

“Take your  
booty from flat  
to fabulous.”

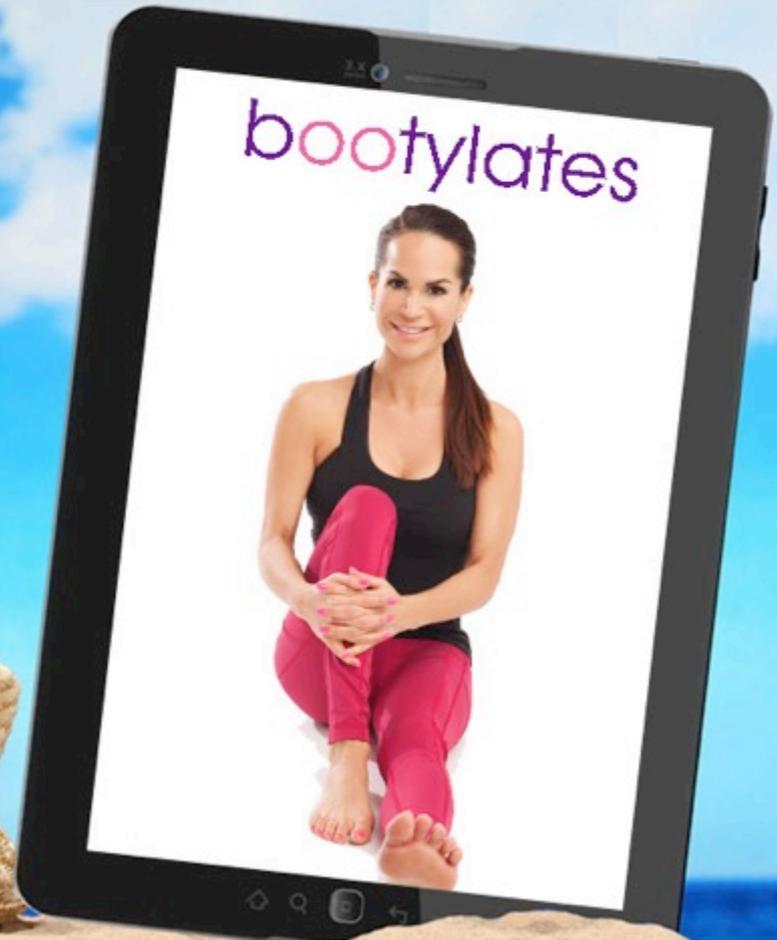


Bootylates  
Press Kit



# WHAT IS BOOTYLATES

Inspired by Pilates moves, Bootylates is a series of five low-impact workouts designed to deliver a total body transformation. Celebrity trainer and creator, Nina Waldman, combines cardio and strengthening with relaxing and mind-balancing programs for maximum results.



# WHO IS NINA

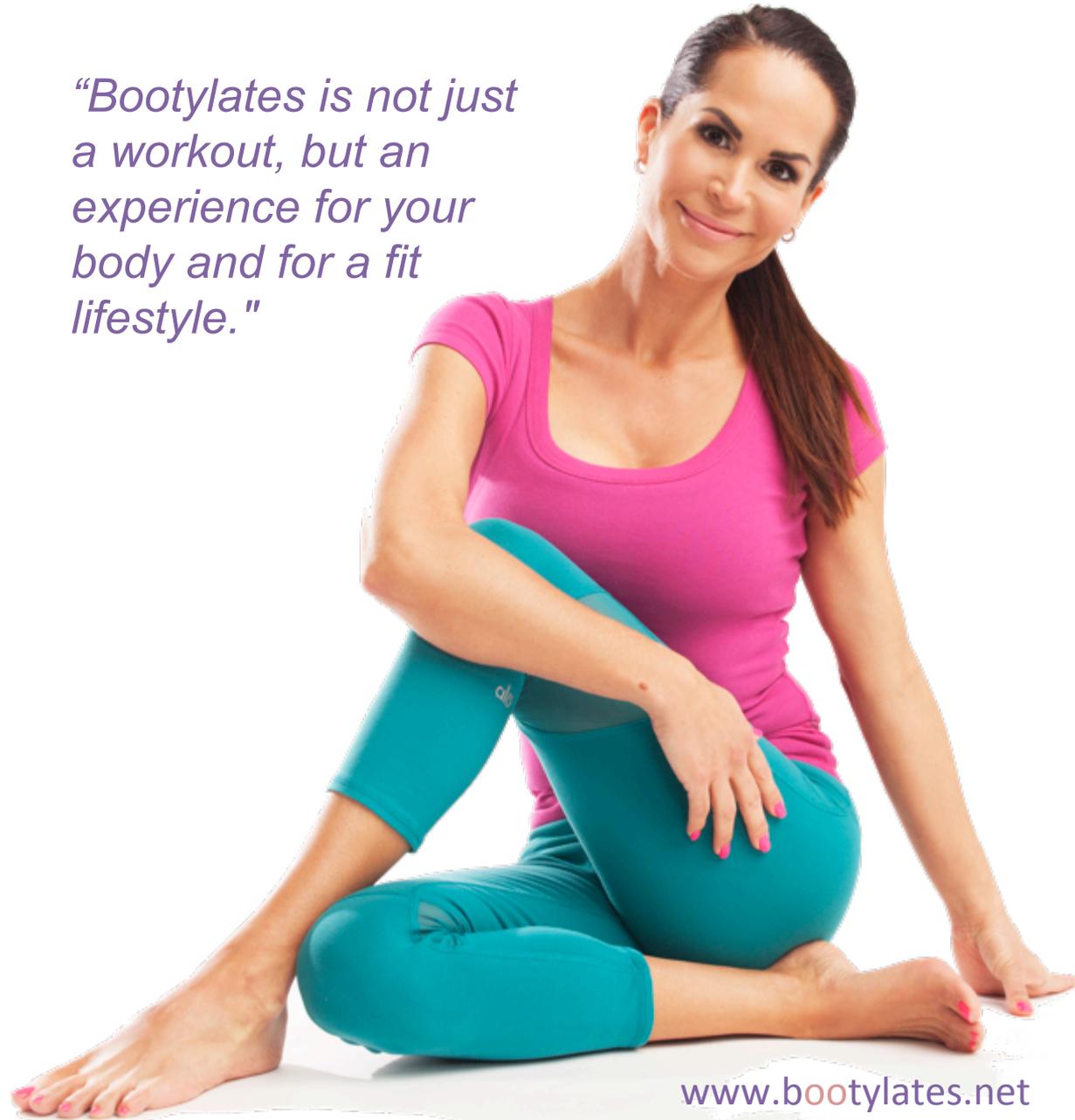
With nearly 20 years of fitness and nutrition training, Nina Waldman believes that results are accomplished with physical activity, proper nutrition and a balanced lifestyle.

