

FOR IMMEDIATE RELEASE

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**NEW PILATES INSPIRED FITNESS REGIMEN “BOOTYLATES” LAUNCHES
MOBILE AND STREAMING WORKOUT SERIES**

Focused Workouts on “Tri-G Muscle Group” Firm and Lift Booties

LAS VEGAS, NV (June 6, 2016) — Bootylates®, the premier workout for mind and body, has officially released the highly anticipated workout series. The mobile training program consists of five Pilates inspired workouts that focus on a full-body workout while developing a full and firm rear end. Bootylates is now available for download or streaming at Bootylates.net.

Bootylates is the leading workout program designed for people of all ages and fitness levels to get a full body workout while focusing specifically on getting a luscious booty. Developed by fitness expert and professional trainer, Nina Waldman, Bootylates engages the “Tri-G muscle group” method to work all areas of the booty. Each Bootylates workout combines a synergistic series of cardio, strength and core coupled with relaxation and mental clarity.

“Bootylates is the only workout today that concentrates on the ‘Tri-G muscle group.’ This is where you will get the lift, firmness and roundness you want,” said Waldman, creator of Bootylates. “Bootylates will work you, strengthen you, stretch you and help you get stronger. Your clothes will fit you better, you will feel better and others will notice the difference, too.”

With 17-years teaching mind and body exercises at her private studio inside Palms Place in Las Vegas, Nevada, Nina Waldman created Bootylates after hearing a strong thread of concern from her celebrity and private clients about the area women struggle with the most, “the booty.”

Bootylates is currently offering a monthly subscription of only \$9.99 or a yearly subscription for only \$99.99 which includes access to all the Bootylates workouts and stretch videos, plus calendars, a fitness guide and a 30+ page nutrition guide valued at \$49.99. Workout videos and new recipes will be added monthly and will be included in all subscriptions. The Bootylates series is only available online and is designed to be accessed anytime, anywhere with the custom app or on smart TVs, Roku, tablets, phones and computers.

ABOUT BOOTYLATES®, LLC

Bootylates, LLC is the leading marketer of the Pilates inspired mobile exercise, mind and nutrition system, Bootylates®. Created in 2015, Bootylates, LLC. has been in development to build a fitness program with some of today’s leading fitness routines, nutrition, and mental wellness to help transform in-home and on-the-go workouts into a dynamic and entertaining experience. Visit the Bootylates, LLC website at www.bootylates.net for more information.

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