

# THE CATHOLIC WORKOUT



*Build Your Body. Build Your Faith.*

## FACT SHEET

<b>What is it?</b>	<i>The Catholic Workout</i> is a fitness program that integrates praying the rosary with resistance training exercise. The book meets all Christians, regardless of rite or tradition, at the foot of the cross by meditating on life, death and resurrection of Christ.
<b>Author:</b>	Michael Carrera, a Toronto-based certified exercise physiologist, author and personal trainer.
<b>Date released:</b>	September 7, 2010
<b>Where to buy?</b>	<i>The Catholic Workout</i> is sold online at: <a href="http://www.thecatholicworkout.com">www.thecatholicworkout.com</a> and at select bookstores across Canada.
<b>Who can do it?</b>	<i>The Catholic Workout</i> can be done by anyone, and includes a section that instructs how to modify that workout so that it can be used by all Christians.
<b>Age group:</b>	<i>The Catholic Workout</i> is suitable for individuals of all ages.
<b>Number of exercises:</b>	Five
<b>Duration:</b>	30 minutes ( <i>The Catholic Workout</i> can be modified to a shorter workout time).
<b>Equipment required:</b>	Dumbbells of any suitable weight, based on the individual needs.
<b>Website:</b>	<a href="http://www.thecatholicworkout.com">www.thecatholicworkout.com</a>
<b>Price:</b>	\$15.95 (suggested retail price).
<b>ISBN:</b>	978-0-9809448-0-8
<b>Pages:</b>	148