

# PEARCE POWER PROGRAMS

BY KARI PEARCE

ALL YOU NEED IS  
**10 MINS!**

**GET FIT FAST!**

**4X** FITTEST  
WOMAN  
IN THE US!



- ✓ SCULPT
- ✓ DEFINE
- ✓ TRIM
- ✓ TONE

CATALOG 2022

# DISCLAIMER

You should consult your physician or other health care professional before starting this or any other fitness program. The exercises provided are for educational and entertainment purposes only and are not to be interpreted as a recommendation for a specific treatment plan, product, or course of action. Exercise is not without its risks, and this or any other exercise program may result in injury. They include but are not limited to: risk of injury, aggravation of a pre-existing condition, or adverse effect of over-exertion such as muscle strain, abnormal blood pressure, fainting, disorders of heartbeat, and very rare instances of a heart attack. To reduce the risk of injury, before beginning this or any exercise program, please consult a healthcare provider for appropriate exercise prescription and safety precautions. The exercise instruction and advice presented are in no way intended as a substitute for medical consultation.

PearcePointers, Kari Pearce, KP Fitness LLC, and M. Gordon Publishing Group, Inc, disclaims any liability from and in connection with this program. As with any exercise program, if at any point during your workout you begin to feel faint, dizzy, or have physical discomfort, you should stop immediately and consult a physician.

Results vary depending on starting point, goals and effort. Exercise and proper diet are necessary to achieve and maintain weight loss and muscle definition. The testimonials featured may have used more than one PowerAbs, PowerGlutes, or related products or extended the program to achieve their maximum results.

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# INDEX

Testimonials	<a href="#"><u>04</u></a>
About Kari Pearce	<a href="#"><u>05</u></a>
How 10 Minutes a Day Can Change Your Life	<a href="#"><u>06</u></a>
Exercising 10 Minutes a Day Gives You More Time	<a href="#"><u>07</u></a>
My Power Programs	<a href="#"><u>08</u></a>
NEW! PowerAbs For Performance!	<a href="#"><u>09</u></a>
PHIIT	<a href="#"><u>10</u></a>
PHIIT Strength	<a href="#"><u>11</u></a>
Introduction to PowerAbs	<a href="#"><u>12</u></a>
PowerAbs!	<a href="#"><u>13</u></a>
PowerAbs for Moms	<a href="#"><u>14</u></a>
PowerAbs with Patch	<a href="#"><u>15</u></a>
PowerAbs 2.0	<a href="#"><u>16</u></a>
Summer PowerAbs	<a href="#"><u>17</u></a>
Extreme PowerAbs	<a href="#"><u>18</u></a>
PowerGlutes	<a href="#"><u>19</u></a>
PowerGlutes Plus!	<a href="#"><u>20</u></a>
Summer PowerArms	<a href="#"><u>21</u></a>
PowerLegs	<a href="#"><u>22</u></a>
PowerStretching	<a href="#"><u>23</u></a>
Power Handstands Course	<a href="#"><u>24</u></a>
PowerAbs In The Kitchen	<a href="#"><u>25</u></a>
Membership!	<a href="#"><u>26</u></a>
Real People, Real Results	<a href="#"><u>27</u></a>
All the Programs	<a href="#"><u>28</u></a>
How to Order	<a href="#"><u>29</u></a>
PowerAbs Cycle	<a href="#"><u>30</u></a>
Money Back Guarantee	<a href="#"><u>31</u></a>
FAQ	<a href="#"><u>32</u></a>
Order Today!	<a href="#"><u>33</u></a>





“

*I have done CrossFit now for 3.5 years, and while I'm happy with my results overall I've never really had a real 6 pack.*

*I can't believe the results even after only two weeks, getting myself ready for Extreme PowerAbs after*

Naomi Walker ★★★★★



“

*...In the left pic, I'll have you know I'm also flexing very hard 😊 So why don't I have a 6 pack?*

