

**FUSION PILATES – NEW RELEASES NOW AVAILABLE @**  
[www.fusionpilates.com](http://www.fusionpilates.com) / [www.amazon.com](http://www.amazon.com) /  
[www.tapeworm.com](http://www.tapeworm.com) / [www.collagevideo.com](http://www.collagevideo.com)

Fusion Pilates is proud to announce the release of three new exercise videos as well as a four-disc package for pregnancy. Contact [info@fusionpilates.com](mailto:info@fusionpilates.com) for more product information.

**For media inquiries, please contact: [kris.ellenberg@gmail.com](mailto:kris.ellenberg@gmail.com)**

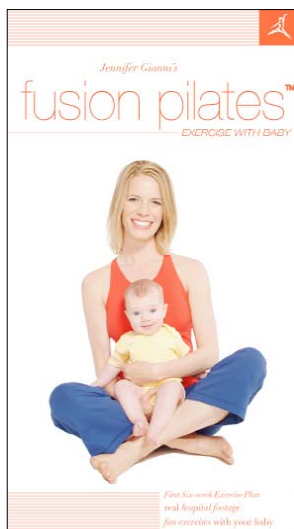
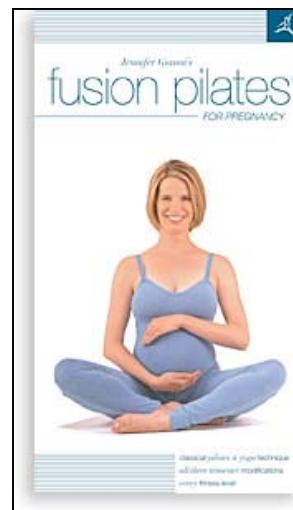
*"GIANNI IS A MASTER IN HER FIELD! Creative combinations and excellent cueing deliver a perfect workout that is easy to follow and super-effective."  
 ~Teri Hanson,  
 Assistant Fitness Editor  
 Shape Magazine*



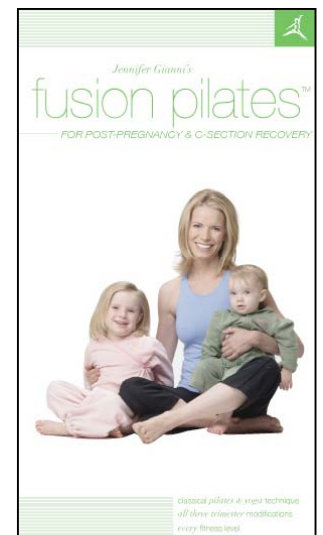
*"A SAFE PROGRAM FOR ALL PREGNANT WOMEN! These techniques prepare your body for labor and help get your body back fast after giving birth."  
 ~Teri Hanson, Fitness Editor  
 Fit Pregnancy Magazine*



*"A MUST HAVE for postnatal recovery... all the tools you need to bounce back quickly after childbirth!"  
 ~Teri Hanson, Fitness Editor  
 Fit Pregnancy Magazine*



*"FAST PACED AND FUN! Get your body back while spending valuable time with your new baby!  
 ~Teri Hanson, Fitness Editor  
 Fit Pregnancy Magazine*





## **JENNIFER GIANNI'S FUSION PILATES PREGNANCY SERIES**

**Everything You Need- Before, During and After Pregnancy**

UPC Code: 79614110012-8  
DVD List Price \$59.95  
(not available in VHS format)

- **Get in shape before your pregnancy with Fusion Pilates Triple Threat**
- **Maintain and strengthen during pregnancy with Fusion Pilates for Pregnancy**
- **Get back into shape after pregnancy with Fusion Pilates for Post Pregnancy and C-Section Recovery**
- **Bond with your newborn and stay in shape with Fusion Pilates Exercising with Baby**

### **FOUR DISCS WITH EVERYTHING YOUR BODY NEEDS TO PREPARE, MAINTAIN AND RECOVER FROM PREGNANCY!**

The Fusion Pilates Pregnancy Series is best thing you can do for yourself and you baby. These four videos by leading pregnancy exercise expert Jennifer Gianni provide you with everything your body needs to prepare, maintain and recover from the traumatic effects of pregnancy.

