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Trade the camouflages for a bikini after a few workouts with

**TRACEY MALLETT'S
SUPERBODY BOOT CAMP
BURN IT & FIRM IT
DVDs From Razor Fitness**

Studio City, CA – August 20, 2006 – Looks can be deceiving, especially when the sweet, petite Tracey Mallett works you into a puddle of sweat and rock-solid muscle. Mallett's two new high energy DVD workouts, for all fitness levels, **SUPERBODY BOOT CAMP, Burn It** (54 min. \$14.95) and **Firm It** (55 min \$14.95), provide cutting edge, boot camp style workouts that focus on fat burning and total body toning. The programs are fun, easy-to-follow, and Tracey Mallett's infectious training style makes it easy to get with, and stick with, her programs. Both DVDs were shot in high definition and filmed at the picturesque Casa Cody Inn, in Palm Springs, CA. Menu pages allow users to workout segment-by-segment or start to finish. Both offer French and Spanish subtitle options. Weights may be used; modifications for beginners are always offered. The **SUPERBODY BOOT CAMP** series is available July 25, 2006 wherever fitness DVDs are sold and from www.razorfitness.com.

SUPERBODY BOOT CAMP: BURN IT is a fat-burning and strengthening workout that combines elements of cardio kick boxing, tae kwon do, Pilates, power moves, strength and balance work all mixed with enough oomph to keep the heart-rate up. The unique program is separated into seven segments, each of which focuses on a

special routine that has been especially designed to burn fat, strengthen, tone, and shape the body into the best that it has ever been. Starting with 5 min 40 sec of Basic Training, followed by the Drill Segment for 6 min 36 sec; the Power Segment, 8 min 25 sec; Ultimate Drill, 5 ½ min; the Intense Body Burn, 6 min 35 sec; the 3 min Push-Up Session, and the final Cool Down period for 6 min 35 sec, **BURN IT** is a comprehensive exercise program that fulfills its promise that *'you will be in the best shape of your life'*, and feel more revitalized and less stressed than ever before.

Bonus features include: a tour of the charming Casa Cody Inn Resort, a Select Menu of the 7-day Diet; a preview of the Re-new You Workout series, and for viewers who may find their time occasionally too restricted to proceed with the full Boot Camp regimen, the 10 minute Bonus, Six-Pack Abs routine can be temporarily substituted to serve as a complete workout.

SUPERBODY BOOT CAMP: FIRM IT raises metabolism and sculpts muscle with an emphasis on one trouble spot at a time. The pace is slightly slower but certainly no less intense. Tubing may be used. Divided into segments including the Basic Training Warm-up, 6 min 25 sec; Kick Butt Legs, 10 min 15 sec; Upper Core Body Burn, 10 min 25 sec; Target Buns Blast, 15 min 40 sec ; Abs in Training, 10 min; and the final Cool Down Stretching routine for 2 min, this highly efficient DVD is Tracey Mallett's creative combination of Pilates, strengthening exercises, and kick boxing, all of which tone, sculpt and define the body. Bonus features include: a tour of the charming Casa Cody Inn Resort and a preview of the Re-new You Workout series.

About Tracey Mallett: Owner of *ATP Specific Training and Physical Therapy*, located in Pasadena, California, physical fitness expert, Tracey Mallett, has been a prominent participant in the field of health and fitness for more than 15 years, during which time she earned her credentials as Master Pilates instructor. Tracey is a BASI Pilates expert and ACE and AFAA certified. Tracey has appeared as host of the popular Method Show and starred in several Method home videos. Her most recent DVD production is the 3 IN 1 PREGNANCY SYSTEM, filmed when Tracey was pregnant

with her second child. Her distinctive, enthusiastic, teaching style, aptitude, and motivational skills have earned her a stellar reputation among her peers and students. For more information, go to www.traceymallett.com.

About Razor Digital Entertainment: Privately owned, Razor Fitness is a division of Razor Digital Entertainment, a distributor of licensed, specialty and value priced entertainment. Razor Fitness is committed to delivering top quality name brand fitness workouts to the consumer on all platforms. A complete product lineup can be viewed at www.razordigitalent.com. To order DVDs, please visit: www.razorfitness.com.

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Note: Tracey Mallett is available for interviews and appearances. Please call (831) 656-0553 or (212) 683-3416 to schedule. Additional screening copies and artwork upon request.