*The picture on the right is when my life was changed by PowerAbs.*

*Yes I said it. And in 30 freaking days...*

Rachel Word ★★★★★



“

*... It was love at first sight when I saw Kari Pearce with her Abs. I clicked it and boom!! Ordered PowerAbs.*

*Week 1 was hard. Then week 2 passed and I saw it with my Eyes.👁👁 I fell in love with my tummy.*

Lilly Bello ★★★★★



**KARI PEARCE**  
Fittest American Woman  
'16, '18, '19, And '20

Hi, I'm Kari Pearce, 6 times CrossFit Games competitor and Fittest Woman in the United States in 2016, 2018, 2019, and 2020.

I'm also the creator of *PowerAbs!*, the revolutionary, 10 minute a day abs program that you can do anywhere!

Over the past three years, nearly 200,000 people from over 100 countries have successfully completed my 10 minute *PowerAbs!*, *PowerGlutes*, *PowerLegs*, *PowerArms* programs, and have seen amazing, body-changing results.

**"Fitness is my passion and I love sharing it with you! Making you fitter, healthier and happier is my mission and I'm so excited to share my Power Programs with you!"**

# How 10 Minutes a Day Can Change Your Life

Short high-intensity workouts lead to the best results!

Here is a recent study from the prestigious Massachusetts General Hospital...

## yourfitness

■ **Just 12 minutes a day of strenuous exercise** can be enough to boost life expectancy and lower the risk for heart disease and diabetes. After a 12-minute burst of intense physical activity, levels of the biomarker *DMGV*—which is linked to risk for diabetes and fatty liver disease—dropped 18%. And levels of *glutamate*—associated with heart disease, diabetes and shorter life expectancy—decreased 29%. The exercise needs to be intense and done on a regular basis—but does not need to continue for a long time.



Study of 411 men and women by researchers at Massachusetts General Hospital, Boston, published in *Circulation*.

My programs, done correctly, will not only save you time and money, they will give you better results than any other workout you've ever done.

- Less time working out - more time for yourself!
- No expensive gym memberships!
- Greater health!
- Greater results!

## STOP DOING THOSE 45 MINUTES WORKOUTS!



# ***Exercising 10 Minutes a Day Gives You More Time to Enjoy What Really Matters***



My 10 minute Power Programs are perfectly timed to not only give you the best workouts you've ever done, they give you precious time back to focus on your family, your life, and the things that truly matter the most to you!



# MY POWER PROGRAMS!



Here are my 19 Power Programs!

Each workout is 10 minutes of high intensity exercise to burn calories and fat, build sexy lean muscle, and get you in the fittest shape of your life!

To order any of my programs, go to...

[www.PowerAbs.Shop](http://www.PowerAbs.Shop)



PERFORMANCE

2 LEVELS

WITH EQUIPMENT

NEW!

# PowerAbs For Performance



[Click Here To Buy](#)



**IMPROVE YOUR ATHLETIC PERFORMANCE IN  
ONLY 10 MINUTES A DAY!**

## ABOUT POWERABS FOR PERFORMANCE

Are you looking to become stronger, faster, and more explosive... all in only 10-minutes a day?

I've combined my decades of athletic knowledge and experience, with science to bring you 10-minute high-intensity core workouts that will improve your athletic results no matter what sport you compete in.

With *PowerAbs For Performance*, you will combine static and dynamic movements, while continuously engaging your core in each 10-minute high-intensity workout that will make you stronger, faster, and more explosive.