Bootylates is a result of Nina's hands-on work with clients to develop a low-impact program for a full-body workout while focusing on building a firm, sculpted booty.

Nina's driving passion is to help others transform their minds and bodies into a healthier lifestyle... and have fun while they do it!



*"Bootylates is not just a workout, but an experience for your body and for a fit lifestyle."*



[www.bootylates.net](http://www.bootylates.net)

# WHY DOES BOOTYLATES WORK

Bootylates successful results are achieved by using the science of the Tri-G muscle group.

The combination of movements engaging all three muscles of the buttocks.

The movements in bootylates enhances the Tri-G's through targeted training that will firm your booty and develop lean, sexy muscles giving you the perky booty & firmness, without bulk in the hips and thighs.





# WHERE CAN YOU DO BOOTYLATES

Thanks to a proprietary software platform, Bootylates is on the cutting edge by bringing workouts to you instantly.

Forget about ordering online and waiting for your DVDs to arrive.

With a click of a button, all the tools and workouts are accessible and ready to view.



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# HOW CAN YOU ACCESS BOOTYLATES

?

After subscribing to one of the Bootylates workout plans or trials, instantly download the mobile app on almost any smart device.

That means you can stream or download all the workouts so they are available 24/7...any time, anyplace.

Devices to view Bootylates include:

- Mobile phones
- Tablets
- Computers
- Smart TV's
- Roku



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## WHAT IS INCLUDED

The Bootylates program is an mobile fitness program that includes access to three full-body workouts, two stretching and balancing workouts, a welcome letter, fitness guide, three months of workouts calendars, an intense hybrid calendar plus a 30+ page nutrition guide. For less than an hour a day and no trips to the gym, all the tools you need come in one simple downloadable program.



# BUT DOES IT REALLY WORK

Hundreds of Nina's real-life clients and now subscribers have found success with the Bootylates program.

Men and women around the globe have a more balanced mind and body thanks to Nina and her Bootylates program.

Not just a fitness program alone, Bootylates combines elements of nutrition, meditation, stretching and de-stressing to offer a healthy lifestyle transformation.

See what others have to say!



*"I was out of shape and overweight when the Bootylates program kicked off such a great set of exercises targeting all the areas we women are in need of! "*

**- Sasha**  
Las Vegas, NV



*"With an aggressive diet and workout program combined with Bootylates, I lost over 80lbs! The stretching felt great and I like the definition that I got from Bootylates."*

- Justin  
Waterbury, CT

# IS BOOTYLATES JUST FOR THE LADIES

Men and women alike have benefited with amazing results from Bootylates.

Men of all ages and fitness levels have participated in the Bootylates program.

Either by exclusively doing Bootylates or by incorporating it into other rigorous fitness programs, the results are fantastic! Better mobility, sculpted muscles and flexibility have all been proven successful!



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## 21-DAY CHALLENGE

Bootylates 21-Day Summer Challenge is an intense fitness and nutrition program that gives big results in a short time frame. Designed exclusively using Bootylates workouts, Nina has created an exclusive calendar of workouts and nutrition guidelines to achieve maximum results.

Also included is a 21-day series of emails providing: additional recipes, educational articles, meditations and some extra motivational tools to keep you on track.



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# ABOUT BOOTYLATES, LLC.

For additional information, please contact:

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