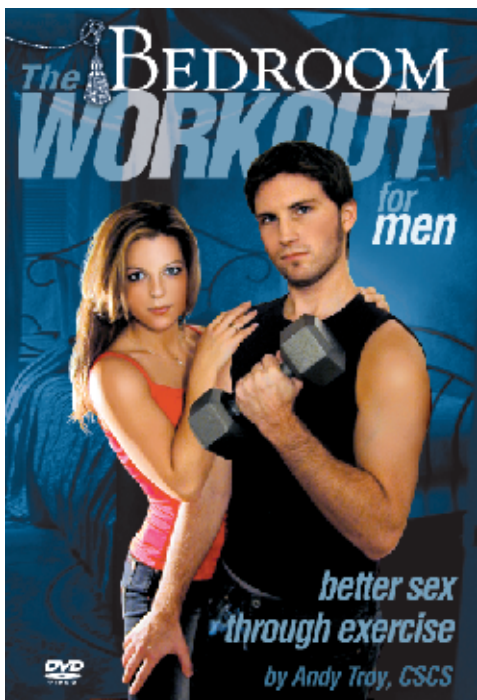


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The **BEDROOM** **WORKOUT** *for men* better sex through exercise

DVD | released 01/11/2005 | studio: StratoStream

It's 2005's Hottest Valentine's Day Gift!



A no-nonsense fitness approach to boosting men's sexual performance, *The Bedroom Workout for Men: Better Sex through Exercise* is here. This practical fitness program helps every man get what he really wants without gimmicks, drugs or side effects.

New York, NY, January 12, 2005 - *The Bedroom Workout for Men: Better Sex Through Exercise* – now available on DVD – is an innovative fitness program combining flexibility, strength, and endurance training – all geared specifically to the unique demands sex places on a man's body. Have you ever wondered why some men do so well with women? Why some average-looking guys exude such self-confidence? New York based personal trainer Andy Troy, CSCS, treats sex as he would a sport and maps out a no-nonsense game plan designed to help his clients win.

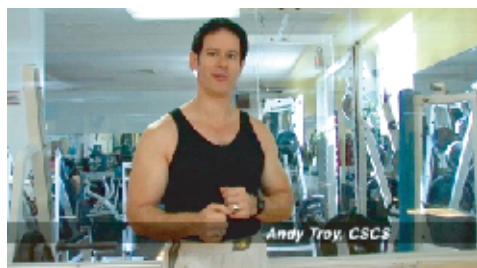
The Bedroom Workout for Men is a serious program grounded in research and fitness expertise, presented in a discreet and spirited way. It contains no nudity or explicit material whatsoever. It is aimed at the mainstream consumer of fitness and health-enhancing products. The program offers exercises that can be done without special equipment, at home or while traveling, plus a full in-gym program of strength training and cardio. An on-screen progress bar accompanies each set of reps in real time showing the positive, negative, and isometric phases of movement. Each phase is prompted with a unique audio tone.

ANDY TROY, CSCS (Certified Strength and Conditioning Specialist) is a personal trainer in New York City. Certified by the NSCA, NASM and ACE, Andy is a contributor to *The Running Times Guide to Breakthrough Running* (Human Kinetics) and a consultant to a number of video fitness programs.

"Few things are as important to modern man as sex," says Troy, "Men are constantly bombarded with spam and advertising saturated with unrealistic promises to turn them into a sex machine overnight through drugs, surgery, and all sorts of 'sexual secrets.' Meanwhile the most crucial prerequisite to high masculine potency and self-confidence - solid physical conditioning - is being neglected.

"The only true miracle that can give you an edge in performance is a well-designed, highly targeted exercise routine. My business is to take any physical activity, and figure out a way to optimize your body's conditioning so you can perform that activity most effectively: This is precisely what I do in this video with every man's favorite contact sport, sex!"

The DVD is available at Amazon.com, Bedroomworkout.com, and distributed to retailers by Navarre Corporation (www.navarre.com)



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www.bedroomworkout.com

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