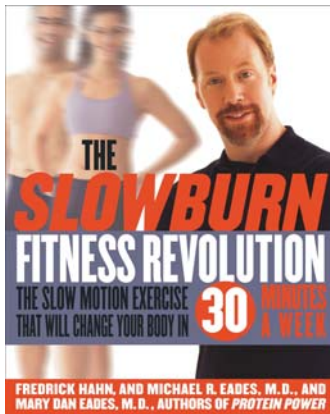


CONTACT: Sherri Rosen 212-587-0296 phone/fax
E-mail: sherri@sherrirosen.com, www.sherrirosen.com
15 Park Row, Suite 25C, NYC 10038

FOR IMMEDIATE RELEASE

**Headline: Fred Hahn and the June 2006 Allure Magazine 8 Week Fat Loss Challenge trumps Hollywood's Top Trainer Gunnar Peterson and Pilates Guru Mari Windsor –
*in a fraction of the exercise time!***



Fredrick Hahn, author of The Slow Burn Fitness Revolution

New York, NY – June, 2006

**How To Look Sexy! Fabulous! With Exercise That's
Hot and *Slow Burn* –
In Only 30 Minutes a Week!**

As the saying goes, 'Slow and steady wins the race.' At Serious Strength Exercise Studio, owner Fred Hahn and his team of Slow Burn instructors make all their clients take it *really slooow*. But the results are fast and fabulous!

How it works: At each session, you slowly work every muscle to complete fatigue which Hahn calls ‘muscular success.’ This point is where you couldn’t continue even if someone were to offer you Bill Gates’ fortune. But the kind of physique changes you will rapidly experience with Slow Burn money can’t buy.

Susan’s amazing 8 week Allure challenge results:

- ‡ Lost 9.82 pounds of fat
- ‡ Shed an inch off each thigh and hips
- ‡ Melted 3.8 inches off her waist
- ‡ Added 4.5 pounds of lean, sinewy muscle tissue

Total exercise time invested: 6 hours. Take a look:

<http://www.seriousstrength.com/article.php?article=13>

What some of Fred’s famous clients are saying:

- ***Dr. Max Gomez, News Channel 4 Medical Reporter:***
“Slow Burn is the most effective and efficient way to exercise.”
- ***Bob Wright, CEO, Chairman, NBC/Universal:***
“Fred is a fitness pioneer. I highly recommend Slow Burn to anyone.”

Cynthia Nixon, Sandy Duncan, Pamela Serure, Bill Moyers, Oliver Sacks, Maurice “Hank” Greenberg and dozens of other notables all have enjoyed the power of Slow Burn!

Check Fred and his Slow Burn technique out at www.seriousstrength.com. See and *hear* the *buzz* he’s created and invite him onto your show for an interview and/or a Slow Burn demonstration. You will be amazed!