

For Immediate Release

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**NO BALANCE, NO STRENGTH, NO DEFINITION IN YOUR MID-SECTION?
NO PROBLEM. TRY *CORE ATTACK*, “*THE RESISTANCE*”**

**TRISH MUSE ANNOUNCES RELEASE OF AB ATTACK
EXERCISE VIDEO SEQUEL, CORE ATTACK, “The Resistance”**

Core Attack, “*The Resistance*”, the sequel to *Ab Attack*, will be released November 2007. Produced by Trish Muse, MPT CSCS of Body Productions and Greg Twombly of CIA, this DVD provides an exercise program that focuses on the core. Muscles such as the abdominals, back, diaphragm, buttocks and pelvic floor are concentrated with various types of resistance. *Core Attack* features the most commonly used forms of weighted resistance by SPRI Products, Inc. One of the latest forms of resistance, the Mini Contour-Weights®, are featured along with the Soft Mini Xerball® (a small soft version of a medicine ball), dumbbells, band and tube elastic resistance and larger medicine balls. Dumbbells can be used in place of any medicine ball or contoured weighted resistance.

Trish Muse, a physical therapist, Polestar Pilates practitioner and certified strength and conditioning specialist, provides sound and clinically relevant modifications of the exercises to ensure the safety of all participants with or without physical limitations or medical conditions. Trish is an international fitness consultant with over 20 years experience in the fitness industry. She is also a PowerBar Team Elite Fitness Expert and featured fitness consultant in *Essence*, *Health* and other consumer and professional publications. Trish is President of Body Productions, Inc. For the latest in fitness services, products and information, Visit the website www.bodyproductions.com.

Core Attack is a 90-minute DVD with chapters featuring different types of core work using resistance. The video starts with a standing warm up to provide more functional exercise work and positioning. Core work using elastic resistance features exercises using elastic resistance bands as well as elastic tubing. Exercises using Soft Mini Xerballs®, which can be substituted for dumbbells, add variety to the core workout. An express core workout is provided for a shorter exercise session. The DVD ends with a functional stretch segment featuring original jazz music from keyboardist, John Lenny McLean.

Additional DVD features allow participants to customize their workout with pre-mix sections for shorter and longer workouts. Mix and match sections will allow participants to select specific exercises to prevent boredom and increase challenge.

Doce Vida Fitness Inc., Trish’s fitness wear designer of choice, will provide all fitness wear. The flattering fits and styles of Doce Vida’s Ativa™ collection features an ultra-soft, full-motion, 12% stretch fabric that feels like butter against your skin as it wicks away moisture, instantly slims and reduces muscle vibration and fatigue. Doce Vida stays in place for full and free movement that makes you want to work out. Trish is Doce Vida’s East Coast Fitness Ambassador.

New Balance will provide all footwear from their Fitness Training line. The New Balance Fitness Trainers offer support and versatility for all workouts.