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“FITNESS DOCTOR” GREG STRAUSS RELEASES
THE ELEVEN MINUTE WORKOUT

Palatine, IL-Greg Strauss, “The Fitness Doctor,” and 26-year veteran of the fitness industry, released *The Eleven Minute Workout* through The Motion Company in late 2003. *The Eleven Minute Workout* is a comprehensive one-hour workout condensed into just eleven minutes, and designed to fit the hectic lifestyle of modern society.

Researched and developed over a span of 12 years, *The Eleven Minute Workout* is comprised of the three oldest forms of exercise known to mankind: Yoga, Calisthenics and Boxing. One of Mr. Strauss’s main goals in designing this workout was to “use only the best piece of equipment-the human body.”

Born in Johannesburg, South Africa, Strauss first became interested in physical fitness while attending high school. After completing a Drill Instructor Training Program for the South African Air Force, he went on to study Anatomy, Kinesiology and Exercise Physiology, all of which solidified his interest in physical fitness. In the mid-80s, Strauss won a number of amateur bodybuilding competitions. He moved to Los Angeles, California and became a full time Personal Trainer. In 1992, Strauss opened the Strauss Fitness Center, and succeeded in providing his clients with the highest level of service and quality training possible. It was while working with the clients of his fitness center that he developed his eleven-minute workout.

Indeed, Strauss succeeds in eliminating the need for extraneous exercise equipment with this workout. The book is user-friendly, complete with illustrations on how to perform each exercise and charts to track the user’s progress. Bearing in mind that a healthy lifestyle does not only consist of exercise, Strauss also includes his advice for good nutrition and tips on how to choose the best vitamin and mineral supplements.

The Eleven Minute Workout is available for purchase through www.11minuteworkout.com, as well as www.motionfitness.com for \$11

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