FULL BODY

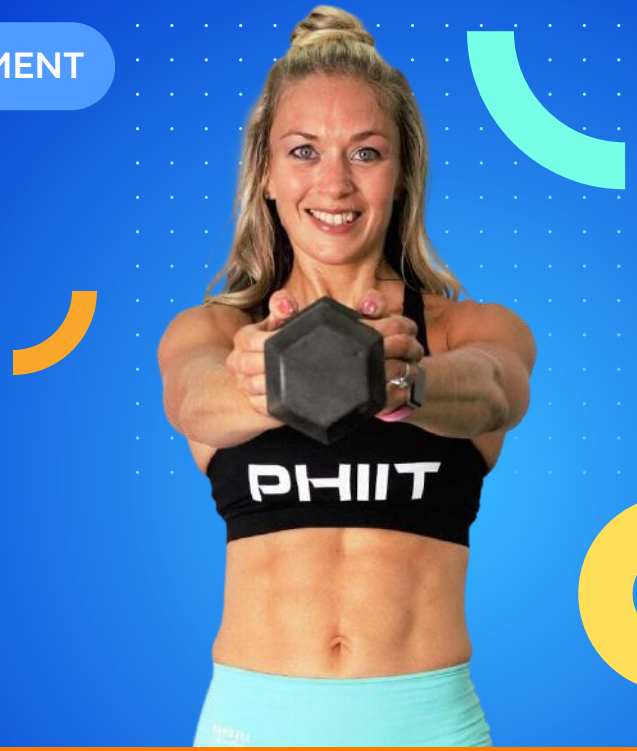
2 LEVELS

WITH EQUIPMENT

# PHIIT



[Click Here To Buy](#)



## MAKING HIIT BETTER, AND MAKING YOU FITTER, FASTER!

### ABOUT PHIIT

*PHIIT by Kari Pearce* is a full-body, 5 day a week, 10 minute a day, high intensity program taught by me. I'll assure your body gets the maximum results in the shortest amount of time.

As long as you want to change your body... give me only 10 minutes a day and it will happen... fast! Each workout is 10 minutes of high intensity, full-body exercises to burn calories and fat, build sexy lean muscle, and get you in the fittest shape of your life!



*It's only 10 mins and I love that we can take these programs anywhere!  
Back to it today in the hotel gym and I'm PHIIT'ing it on vacation. Zero excuses!*

*Caroline Adams* ★★★★★



FULL BODY

2 LEVELS

WITH EQUIPMENT

# PHIIT Strength



[Click Here To Buy](#)



**I'LL MAKE YOU STRONGER IN  
30 DAYS...GUARANTEED!**

## ABOUT PHIIT STRENGTH

Historically, women have been discouraged from being strong.

All you have to do is look at any fashion trend. Strong and fit were out. Unhealthy body goals were in.

**THOSE DAYS ARE OVER!**

The days of avoiding strength training because that's what society told us to do are over!

Women today want to become stronger and they are doing just that!

My *PHIIT Strength* program is specifically designed to build your strength!

BEING STRONGER MEANS BEING HEALTHIER AND POTENTIALLY LIVING A LONGER, AND HAPPIER LIFE, NO MATTER WHEN YOU START STRENGTH TRAINING.



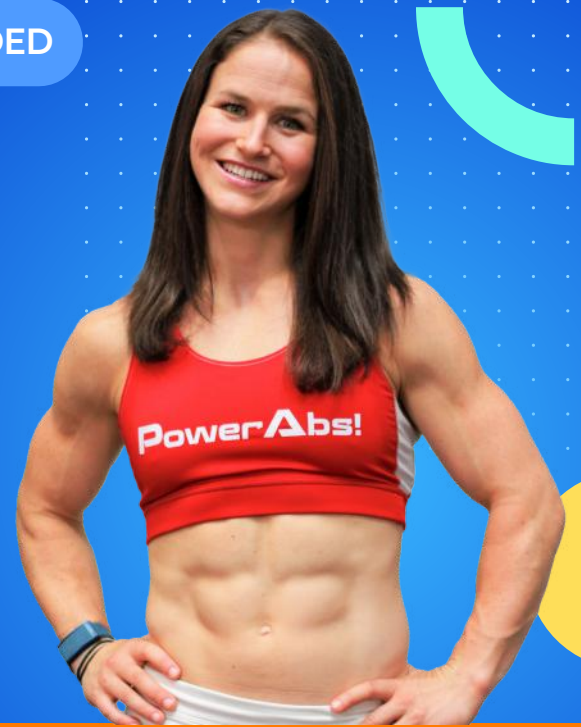


ABS

2 LEVELS

NO EQUIPMENT NEEDED

# Introduction To PowerAbs!

[Click Here To Buy](#)

