

FOR IMMEDIATE RELEASE

9th September 2009

It's a Miracle!
The Miracle Box for Men – A bigger chest, wider shoulders, toned arms and a 6 pack made easy.



The new Miracle Box for Men from The Miracle Box offers everything needed for the man who wants to develop a bigger chest, wider shoulders, stronger legs, toned arms and that all important 6 pack!

The Miracle Box for Men contains a high quality anti-burst fitness/exercise ball that is used in conjunction with many of the exercises contained on the 'Toned, Strong and Flexible' DVD that completes the kit.

The DVD provides a complete and full body workout performed by the Miracle Box unique virtual human trainer so ensure that you perform the correct workout to achieve a perfectly toned, strong and flexible body. All of the exercises can be performed in the comfort of your home with or without the use of weights.

In addition the DVD contains 31 exercise ball exercises in PDF format that can be downloaded to a laptop or PC. Clear pictures demonstrate the correct start and end positions of the exercises with plenty of teaching points and tips.

ENDS:

Note to Editors: The Miracle Box for Men is available from The Miracle Box. RRP £29.99.

The Miracle Box can be contacted on 0870 803 3371, by email sales@themiraclebox.co.uk or on the web at www.themiraclebox.co.uk

For more information or to arrange an interview with Martin Beckley, Managing Director, please contact Nick Butler at Practical Media Services on 01892 667314.

Practical Media Services Ltd
68 Rochester Way
Crowborough
East Sussex TN6 2DU. UK
Tel 44(0) 1 892 667314
nickbutler@practicalmediaservices.com
www.practicalmediaservices.com