

How do celebrities get those gorgeous bodies?

Now a new website allows YOU to train with Gunnar Peterson, fitness guru behind Hollywood's A-list stars and professional athletes

Download Gunnar's workouts onto your video iPod - for free

Log on to: www.WorkoutwithGunnar.com to learn the moves behind some of the best bodies in Hollywood. On the site you can:

- Choose one of three video fitness routines to help you to achieve your fitness goals
 - Reduce and Renew** – Specially designed to support your weight loss program
 - Stronger by Design** – Created to strengthen and build muscle mass
 - Ready to Go** – A routine for greater energy
- Train with Gunnar and build a personalized workout using your favorite exercise moves
 - Watch** Gunnar demonstrate his innovative exercises for every major muscle group
 - Build a routine** around your favorite exercises
 - Download Gunnar's instructions onto your video iPod for free** or print out Gunnar's instructions to use at home or bring to the gym
- Get health and fitness tips from Gunnar based on his more than 17 years of experience as a personal trainer
 - Learn how to get more from your workout
 - Discover ways to add fun to your routine
 - Receive tips for supporting your health outside the gym



Watch Gunnar Demonstrate His Favorite Moves



Create A Personalized Exercise Routine by Workout Type or Body Part

Now you can view, print and download Gunnar's workouts!

About Gunnar Peterson

Gunnar Peterson is a Beverly Hills-based personal trainer whose clients include film and television celebrities as well as professional athletes. Gunnar has been a personal trainer for more than seventeen years and is often sought out by television and print media for his fitness expertise. He is a founding partner of Outside Shot, a fitness product development company. Gunnar is also the author of *G-Force*, (2005, Regan Books). Now out in paperback as *The Workout*, the book is about making training a part of your life, creating and maintaining a positive mindset, and improvising to keep workouts effective and interesting. For more information, visit www.gunnarpeterson.com

About WorkoutwithGunnar.com

WorkoutwithGunnar.com is a section of The Gatorade Company's Propel Fitness Water Website. Propel Fitness Water is a low-calorie, lightly flavored fitness water beverage developed to meet the hydration needs of those who typically drink plain water when exercising. While visiting the newly updated site and www.propelwater.com, we invite you to learn more about hydration and how it can impact your workout, visit our professional hydration library, and test your Hydration I.Q.