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Pumped2Go **Staying On the Fitness Track**

When traveling from one city to the next, it's easy to get derailed from your normal fitness routine. Spending endless hours waiting around in airports and eating fast food can become a huge detriment to your health, taking you further away from your fitness goals. **PumpOne** gets you back on track with **Pumped2Go**, a fitness program developed with the traveler in mind. Using only the items commonly found in the comfort of your hotel room, the **Pumped2Go** program downloads to your image-ready handheld device (i.e. iPod, nano, Treo) and steps you through a series of routines for a complete body workout equal to that of any professional gym.

Pumped2Go contains two workouts, each with 12 easy-to-execute exercises that target the legs, chest, back, arms, abs and more, using only the furniture and items commonly found in hotel rooms (i.e. suitcase, water bottles, bed, etc.). The step-by-step program includes detailed instructions and color images to insure proper form and execution of the movements. **Pumped2Go** focuses on maintaining your strength, endurance and heart health, three important health factors that will come in handy, especially when you're hauling around your luggage.

Pumped2Go is available in two different programs geared to the specific needs of both men and women. The program is designed to be used when you don't have access to a full-service gym, making it the perfect travel accessory. **Pumped2Go** can also be implemented for those times when you're too busy to leave your office or home. So whether you're traveling for work or pleasure, or just don't have time to drive to the gym, you no longer have an excuse to skip your workout.

Pumped2Go: \$19 (two total body workouts)

For more information on PumpOne, or to view the program(s), please contact Lance Buckley at 212.243.1431, ext. 301, or lance@piercemattie.com.

About PumpOne

Headquartered in New York, PumpOne, LLC was created by Craig Schlossberg, a pioneering software engineer, and Declan Condon, an exclusive New York personal trainer, to provide convenient, customizable workout programs called PumpOne Trainers to image-ready handheld devices. PumpOne is like having an elite personal trainer that fits in your pocket and goes where you go. From TotallyPumped to Pumped (6) Pack, each PumpOne Trainer is a collection of detailed images that make up a progressive 4-6 week exercise program. The bright images and simple instructions show you how to do exercises properly and effectively for better results. For more information, visit www.PumpOne.com.