#### **FUSION PILATES TRIPLE THREAT:**

*A dynamic combination of low impact cardio, Pilates toning and balance work. The three disciplines are intertwined in an intense workout that keeps the body guessing- and working. An informative introduction teaches the foundations of the Fusion Pilates basics so you get the most out of the Main Workout. This workout will get your body ready for pregnancy and is a great overall workout to keep anyone in top shape.*

#### **FUSION PILATES FOR PREGNANCY:**

*Discover how yoga infused Pilates can keep you in shape during and after your pregnancy. Jennifer Gianni's Fusion Pilates for Pregnancy is the first Pilates based workout designed to give pregnant women a challenging workout, without compromising safety.*

#### **FUSION PILATES FOR POST PREGNANCY AND C—SECTION RECOVERY:**

*A MUST for getting back your pre-pregnant body. Includes real footage of Jennifer immediately after her C-Section offering tips on what to expect and how to care for yourself during your hospital stay. Also includes a SAFE First Six Weeks Exercise Plan, which will gently prepare you for Jennifer's Main Post Pregnancy Workout.*

#### **FUSION PILATES – EXERCISING WITH BABY:**

*Get in shape, have fun and spend quality time with your baby. Fusion Pilates Exercise with Baby is a fun and varied program that lets your baby take part in this quick head to toe workout that's great for busy moms.*





## **JENNIFER GIANNI'S FUSION PILATES FOR POST PREGNANCY & C SECTION RECOVERY**

**UPC Code: 79614110009-8**  
**DVD List Price \$21.95**  
**(not available in VHS format)**

**Get back into shape after pregnancy!**  
**Real Hospital Footage**  
**First Six Weeks Plan**

*A MUST for getting back your pre-pregnant body. Includes real footage of Jennifer immediately after her C-Section offering tips on what to expect and how to care for yourself during your hospital stay. Also includes a SAFE First Six Weeks Exercise Plan, which will gently prepare you for Jennifer's Main Post Pregnancy Workout.*

*This unique and inspiring workout:*

- *Includes a First Six Weeks Exercise Plan, safe to perform whether your delivery was vaginal, c-section or even if you have a diastis recti*
- *Includes Jennifer's Main Post Pregnancy Workout that strengthens all the core muscles to get you back into shape after pregnancy, FAST!*
- *Includes yoga-infused pilates as well as low-impact cardio to shape and tone*

<b>Part 1</b>	<b>Hospital Tips</b>	<b>3 Minutes</b>
<b>Part 2</b>	<b>First Six Weeks Plan</b>	<b>17 Minutes</b>
<b>Part 3</b>	<b>Post Pregnancy Workout</b>	<b>48 Minutes</b>



## **JENNIFER GIANNI'S FUSION PILATES EXERCISING WITH BABY**

**UPC Code: 79614110010-4**  
**DVD List Price \$14.95**  
**(not available in VHS format)**

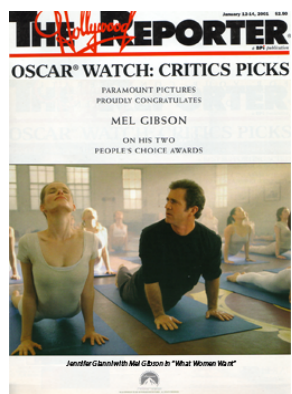
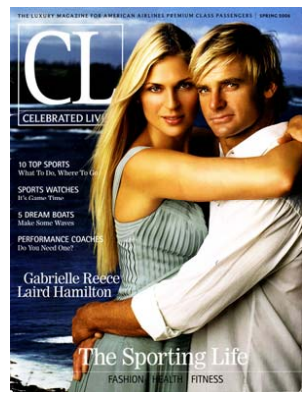
**Get back into shape after pregnancy!**  
**Fun exercises to do with your baby**  
**Quick efficient workout for busy moms**

*Get in shape, have fun and spend quality time with your baby. Fusion Pilates Exercise with Baby is a fun and varied program that lets your baby take part in this quick head to toe workout that's great for busy moms.*

*This unique and inspiring workout:*

- *Provides busy moms with a quick and efficient workout*
- *Creates special bonding between mom and baby*
- *Helps moms get back into shape after pregnancy*

<b>Part 1</b>	<b>Intro to Exercising with Baby</b>	<b>1 Minute</b>
<b>Part 2</b>	<b>Exercising with Baby Workout</b>	<b>24 Minutes</b>



for full text and further press, visit [www.fusionpilates.com/pressroom/](http://www.fusionpilates.com/pressroom/)

## **BACKGROUND: THE FUSION PILATES FOR PREGNANCY WORKOUT**

While pregnancy is not the time to make rapid or major gains in one's fitness level, improved posture, coordination and stability are attainable goals during pregnancy. In addition, exercising during pregnancy can strengthen the muscles used in labor and delivery (namely the pelvic floor) and can help you get back the look and function of your pre-pregnancy body, faster. Exercise has many emotional benefits as well, such as the fact that it is a natural stress reliever. Pregnancy is the start of a long journey. Taking the time to care for yourself and for the new life inside of you is a loving gesture not only to yourself, but also to your child.

