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## LEARN TO LIFT WEIGHTS WITH A PRO

For Immediate Release

GUELPH, Canada – January 18, 2010 – FUSION BODYBUILDING has enlisted professional bodybuilder Craig Bonnett to demonstrate proper weightlifting form in videos available on its VIP website. This is the first installment of videos showcasing seven of the core lifts that make up the heart of a bodybuilder's training routine, including the deadlift, squat and military press.

Each video features Bonnett, who started his career in 2006 by winning the Mr. Manitoba contest. A certified personal trainer and co-founder of contestprep.ca, Bonnett has established himself as a bodybuilding pro and an expert in workout theories, dieting techniques and the science of bodybuilding contest preparation.

The FUSION VIP site features a multitude of bodybuilding resources for beginners, those doing their first contests, and seasoned experts. The training videos further enhance and complement the VIP site's existing content, which includes training and diet plans, posing videos, science articles, and an anatomy chart, and they will be part of the site's ongoing updates.

"Nothing is more important than knowing what you're doing in the gym. Bodybuilding is all about putting in hard work to make solid gains, and we created the VIP site to educate and encourage bodybuilders to do just that," says FUSION co-president Adrian Burke. "That's why these videos are so important. With an expert like Craig Bonnett showing you exactly how you're supposed to lift, you know you will be getting the best results for your effort and won't hurt yourself doing it."

Founded in 1998 by Ryan Herniman and Adrian Burke, FUSION BODYBUILDING is a top nutraceutical company dedicated to providing bodybuilding supplements to true followers of the sport. All of FUSION's products start in the gym and are perfected in the lab by its innovative research and development team. FUSION BODYBUILDING supplements are sold worldwide.

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