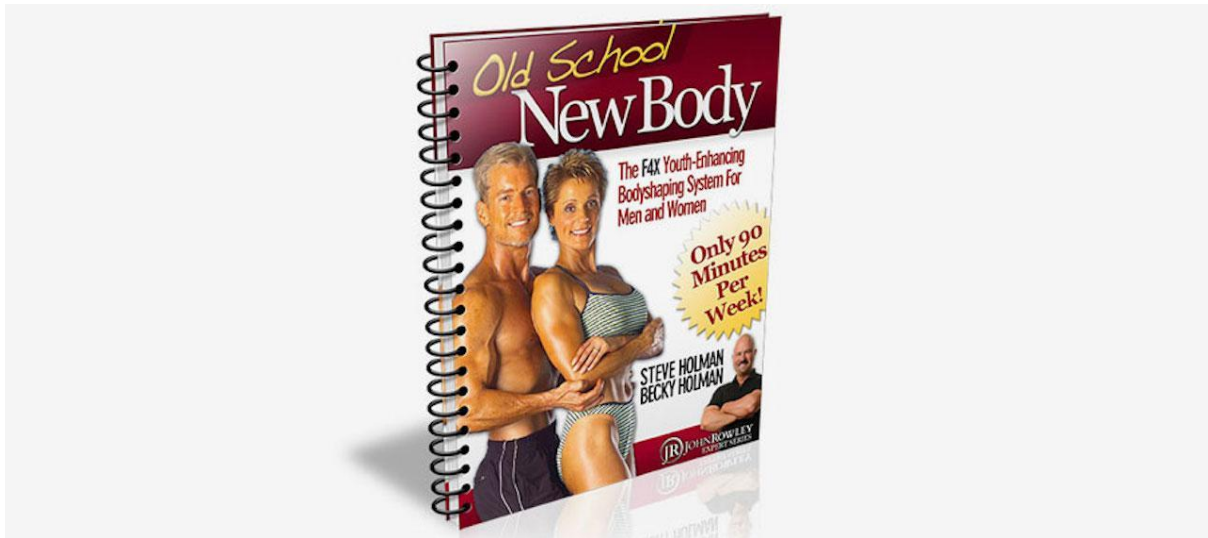


Old School New Body Reviews

- Real System That Aggressively Breaks Down Fat



Old School, New Body is a unique system that [helps consumers improve their weight loss](#) and appearance with a planned diet and exercise routine. The program caters to anyone willing to work hard to achieve their dream of a great body.

What is Old School, New Body?

As the body ages, individuals endure several changes that speed up rapidly after age 40. According to recent studies, consumers who don't get the proper nutrients will age up to six months more each year than if they had followed a balanced diet. Someone who

constantly eats poorly at age 40 will gain ten extra years onto their appearance by the time they hit age 60. Plus, it only makes matters worse when the body starts to lose muscle mass as well, which means that the body can't even maintain its weight when the individual eats healthily consistently.

Consumers can stop the aging and damage to the brain, helping consumers to feel and look younger now than they did five years ago. Regardless of how long this issue has been going on, the creators behind a program called Old School, New Body state that these problems could be reversed. The program doesn't require users to take supplements or undergo substantial lifestyle changes. Instead, the creator – former editor-in-chief at Iron Man Magazine – used the inspiration from his work to learn about the [best ways to reverse the aging process](#).

As consumers enter Old School, New Body, they'll first notice that none of the traditional dieting tricks or exercises are involved. Instead, this program is meant to take on the body with more aggressive methods, highlighted substantially through the F4X Training Program included with the purchase.

Along with the training program, consumers will also have access to the OSNB Ageless Nutrition Plan as part of the primary curriculum, helping them improve their weight loss. Read on below to learn a little more about each of these components.



ATTENTION OVER-35 men and women who want to look, feel and move years younger

"Breakthrough Research Has Proven It."

Now You Can Slow the Aging Process to A Crawl, Quickly Sculpt The Body You've Always Wanted, Plus Make It Look As If You're Aging 'Backwards'...

And Do It All In Just **90 Minutes** A Week

F4X Training System

Every person needs to be physically active to ensure that they can keep off the unwanted fat through the years, and this program centers around resistance training. One of the main components of Old School, New Body is the [F4X Training System](#). This part of the program allows consumers to learn what to do during their workouts to make a substantial difference.

Resistance training isn't something new. Just as the name of this program suggests, this method is an old-fashioned solution for weight loss, which is probably why so many generations haven't considered it. Furthermore, this lack of education means that most consumers don't perform the movements in a way that helps them to burn fat and build their muscle mass.

The creators developed the F4X Training System to educate consumers on the four exercises they can do in a few minutes each

day to make a substantial difference. While plenty of programs require long-running or biking sessions daily, ensuring that consumers consistently have enough time for the rest of their obligations is necessary. No one should have to dedicate their entire life to fitness for the sake of their health, and the exercises of the F4X Training System take minutes a day to reach goals quickly.

