

Lipgloss Break

What is everyone getting Dad for Father's Day?

June 11, 2009

Has anyone heard of the **PumpOne**- fitness for iPhone or iPods? It sounds way cool. It's a portable personal trainer, downloadable right to you iPod or iPhone. Is you dad into working out? Or should he be? PumpOne FitnessBuilder allows you Dad the luxury of an at home personal trainer without accumulation a hole in his or your wallet!

The benefits of PumpOne workouts include:

- A professional trainer who guides you through complete workouts with video and audio coaching using both male and female exercise demonstrations.
- Each exercise image shows a start and end position that tells you exactly what body-part you are working.
- A variety of already available and downloadable workouts focused on everything from abs and fat burn to yoga and Pilates to office stretches and lower back relief.

You can download the Fitness Builder for free for the iPhone or iTouch at www.store.apple.com. You can also learn more about Fitness Builder at www.pumpone.com.