

FOR IMMEDIATE RELEASE:

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**World's first online surf-fitness trainer website—AmpedSurf.com—
launches with aim of helping surfers to “ride more waves”™**

New York, NY, April 7, 2009 – In a surfing world first, AmpedSurf.com has combined 20 years of first-hand surfing experience with the technical expertise of a Certified Strength and Conditioning Specialist to produce the industry's first online surf workout program guaranteed to deliver on one goal: enable surfers to Ride More Waves™. Launched today, the new website provides surfers—beginners to experts, young and old—a step-by-step training program to get them and keep them in surf-shape. The surf-specific workout program strengthens and develops the specific muscles and movements used while surfing.

The homepage features a video preview of what subscribers can expect from the workout videos, while an online Surf Log allows surfers to record full details of unlimited surf outings including their increasing wave count.

New users can test the website's full functionality at no cost via a 15-day free trial. If satisfied, members continue the AmpedSurf™ Trainer for \$4.99/month and can cancel at any time. Each workout, which can be performed at home or in a gym, takes about 35 minutes. If performed at home, users require an exercise ball and resistance bands. Gym-machine equivalents are included for those who prefer to exercise at a fitness center.

Every week, members get a new workout loaded in to their Training Room. The workouts aim to increase strength, endurance, flexibility, and balance—all with the goal of helping surfers Ride More Waves™. Subscribers can expect to workout two to three times per week, and may see improvement in as few as four weeks.

Says founder and surfer John Velez: “We want to ride waves every day! But daily life's demands keep us from achieving this goal; and when we do make it in the water, we're quickly humbled by our inability to rise to the surf gods' challenge.

“To make the most of every surf trip, we surfers need a way to get in surf-shape and stay in surf-shape. AmpedSurf.com give you that opportunity and from the comfort of home.”

For additional information on AmpedSurf contact John Velez or visit <http://www.ampedsurf.com>.

About AmpedSurf™:

AmpedSurf™ is based out of New York, NY as of March 2009. It was created by avid surfer, John Velez. He was inspired by the problem many surfers face when they are not able to surf as often as needed to maintain the surf fitness level necessary to make every surf outing a wave riding success. John's inspiration was supported by Joe Gernetzke, a Certified Strength and Conditioning Specialist.

Contact

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