

Media Contact:  
Lance Buckley  
Pierce Mattie Public Relations, Inc.  
212.243.1431, Ext. 301  
[lance@piercemattie.com](mailto:lance@piercemattie.com)

## **TotallyPumped Total Body Workout**

Working out receives an upgrade with **TotallyPumped**, the ultimate total body conditioning program, which syncs with your image-ready handheld device and gives you step-by-step instructions and color images that provide you with the same quality guidance as a personal trainer. **TotallyPumped** will help you achieve your maximum fitness potential, providing a unique workout experience that will help get you into the best shape of your life and have you looking great.

The **TotallyPumped** exercises target all the major muscle groups including legs, chest, back, arms, abs and more. The step-by-step instructions and color images, which can be viewed on your iPod, nano and Treo cell phone, to name a few, guide you through a total body workout that will ensure proper form/technique, keep you focused and help you maximize your workout and time at the gym.

**TotallyPumped** consists of three progressive levels, each containing three different workouts with 10 exercises each (or 30 exercises per level), which are performed over a four to six week period. Whether you're a beginner or a seasoned athlete, **TotallyPumped** keeps you motivated and confident in your workout routine with convenient and affordable professional training that will help you lose weight, build muscle and increase your endurance – all at the press of a button.

**TotallyPumped** is available in two different programs for men and women, with exercises geared for their specific needs.

**Levels 1, 2 and 3 Retail Price: \$19 each (4-6 week program for each level)**  
**Levels 1-3 Package: \$49**

**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](mailto:lance@piercemattie.com).**

### **About PumpOne**

Headquartered in New York, PumpOne, LLC was created by Craig Schlossberg, a pioneering software engineer, and Declan Condrón, 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](http://www.PumpOne.com).