

# PromoCard

S E R V I C E S

CUSTOM BRANDED CARD PROMOTIONS

www.pcspromos.com

## FITNESS CARDS

Give them their portable personal fitness trainer!

### Downloadable Workout Programs



Each Program Includes:

- Video and Audio instructions
- Still images of each exercise with instructions
- 3 one-hour workout sessions\*
- 10 exercises per session\*

\*Some routines may vary

### View Your Workout...Your Way!



#### Music Player

iPod® touch  
iPod® nano  
iPod® w/ video  
iPod® classic  
Zune®



#### Smart Phone

iPhone®  
Blackberry®  
Treo®



#### Screen & Print

Desktop  
Laptop  
Printout

Any device that supports JPGs and/or .mp4 video is compatible\*

### Industries

- Sports Drinks
- Diet and Nutrition Products
- Sporting Goods
- Healthcare

### Applications

- Corporate Wellness Programs
- Recognize Performance
- Thank Clients
- Subscription Incentives

## How do they work?

You choose the number of cards and the number of workout programs available on each card.

After that, using Fitness Cards is as easy as 1-2-3

1

Visit the web address shown on the back of the Fitness Card

2

Browse through a wide variety of workout programs and select the workout program of your choice

3

Download the workout program to your computer and transfer to your handheld device.

## Pricing

	100	250	500	1000	2500	5000
1 workout program	\$8.34	\$7.10	\$6.25	\$5.40	\$5.00	\$4.60
2 workout programs	\$17.50	\$15.00	\$13.35	\$11.65	\$10.85	\$10.00
3 workout programs	\$26.65	\$23.35	\$20.85	\$19.15	\$17.90	\$16.65

(6C)

Price includes: Card printing up to 4/1, program management, set-up charges, 6-month expiration, customized landing page (logo placement) and access to a wide variety of workouts.

Production 15 days from approved proof.

Prices subject to change. Please call to confirm pricing.

4/8/08

Custom landing pages and survey pages available. (Price on Request)

\*Product names mentioned herein are the trademarks of their respective owners.

Now offering environmentally friendly cards! Call us for more details!\*

\*pricing may vary

UPIC  
United Professional Incentive Card  
UPIC PROMOCrd

MEMBER  
ASI  
2007/2008  
ASI 77966

PPAI  
The Mark of a Professional  
PPAI 228866

SAGE  
SUPPLIER MEMBER  
SAGE 66875