



NEWS FROM FITBEATS



Voice and Music combined to a single MP3 to make training easy and fun.



FitBeats™ is a downloadable fitness session for runners, cyclists, triathletes and fitness enthusiasts in general. FitBeats™ can be played on any MP3 player. Visit www.fitbeats.com for more information.

The Fitness MP3 Leader™

1705 SOUTH PEARL STREET #5 · DENVER, CO 80210 USA PHONE 303.777.0193
WWW.FITBEATS.COM



**FitBeats - The Fitness MP3 Leader™ Announces Running Programs
for 5k, 10k and Half Marathon Distances.**

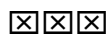
Denver, Colorado | May 4, 2006

FitBeats™ downloads are now available for a variety of running distance programs. The newest are the 5K, 10K, and half marathon training programs.

FitBeats™, the Fitness MP3 Leader, delivers motivating, challenging, yet pleasant workouts to help runners prepare for the spring and summer racing season. FitBeats has teamed with D3 Multisport to design training programs that combine FitBeats downloads as the “key” workouts for training for the all-out speed of the 5K, the medium-distance speed of the 10K, or the challenging distance of the half marathon. The complete program comes with workout schedule, a primer on training zones, stretching, core workouts and weekly “key” workouts. The half marathon program alone has 40 downloads, to get runners all the way through the race and all the training that goes with it.

As with other FitBeats™ downloads, these programs involve a unique combination of motivating, upbeat music and fitness instruction. It’s like having favorite music *and* a personal coach, all in an MP3. That’s why FitBeats™ is the Fitness MP3 Leader.

The instruction is blended in at appropriate intervals, so runners don’t have to be slaves to their watches. Rather, they can download, don headphones, and dash. It’s that simple and that rewarding.



FitBeats™ is a downloadable fitness session for runners, cyclists, triathletes and fitness enthusiasts in general. FitBeats™ can be played on any MP3 player. Visit www.fitbeats.com for more information.

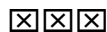
The Fitness MP3 Leader™



FitBeats™ are available in three languages: English, Spanish, and German. They are also available for other sports and athletic pursuits, including cycling, walking, and even abdominal workouts. Coming soon will be workouts for triathlons and marathons.

FitBeats™ is now a sponsor of Epic Triathlon, a Denver-area triathlon team, and an Official Partner of the USA Triathlon Halfmax National Championships. The company has already secured agreements with GoFast, the official energy drink of FitBeats™, and with John Phillips SuperStarts™ Cycling.

Visit www.fitbeats.com for more.



FitBeats™ is a downloadable fitness session for runners, cyclists, triathletes and fitness enthusiasts in general. FitBeats™ can be played on any MP3 player. Visit www.fitbeats.com for more information.

The Fitness MP3 Leader™

1705 SOUTH PEARL STREET #5 · DENVER, CO 80210 USA PHONE 303.777.0193
WWW.FITBEATS.COM