

# Make Her Up

## Wallet-friendly, Wow-factor Gifts for Dad

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**PumpOne** – Fitness for Your iPhone/iPod



A revolutionary portable personal trainer, downloadable right to your iPod or iPhone. It is perfect for any father who has been neglecting his health due to gym fees or stress. PumpOne allows your Dad the luxury of an at home personal trainer without accumulating 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.