



# **MIXED SYNTHESIZER**

**META TYPE** *Exercise Routines & Body Points Report*

## **CONTENTS**

<b>Section</b>	<b>Page</b>
<b>INTRODUCTION TO DR. ELIZABETH DANE'S <i>META-TYPES</i></b>	<b>6</b>
<b>HOW TO USE YOUR <i>MIXED SYNTHESIZER EXERCISE ROUTINES &amp; BODY POINTS REPORT</i></b>	<b>10</b>
<b>SCULPTING YOUR BODY WITH <i>MIXED SYNTHESIZER EXERCISE ROUTINES</i></b>	<b>11</b>
<b><i>MIXED SYNTHESIZER</i> EXERCISES</b>	<b>16</b>
<b>STRENGTHENING AND BALANCING YOUR BEAUTIFUL BODY WITH <i>MIXED SYNTHESIZER META-TYPE BODY POINTS</i></b>	<b>31</b>
<b>STRESS &amp; THE "PENDULUM EFFECT"</b>	<b>42</b>
<b>YOUR NEXT STEPS</b>	<b>51</b>
<b>MEET DR. ELIZABETH DANE</b>	<b>53</b>
<b>DISCOVER MORE ABOUT BEING YOUR BEST SELF</b>	<b>55</b>