

Soap Star iPod Workouts

ABC's All My Children Star Alicia Minshew Challenges Viewers to Get in Shape

NEW YORK June 26, 2007: Alicia Minshew, who stars as Kendall Hart on ABC's All My Children, has joined forces with PumpOne, the portable personal trainers for handheld devices, to help get her fans into "Kendall" shape. Alicia's new digital trainers allow anyone from the stay-at-home mom to the busy executive to perform her complete workouts using their iPod, nano, any PDA including Apple's new iPhone, view on their computer or print out.

Alicia's Fat Burner & Body Stronger Digital Trainers

Alicia created two fitness tracks to choose from: Her Fat Burner program is geared towards focused weight loss and her Body Stronger program is for muscle toning and strengthening. Alicia's personal trainer, Louis Coraggio, worked with PumpOne to design the workouts using the same fitness programs that keep her in great TV shape. Each program contains three levels, starting with the basics and gradually progressing to Alicia's exercise ability. These workouts keep her sharp and help her maintain high energy levels during her long hours on the All My Children set.

"My fans are always asking me for workout advice and how I stay lean and toned," Alicia says, "with these digital trainers, my new role becomes their workout partner in addition to Erica Kane's spunky daughter."

Alicia's inspiration and commitment to healthy living is a perfect match for PumpOne. Together they are providing goal-based affordable & portable advice for those who do not have the luxury of a real-life personal trainer, or have trouble just starting and sticking to a fitness program.

By utilizing the best in digital photography & handheld technology, these great workouts show Alicia demonstrating proper form during each exercise. While viewing her beautiful exercise images, the user can listen to their own music and go at their own pace. Alicia provides the inspiration & instruction to live a healthier lifestyle and is available right now at www.PumpOne.com/alicia.

Each Fat Burner and Body Stronger level is \$19. Bundles containing the entire series range from \$49-\$99 and include bonus Alicia's StretchAbility stretching sessions, a hi-resolution headshot and her digital autograph.

Alicia's PumpOne Trainer hi-resolution screenshots are available at www.PumpOne.com/pressimages.html
Contact Alicia Minshew's publicist Michael Cohen at 212.456.1529 or Michael.A.Cohen@abc.com.
For more information on PumpOne, please contact Craig Schlossberg at 212.982.5050, or PR@PumpOne.com.

About PumpOne

PumpOne, LLC was created by Craig Schlossberg, a pioneering software engineer, and Declan Condrón, an exercise physiologist, to provide convenient, customizable workout programs called PumpOne Trainers for the iPod, nanos as well as cellular phones. The bright images and simple instructions show you how to perform exercises properly and effectively for better results. www.PumpOne.com.