

For Immediate Release

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DO YOU WANT A STRONG AND DEFINED BODY?

TRISH MUSE ANNOUNCES RELEASE OF MULTI- STRENGTH TRAINING TECHNIQUE EXERCISE VIDEO, STRENGTH ATTACK

Trish Muse, MPT, CSCS shows you how to get strong and defined without bulk in her latest exercise video, *Strength Attack*. *Strength Attack* is the second of two new videos to be released Fall 2007 by Trish Muse, MPT, CSCS of Body Productions, Inc. and Greg Twombly of CIA video.

Strength Attack is an approximately 60-minute DVD featuring high resistance/low repetition work (without building bulky muscles) followed by a low resistance segment – i.e., a high repetitions workout to boost caloric expenditure. The workout continues with a core training section using weighted resistance from a large medicine ball or dumb bells, and wraps up with a functional stretch segment. The functional stretch will feature the original jazz music of keyboardist, John Lenny McLean. Additional DVD features will provide pre-mix sections for the flexibility of shorter and longer workouts. Also provided is a “mix & match” section in which exercisers can select specific exercises in order to customize their workout. This feature helps to prevent boredom and increases challenge.

About the Equipment

In Strength Attack, Trish leads the workout with equipment and resistance products from SPRI Products, Inc. The video features Soft Mini Xerballs® and Xerball Medicine Balls® and the latest innovation in handheld resistance, the Mini Contour-Weights. These products all contribute to a safe and highly-effective workout.

About the Clothing

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.

About Trish

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.