

INDIVIDUAL WORK (4 USD)



Location

California

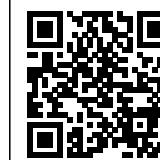
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No problem! For the price of a 1 month membership I can show you how to work out from home, using simple props, your own furniture, pool, etc. No more driving to the Gym. No more waiting for machines. No more cleaning up after people!

If you are lazy, or too busy for the gym this is for you! I have a work-out for everyone:) I will show you how you can get fit from your own home.

1. Pool work out, for people who don't like to sweat.
2. Chair work-out. for people who spend their day in front of the PC.
3. Couch work-out for people who want to watch TV.
4. Bed work out for people who are too lazy to leave their bed.
5. Ballet work-out for people who seek grace, poise & to improve posture.
6. Drum stick work out for people who dig props and variety.
7. Goddess work-out for ladies who enjoy sensuality
8. Yoga work out for folks who are on the spiritual side.
9. Rubber-band work out for the ones who like resistance.
10. Floor-work out for people who are into stretching.

I am an ex-model, savvy in fitness, diet and I have many beauty secrets for the ladies, or I can help you with your looks as well as creating a new image, wardrobe, style, etc.



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