Even though this program seems to solve many problems for consumers, the reality is that everyone has to be prepared to work. This program isn't a spinning class, and it isn't for people who love spending hours in the gym. More importantly, it isn't meant for people who are not ready to work hard to achieve their desired results. [The program works fast, but it is safe for anyone who wants their body back.](#)

The results consumers can get from this program have been proven through decades of use. They must be ready to engage in a routine that has probably worked for their grandparents when they want to get in shape.

Boston Sports Clubs recently hosted a study showing that someone who regularly engages in workouts for just 20-30 minutes often maintains their routine longer than those who push themselves an hour a day. Even the people who engage in weight training can push themselves too far, making it impossible to get the progress they hoped for.

By spending 90 minutes each week participating in this routine, consumers of all ages can start to lose weight. F4x – an abbreviation for Focus4 Exercise – provides users various unique movement combinations that work for men and women alike.

The workout program is broken down into 3 phases – Lean, Shape, and Build. Lean is the first phase, showing consumers a corresponding meal plan to complement the routine. This stage is specific to weight loss, though consumers won't have to spend hours in the gym. With Shape, consumers follow the Lean regimen to get the desired figure. Finally, Build helps consumers to improve muscle mass with their newly slim frame.

OSNB Ageless Nutrition Plan

The OSNB Ageless Nutrition Plan provides consumers with all the [details they need on their proper eating regimen](#). The program doesn't outline every single day for users, but it offers multiple guidelines and examples to guide their meal plans.

At its core, this regimen is a high-protein diet. Protein is a necessary part of any regimen that builds up muscles because the body burns through it. Consumers are encouraged to avoid using high-glycemic foods, but they push the use of fruits, vegetables, dairy, and meat. Consumers will eat regularly to get the weight loss that they anticipate. After all, stretching the fasting period over a

long duration can cause the body to hold onto weight rather than lose it.

While the regimen primarily describes the importance of good nutrition, they recommend further using branched-chain amino acids (BCAAs), a common supplement for bodybuilders. It is entirely natural, but it helps with building new muscle mass.

Purchasing Access to the Old School, New Body System

The Old School, New Body, the total cost is usually \$50. However, the creators are now offering a limited discount to consumers, [temporarily bringing down the cost to \\$27](#). Consumers who purchase the program will gain access to the following:

F4X Training

OSNB Ageless Nutrition Plan

The official handbook for Old School, New Body.

Consumers who decide to make their purchases will also have access to a few bonuses. The bonuses will only be available for a limited time.

About F4X Quick Start Workout Guide

The *F4X Quick Start Workout Guide* is primarily used to [help consumers to achieve their fitness goals faster](#). This program shows users the essentials of the program, and everything is broken down without the need to go through hundreds of pages of content to learn. Users can view all of the different phases in this guide. Plus, most people don't have to read for more than 15 minutes to get their desired results.

About Burn Fat Faster

The next part of these bonuses is *Burn Fat Faster!* This guide shows consumers some tips that they can use to burn through more fat rapidly, including the effect that sleeping naked can have. It also details a dessert that helps with metabolism and many other foods.

About Build More Muscle: Natural Anabolic

Build More Muscle: Natural Anabolic helps consumers improve the power of different pumps. This guide helps consumers improve muscle mass development, showing users a mineral they can take each night to enhance growth hormones.

About Keep the Drive Alive: Sex and Attraction Boosters And Anti-Aging Secrets

Keep the Drive Alive: Sex and Attraction Boosters And Anti-Aging Secrets is a guide on the best ways to reduce the appearance of aging. The guide details what herbs they can use to improve hair growth while improving sleep. It acts as an aphrodisiac, providing users with additional details on what herbs they can use to [promote better muscle mass and enhanced sex drive](#).

About Live the Good Life: Health & Happiness Tactics

The final bonus consumers will have access to is Live the Good Life: Health & Happiness Tactics. The guide shows users six ways to improve happiness, including a scent they can use as an added boost. The guide also shows consumers how to improve their mood with different foods, releasing the production of oxytocin.

Frequently Asked Questions About the Old School, New Body System

Q. Will consumers need to do separate research to determine their best routine?

A. No. The entire program is available as part of the handbook. While consumers can turn to the bonus content to get even better effects, they aren't a required part of the curriculum.

Q. How quickly will Old School, New Body be delivered?

A. Instantly! Since everything is digital, [it arrives within minutes of placing the order](#).

Q. Who is a good candidate for Old School, New Body?

A. This program is made to work for anyone who wants to lose weight and exercise effectively. The routine requires some work, but it is entirely effective for anyone who wants to take the time.

Q. Who shouldn't participate in Old School, New Body?

A. Going into the routine requires an understanding that it requires work. Even though the program is simple and easy to understand, the only way to get the desired benefits is to commit to the changes. This program can work for someone as old as 80 while still providing incredible results.

The customer service team can be reached by filling out the form at:

<https://rowleysresultsunlimited.zendesk.com/hc/en-us/requests/new>.

Summary

Old School, New Body provides a detailed description of a highly effective routine. Consumers must make a few lifestyle changes in their routine to get the desired results, but it is not time-consuming. The Old School, New Body program includes multiple bonuses to improve the user's routine, and the Old School, New Body can be purchased on its [official website](#) today.