

Mission Unbreakable: Review Examining Dr. Kareem Samhouri's Program Released

Mission Unbreakable reviews have been flooding the Internet and HealthyandFitZone.com reveals the truth about this exercise program that promises to offer a simple way to get fitter and double one's fat loss results.

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Mission Unbreakable, an exercise program comprising 10-minute 'Body Repair' circuits, claims that it not only increases the body's flexibility, but also accelerates fitness results. This has caught the attention of HealthyandFitZone.com's Stan Stevenson, prompting an investigative review.

"Our Mission Unbreakable review shows that it is all about is the way you warm up your muscles and get them ready for exercise. It's about releasing the tension, and regaining the flexibility we all begin to lose as the years roll by. If you can learn to re-energize these muscles once again, the results can be pretty amazing," reports Stevenson. "The program has been proven to help with the following conditions: tight hips and/or back, rotator cuff tendonitis, carpal tunnel syndrome, lower back pain, neck pain, sciatica, muscle strains, knee cap pain, shoulder pain, and many other conditions as well."

Mission Unbreakable, an instantly downloadable program includes The Evaluation Center that assesses the posture and muscle imbalances, The Tutorial Center that contains a set of exercises that are specifically targeted towards individual needs, The Implementation Center with 10-minute routines are set to music and video, The Self-Diagnostic Checklist that is a quick screen to understand one's own mobility, flexibility and tissue quality, The 4-Step Flat Stomach Formula to maximize fat loss potential , and Create My Workout, a groundbreaking fitness tool that builds brand new, personalized workouts in about 3 seconds flat.

"From fitness to fat loss; pain relief to strength, apparently the way we warm up and become more flexible is crucial to reaching our goals. According to Dr. Kareem, all it takes is a mere 10 minutes per day," says Stevenson. "Each and One of the biggest advantages of the program is each every exercise, stretch, and movement has a video demonstration, so you can be sure that you're performing the move in the correct manner. The program is also fully customizable for your own personal posture and flexibility issues."

"Our busy, 24/7 lifestyle means that pretty much every one of us has postural issues. Sitting too many hours at the computer, lounging on the sofa, and issues such as major

or minor injuries result in tight, less flexible muscles. What Mission Unbreakable teaches you is how to strategically release tight muscles, which improves your flexibility and muscle function. From fitness to strength, fat loss to speed, ensuring that you're as flexible as possible can have remarkable results on your quality of life, not to mention help you reach your fitness goals in the shortest time possible. This program is a way of totally rejuvenating your muscles, allowing your body to function, as it should. It is not only for those who exercise on a regular basis but is also a wonderful tool for pretty much everyone on the planet!"

Those wishing to purchase Mission Unbreakable, or for more information, click here: <http://healthyandfitzone.com/go/MissionUnbreakable/>

To access a comprehensive Mission Unbreakable review, visit <http://healthyandfitzone.com/mission-unbreakable-review>