

Get Fit-Get Moving Assignment



Get Fit-Get Moving Assignment | Shelle Rivers



Get Fit and Get Moving with Shelle ...

Rating: Not Rated Yet

Price

Sales price \$15.00

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Description

Do you feel attractive and sexy? Do you ever feel self-conscious when you are naked and kneeling (GIGGLES) or when you see yourself in the mirror? Do you yearn to be more fit? Have you tried to get fit and have given up? Well it's time to get up and get moving.

This LOOP Session is especially for you. A little motivation, a bit of FOCUS and a few brainwashing moments...all tied together to help you get MOVING and get FIT. Listen as you walk...or you choose the exercise...maybe bike or free weights...It does not matter...Anything is easier with My voice as your guide.

WARNING: Always consult your physician before beginning any exercise program. This general information is not intended to diagnose any medical condition or to replace your healthcare professional. Consult with your healthcare professional to design an appropriate exercise prescription. If you experience any pain or difficulty with any exercises, stop and consult your healthcare provider.

Reviews

Friday, 22 July 2022

It works, id not of thought so but im exercising and enjoying it with Domina Shelle's Erotic Hypnosis playing in my ears. It is such a different experience and for the first time im really enjoying my exercise in a different way. Thank You my Precious Domina Shelle xxx
<https://twitter.com/ShelleRivers>

Roland

Friday, 20 July 2018

This is like falling into a perfect trance. I am working hard at getting in shape and while my mind is focused on that my Domina is brainwashing my subconscious mind.

Rose Willis

Sunday, 18 March 2018

My goal is that i want to lose weight and exercise more.
It is nice that, Domina Shelle, does these kind of sessions.
Having listen to many of her files, i like the loop files a lot. The repetitious nature of them, help to drill into you the need to serve her more. And if both parties, benefit from it, then it is a win win, situation.

Monday, 11 December 2017

Because i wrote this Review on the wrong Place:

i have done exercise before this File already and still i am glad that i got this one, it makes doing exercise so much sweeter with having her Voice in my ear, it's as if i would do the exercise for the both of us and it also helps to push myself way more then usual and that all just because of her voice in my ear, infact they first time i pushed myself so much harder then usual that to my surprise i afterwards had aching muscles for days lol

Also i honestly have to say, the first time i exercised with this File it also was quite a bit weird, cause well i just can't stop myself from getting horny with her Voice xD

But since the first time i listened to this File i already knew i wouldn't want to miss listening to her while exercing ever again and so far i also din't it's almost natural already to start this File before starting :P

Everyone who wants to do exercise no matter if for weight lose, health or just doing so to please her, i only can recommend this File ^^

Marcel L

Sunday, 10 December 2017

I'm so happy Domina created this session and I was amazed just how stimulated I was listening to it while exercising. DOMina's constant encouragement and affirmation of ownership and enslavement really are powerful, and i suspect with frequent use it will become a very potent conditioning session. I particularly love how Domina's voice is so enthusiastic but also matter of fact, that we are her slaves and we need to be healthy if we are to serve her, especially if we earn the privilege to work on her farm. A slave can dream...

Steven Haslam

Wednesday, 06 December 2017

If you really want to please Domina, this is an essential file as part of any programme of fitness training. You will be motivated and pushed further with Her help than without. This is now a part of my daily commitment to Domina.

Jon stanley

Saturday, 02 December 2017

i've been waiting for this file! Workout with my Domina, supported and c and for those who are usually more lazy. It's a must for anyone who loves Domina Shelle's voice and is looking for a way to please Her. And you will also get fit! i started right away on the exercise bike and i was sweating more than usual! For me and foremost for my Domina! A good slave is a healthy slave.

Matthias Schoenbrenner

