

BudgetWorkout.com

Want to Get in Shape, ASAP?

Host Your Very Own **BudgetWorkout.com** **Party!**

- Learn the latest tips in how to create your own home gym on any budget!
 - Try out new exercises!
- Learn new time-saving exercise strategies!
- Ask fitness-related questions to an expert in the field, Coach Rick Karboviak!

Fitness Coach Rick Karboviak can host your very own BudgetWorkout.com Party at your home, workplace, wherever!

Parties can be exclusive to Ladies' Fitness, Men's Fitness, and Athlete's Performance.

See the types of items you can get at a BudgetWorkout.com Party in the following pages:

Bare-Bones Basic "Workout On a Handle" Packages:



15# Go-Fit Kettlebell & DVD: \$33.95
35# Go-Fit Kettlebell & DVD: \$75.99

For unreal at-home fitness workouts, nothing can do it quite like a Kettlebell can for you! The Go-Fit Brand Kettlebells also come with an instructional DVD. A 15# KB is recommended for most women. Men can use a 25# to 35# one to start with.

Workout-On-The-Go Package:



Go-Fit Ultimate ProGym with DVD: \$28.99

This handy package is ideal to begin an at-home workout routine with minimal equipment, or to use while on vacation. Fitness bands offer many exercise options for you, and this package has many for you at your disposal!

**Bodyweight Budget Workout Basics:
No Weights Necessary!**



The IRON GYM Upper Body Workout Bar: \$34.99

Used by Coach Rick himself, this tool is versatile to do various pull-up exercises, push-ups on the floor, & sit-ups as well!



The Perfect Push-Up: \$29.99

Also a favorite of Coach Rick's, these special handles, designed by a US Navy Seal, make push-ups into Perfect Push-Ups! Great complement to the Iron Gym workout bar!

Even if you can't make it to a BudgetWorkout.com Party, the BudgetWorkout.com Store is always open, 24/7, for your orders!

First, download Coach Rick's Special Report from the site: "Fitness Under \$50", to see what items he recommends for under \$50 each, in creating an incredible workout atmosphere in your living room, basement, or garage!

Then, take a look at all the fitness gear, books, and DVD's that are available to you through Coach Rick's online *Amazon.com aStore*, created just for BudgetWorkout.com.

Contact Coach Rick Karboviak today to host your very own BudgetWorkout.com Party:

The host gets a special at-home Fitness Assessment, Program Design, & Consultation, just for hosting the party! (A \$77 Value!)

Note: Inviting 6-12 people is a recommended number to host a BudgetWorkout.com party.

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Call Coach Rick: 701-361-3101
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