

Multitask Productions LLC Releases The Squeezeln.com Workout DVD – Exclusive New Multi-Feature DVD Launches Squeezeln.com Online Store

Washington, DC, November 19 – Multitask Productions, LLC and Squeezeln.com - the website that shows you how to “let life be your workout!” with clever, effective exercises you can do at the office, grocery store, park, around the house, or in your car – released the **Squeezeln.com Workout DVD** today to mark the opening of its new online store.

“This unique DVD has something for everyone,” said co-founder and ACE Certified Group Fitness Instructor Jenny Hein, “Whether you’re looking for a traditional 30-minute workout or you want to learn how to squeeze dozens of fun and effective exercises into your busy daily routine, this DVD is for you.”

“We know that three 10-minute bursts of moderate intensity activity can be as effective as 30-minutes of continuous exercise,” said co-founder Brigette Polmar. “So our workout is divided into three 10-minute segments you can do throughout the day or all at once. And every move teaches you to let life be your workout!”

The DVD

The Squeezeln.com Workout DVD features two ways to Squeeze It Insm:

“**The Workout**” is an exclusive 30-minute workout that teaches you to “let life be your workout!” No gym, no equipment, no excuses.

“**The Moves**” are dozens of on-location videos of clever and effective exercises that show you how to make fitness fit throughout your busy day - moves like *Va-va-va Vacuum*, *I’m Not Getting Squats Done*, and *Grocery Glutes*.

The Squeezeln.com Workout DVD also includes several bonus features including the **5 Anywhere** exercises, Clip ‘n Carry Exercise Cards, and an exclusive coupon code from Squeezeln.com apparel partner BornFit®.

The Tote

Squeezeln.com is proud to introduce the Grocery Girls - six exercises you can squeeze in at the grocery store. The Grocery Girls are featured on a durable 100% recyclable grocery tote so you can take your Squeezeln.com moves with you! Each bag includes a Grocery Girls Clip ‘n Carry Exercise Card with exercise descriptions – tuck in your bag or share with a friend.

The Gear

The Squeezeln.com Online Store also features three new t-shirt designs from Squeezeln.com along with special selections from apparel partner BornFit® - apparel to fit your active mom life.

Squeezeln.com will expand its reach this year with even more products that “let life be your workout!”

For product images, descriptions, or to shop, visit <http://www.Squeezeln.com/store> .

Twitter: <http://www.Twitter.com/Squeezeln>

Facebook: <http://www.Facebook.com/Squeezeln>

BornFit®: <http://www.BornFit.com>

About Multitask Productions, LLC and Squeezeln.com

Multitask Productions LLC and Squeezeln.com were created by ACE Certified Group Fitness Instructor Jenny Hein and television news veteran Brigette Polmar – real moms dedicated to offering real solutions for people who struggle to find time to exercise. Learn more about Jenny and Brigette and the Squeeze It Insm approach at <http://www.Squeezeln.com>. Located in the Washington, DC metropolitan area, Multitask Productions, LLC is an online content producer of fitness and wellness solutions. For more information contact: info@Squeezeln.com

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