The Fusion Pilates for Pregnancy workout consists of 25 exercises specifically created by Jennifer Gianni to address the physical and emotional needs of pregnant women. It is designed to address the structural and postural imbalances that commonly result from a pregnant posture. In pregnancy:

- The pelvis tilts forward as a result of the added weight of the pregnant belly, causing the front of the hip to tighten
- The weight shifts forward onto the balls of the feet, causing tightness in the calves
- The lower back shortens because of the forward-tilting posture, which can cause lower back pain, particularly in the later months of pregnancy
- The abdominal muscles become overly stretched as a result of the added weight and size of the pregnant belly
- The upper back rounds and the shoulders roll forward because of the enlargement of the breasts
- The head also juts forward, causing tension in the neck

The program addresses these imbalances while also helping to prepare the body for labor and delivery. The exercises are designed to:

- Strengthen the legs and pelvic floor
- Increase the flexibility of the spine
- Lengthen the sides of the waist
- Lengthen the spine
- Open and stretch the chest and shoulders
- Tone and strengthen the arms to prepare for carrying baby, the stroller and everything else in the diaper bag!

Equally important for the expectant mother, the last exercise in the workout is a long, delicious "shivasana" (or "corpse") pose to relax the body and quiet the mind.

The workout follows the guidelines for exercise during pregnancy from the American College of Obstetrics and Gynecology ([www.acog.org](http://www.acog.org)) and includes modifications and safety considerations for each trimester. For more information on Fusion Pilates, please visit [www.fusionpilates.com](http://www.fusionpilates.com).

## Endorsements:



"Fusion Pilates For Pregnancy has a great workout for each trimester in one DVD. The unique method of showing three levels of exercise difficulty with women in the appropriate trimester doing the appropriate level and method simultaneously, is a huge plus. The routines are shown with excellent voice and visual instruction. Appropriately, emphasis on safety, which is of paramount importance to the pregnant teachers as well, is noted throughout the session. The aerobic conditioning, strength training and flexibility maneuvers taught will help mothers-to-be get ready for labor and delivery while enjoying the satisfaction of convenience and privacy, if desired.

*I am recommending the DVD to all of my patients.*

As with any exercise routine, I suggest that you describe the activity to your OB and find out if you have restrictions to exercise due to premature labor risk factors, medical risk factors or other things that may be complicated by exercise. The American College of Obstetricians and Gynecologists publish guidelines which outline contraindications and warning signs regarding exercise, so ask your OB. Also, move slowly through new exercise routines and stay well hydrated and DON'T DO ANY THING THAT HURTS OR MAKES YOU FEEL UNCOMFORTABLE and USE COMMON SENSE."

**~William A. Growdon, M.D.  
Chairman, OB/GYN, Santa Monica/UCLA Hospital  
Clinical Associate Professor, UCLA  
President, Los Angeles OB/GYN Society**



"Jennifer Gianni's Fusion Pilates™ for Pregnancy is an outstanding way to get the exercise that should be part of every woman's pregnancy. Taught by this experienced professional, the video is safe and effective. It is also educational, describing the bodily changes during pregnancy that must be acknowledged. The instructors demonstrate the appropriate positions for each trimester making this program perfect for any stage of pregnancy."

**~Susan C. Stone MD, MPH**

"I love the program in Fusion Pilates for Pregnancy. I particularly like the way it can be formulated for the different stages of pregnancy. The instruction is clear and easy to follow. The length of the program is perfect. It is a good workout that leaves me feeling rejuvenated and excited that I am preparing my body for a successful labor.

Being in the obstetrical field, I know how important it is to have a healthy and active lifestyle during a pregnancy. I definitely feel that this program creates the type of lifestyle and activity that can be essential to a healthy delivery. I have always counseled my patients on the importance of exercise during pregnancy and this program is certainly something that I would recommend."

**~Michelle O'Neill Morante  
MMSc, PA-C  
5 Months**

"Jennifer Gianni's Fusion Pilates for Pregnancy is fantastic! Not only is it safe for both mom and baby, it helped me keep really fit throughout my pregnancy. I highly recommend it, I absolutely love it!"

**~Tatjana Patitz  
Actress/Model  
Mother of Jonah (7 Months)  
Malibu, California**

For MANY more endorsements, please visit [www.fusionpilates.com](http://www.fusionpilates.com) and click on the endorsement tab