EARTH which features Egyptian drums and steps. This class will strengthen your shimmy and rhythmic skills, making you feel connected.

Earth will ground you.



WATER

Soothing, sensual and relaxing, the WATER class is a beautiful blend of bellydance, tai chi and yoga. When you're feeling like relaxing and focusing on your breath and flow, Water is perfect and calming.

Water will soothe you.



WATCH THE PROGRAMS

Of you would like to see the demo of the FIRE, EARTH and WATER programs filmed in LA with 8 Pulse8 Instructors on youtube, you can see it here:

<http://www.youtube.com/watch?v=36vmJBqWXa4>

Suggested Pulse8 Fitness programs for 6 weeks

Lose weight, firm thighs and bottom, strengthen body and burn fat. Increase energy levels.

*Divide your exercise sessions into am and pm timeslots (ie: before and after work) or try make exercise a part of your day, eg: walk to work 30 mins.

* As your walking gets stronger, you can speed up the momentum and swing arms to 'power walk' – use an ipod or walkman to add tempo to your step!

*Remember to build up slowly.

* Scheduling your exercise sessions before breakfast and dinner helps burn fat.



Wk 1-2	Mon	Tue	Wed	Thu	Fri	Sat	Sun
AM		Walk 30 mins			Walk 30 mins	Pulse8 WATER	Rest
PM	Pulse8 EARTH		Pulse8 FIRE	Pulse8 EARTH			
Total	45 mins	30 mins	45 mins	45 mins	30 mins	45 mins	

Wk 3-4	Mon	Tue	Wed	Thu	Fri	Sat	Sun
AM		Walk 30 mins		Walk 30 mins	Walk 45 mins	Pulse8 WATER	Rest
PM	Pulse8 EARTH	Pulse8 FIRE	Pulse8 EARTH	Pulse8 FIRE			
Total	45 mins	75 mins	45 mins	75 mins	45 mins	45 mins	

Wk 5-6	Mon	Tue	Wed	Thu	Fri	Sat	Sun
AM	Walk 30 mins		Walk 30 mins	Walk 30 mins	Walk 30 mins	Pulse8 FIRE	Rest
PM	Pulse8 EARTH	Pulse8 FIRE	Pulse8 EARTH	Pulse8 FIRE		followed by WATER	
Total	75 mins	45 mins	75 mins	75 mins	45 mins	90 mins	

Requirements:

Pulse8 dvds – Fire, Water and Earth (cost \$25 each – total \$75)

Walking shoes and sun protection

Yoga Mat or towel for Water program

Bellydance coin belt for Fire and Earth programs (optional)

* Get your Pulse8 dvds from www.ketisharif.com - go to products secure page to order and they will be posted right away. Paypal payment is also available – sales@ketisharif.com

* Wear comfortable clothing that does not restrict your waistline.

* No footwear is necessary for Pulse8 classes, as it is completely low impact

Suggested Pulse8 Fitness programs for 6 weeks

Pregnancy, post child-birth from 6 weeks onwards, recovering from energy depleting condition, eg: adrenal fatigue, stress, burn-out, illness. For those who have not exercised regularly for 3 months. Gentle re-introduction to exercise to improve wellbeing and improve energy levels, feel calm and balanced.



* Remember to build up slowly, respect your body and focus on breath.

* Divide your exercise sessions into am and pm timeslots (ie: before and after work) or try make exercise a part of your day, eg: walk to work 30 mins.

* Begin with gentle walking and as it gets stronger, speed up momentum.

* Schedule your exercise sessions after breakfast so you have some energy, and before dinner – but make sure you have a small snack 45 minutes before exercising, eg: banana, nuts, apple. Remember to keep water nearby.

Wk 1-2	Mon	Tue	Wed	Thu	Fri	Sat	Sun
AM		Walk 15 mins	Rest		Swim 15 mins	Pulse8 WATER	Rest
PM	Pulse8 WATER			Pulse8 WATER			
Total	45 mins	15 mins		45 mins	15 mins	45 mins	

Wk 3-4	Mon	Tue	Wed	Thu	Fri	Sat	Sun
AM		Walk 30 mins	Rest		Swim 30 mins	Pulse8 WATER	Rest
PM	Pulse8 WATER			Pulse8 EARTH			
Total	45 mins	30 mins		45 mins	30 mins	45 mins	

Wk 5-6	Mon	Tue	Wed	Thu	Fri	Sat	Sun
AM		Walk 30 mins		Walk 30 mins	Swim 30 mins	Pulse8 EARTH	Rest
PM	Pulse8 WATER		Pulse8 EARTH	Pulse8 WATER			
Total	45 mins	30 mins	45 mins	75 mins	30 mins	45 mins	

Requirements:

Pulse8 dvds – Water and Earth (cost \$25 each, total \$50)

Walking shoes and sun protection

Yoga Mat or towel for Water program

Bellydance coin belt for Fire and Earth programs (optional)

* Get your Pulse8 dvds from www.ketisharif.com - go to products secure page to order and they will be posted right away. Paypal payment is also available – sales@ketisharif.com

* Wear comfortable clothing that does not restrict your waistline.

* No footwear is necessary for Pulse8 classes, as it is completely low impact

Pulse8 Instructor Training @ home in 2-4 weeks

If you are a Bellydance instructor or fitness leader – teach Pulse8 classes to keep fit and make a great income in minimal hours!



- * Run Pulse8 Elements classes back to back.
- * Pitch FIRE towards performers skills.
- * Pitch EARTH towards Egyptian technique.
- * WATER after each class so students can relax after a double session.
- * Scheduling your sessions after mother drop children off to school, two evenings a week and a Saturday intensive for maximum results. Here is an example:

Class	Mon	Tue	Wed	Thu	Fri	Sat	Sun
10 AM		Pulse8 FIRE				Pulse8 EARTH	
10.45AM		Pulse8 WATER				Pulse8 FIRE	
11.30AM		Pulse8 EARTH				Pulse8 WATER	
6 PM	Pulse8 EARTH		Pulse8 FIRE				
6.45 PM	Pulse8 WATER		Pulse8 WATER				
Total	90 mins	135 mins	90 mins			135 mins	

How to become a Pulse8 Elements instructor:

* To become a Pulse8 instructor you must first be certified in Keti Sharif's A-Z Original personal Techniques. Course costs \$270 delivered to you – and in Jan free postage and a FREE 6 week coaching voucher with personal email contact valued at \$90. Assessments – first A-E set is free, there after 4 x sets are \$20 each and a full report is received. You can complete this in 4-6 weeks.

Next, you can get your Pulse8 Elements Training course by correspondence, cost \$270 and contains 3 x dvds, study manual and instructors cds. Programs are updated and brand new twice annually and can be purchased and studied (optional). Pulse8 Training takes 2-4 weeks and can be studied home.

Keti requires you to tape yourself teaching one track from each program. Submit this by YOUTUBE on a private setting for feedback and support.

*There are NO FEES or commissions payable when teaching Pulse8!
You charge \$10 a class or two for \$15 – and watch your profits and FITNESS rise!*

* Get you're A-Z OPT Course from www.ketisharif.com - go to products secure page to order and they will be posted right away. In Jan we offer free postage (save \$25) plus 6 weeks FREE weekly coaching by one of our friendly admins by email, valued at \$90. January 2012 only!!

* When assessed and certified in OPT, you may begin your Puse8 Training. We host 'hands-on' training days too, but you can learn to be an instructor with the study course alone. www.pulse8fitness.com

Email questions to: keti@pulse8fitness.com