

FITNEWS

Fitness Media Services • 696 White Plains Rd., Scarsdale, NY 10583

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The best is now even better!

Sculpting Her Body Perfect has helped hundreds of thousands of readers improve muscle tone, sculpt their physiques, and tone up hard-to-reach and troublesome body areas.

This third edition of *Sculpting Her Body Perfect* not only provides the exercises you need to achieve your body-shaping goals, but it also demonstrates them in an easy-to-follow fashion on the accompanying 60-minute DVD!

With Brad Schoenfeld's proven conditioning program, you will build an essential foundation for further muscle development. Then, with targeted bodysculpting instruction to smooth out any remaining problem areas, you can add the specific definition you need to complete your new look.

The companion DVD provides even more exercise techniques along with tips on creating your own exercise combinations and workout plans. Seeing the program in action, you will learn the secrets of how pacing, transition, varying technique, and effective execution can take your workout to another level.

One of the most sought-after personal trainers in the United States, fitness expert Schoenfeld has a sculpting program tailored to the unique training needs and goals of women. Whether you're working out at home or in a gym, before work or after, his program is for you. Read it, watch it, perform it. You'll see the results!

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ABOUT BRAD SCHOENFELD: Brad Schoenfeld, CSCS, is the fitness trainer to bet your shape on. Widely regarded as one of America's leading fitness professionals, his focus is to help women achieve their full fitness potential by skipping the gimmicks and sticking to the well-documented science of exercise and nutrition. Awarded the distinction of master trainer by the International Association of Fitness Professions, he is also a certified strength and conditioning specialist by the National Strength and Conditioning Association.

He is the author of six fitness books, including *Sculpting Her Body Perfect* and the bestseller, *Look Great Naked*. He is a columnist for *Fitness RX for Women* magazine and has been published or featured in every major magazine including *Cosmopolitan*, *Self*, *Marie Claire*, *Fitness and Shape*. He has been a guest on many national television and radio shows. His Personal Training Center for Women is located in Scarsdale, New York. Brad lives in Croton-on-Hudson, New York.