

## Princeton Adventure BootCamps Brings Workout Muse to Central Jersey

*Innovative timed interval exercises that put your metabolism in high gear*

**June 21, 2009** - [PRLog](#) -- IMMEDIATE RELEASE  
PRINCETONBOOTCAMPS.COM INTRODUCES WORKOUTMUSE!!!

Princeton Adventure Boot Camps announces the implementation of tabata workouts. This program was developed in Japan. It has been proven to raise your metabolism and burn calories faster than any protocol in the fitness industry today.

PrincetonBootCamps.com trainers Lisa West and Dave Knapp are the only trainers in the Princeton area that have the experience and the know how to use this training effectively in coordination with workout muse to get results that will blow you away.

Workout Muse is an original timed interval program that turns your metabolism into a calorie burning furnace faster than anything on the market today.

Boot camps run 4 weeks at a time but you can join camps in progress. Each exercise is programmed to the individuals ability. Campers can't believe the results they are getting at [www.PrincetonBootCamps.com](http://www.PrincetonBootCamps.com). "I have more energy than I did in my 20's" I can through around grocery bags like they are feathers". "I bought a dress for my sons wedding but after 4 weeks of Princeton Adventure Boot Camps I had to exchange it for a smaller size". These are typical results achieved at [www.PrincetonBootCamps.com](http://www.PrincetonBootCamps.com). It is not uncommon to loose 4-5 inches in your waist in just 4 weeks on this program. If you are ready to start a new and innovative fitness adventure go see Lisa and Dave at [www.PrincetonBootCamps.com](http://www.PrincetonBootCamps.com) for results that are always GUARUNTEED 100%. If after 4 weeks you are not happy with your results. You will be given all you money Back. That puts the risk in our pocket to give you the results you desire.

Contact:

David Knapp

Lisa West

[www.princetonbootcamps.com](http://www.princetonbootcamps.com)

[princetonbootcamps@yahoo.com](mailto:princetonbootcamps@yahoo.com)

###

Boot camp fitness training for men and women who never had success in the gym at 1/3 the cost of a personal trainer. Always 100% money back guarantee.

--- End ---

Source	Princeton Adventure BootCamps
City/Town	Princeton
State/Province	New Jersey
Country	United States
Industry	<a href="#">Fitness</a> , <a href="#">Health</a>
Tags	<a href="#">Fitness Bootcamps</a> , <a href="#">Fitness Training</a> , <a href="#">Group Fitness Training</a>
Link	<a href="https://prlog.org/10263317">https://prlog.org/10263317</a>



Scan this QR Code with your SmartPhone to-

- \* Read this news online
- \* Contact author
- \* Bookmark or share online