## THE FIRST STEP IN YOUR JOURNEY TO GREAT ABS!

### ABOUT INTRODUCTION TO POWERABS

*Introduction To PowerAbs* is your no excuse, 10-minute a day, beginners level abs workout program that anyone can do. You will see and feel a difference in your body, have more definition, and shred inches in only 30 days!

*Introduction To PowerAbs* helps you to get all of the benefits of my original PowerAbs workout - flatter stomach, trimmer waist, and stronger core that works up a sweat - without high impact, high-intensity movements.



*I completed Introduction To PowerAbs while doing PowerAbs in the Kitchen I started seeing results in just one short week!!! If you are just starting your fitness journey and want results fast check this program out.*

**Emily Glover** ★★★★★

*This was the perfect program to get me back on track! Nothing else has worked for me until this program. Only 10 minutes a day and exercises I can actually do?! Can't beat that!*

**Emma Knight** ★★★★★



ABS

2 LEVELS

NO EQUIPMENT NEEDED

OVER  
100,000 COPIES  
SOLD!

# PowerAbs!



[Click Here To Buy](#)

## HOW WOULD YOU LIKE ABS LIKE THIS?!!

### ABOUT POWERABS!

*PowerAbs!* is designed to work your entire core every workout. Your abs will be challenged more than ever with my program. This means you will see real results faster!

Each 10-minute workout is designed to trim your waist, eliminate that muffin top, and sculpt definition with no equipment needed.

In 30 days, you'll build your ab muscles and burn fat to show off sculpted muscles you didn't even know existed.



*...I'm shocked that a 10 min workout 5 days a week can give these types of results! Each time I've done a workout I've done better than the previous time! It's just more proof that I'm getting stronger, which keeps me motivated and excited to keep going!*

*Today, I'm 30 lbs down and have 120 days of PowerAbs programs under my belt! Can't wait to keep going!!*

Zena Burgeson Logue ★★★★★



ABS

3 LEVELS

NO EQUIPMENT NEEDED

# PowerAbs For Moms



[Click Here To Buy](#)



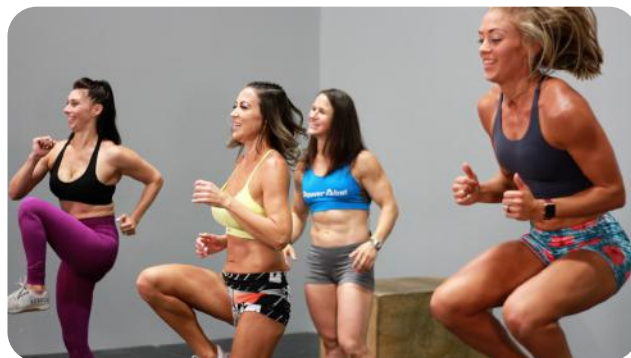
## FOR MOMS WHO WANT THEIR ABS BACK!

### ABOUT POWERABS FOR MOMS

*PowerAbs For Moms* is the program created especially for you to get your pre-baby abs back...in only 10 minutes a day!

*PowerAbs for Moms* specifically focuses on your ab muscles, glutes, and lower back muscles to firm and strengthen each of these important muscles in your body.

In 30 days, your abs will be firmer, your glutes will be tighter, and your lower back will be stronger.



*I am a mother to twin boys and wanted to add more into my workouts and thought 10 minutes a day was definitely doable ... 30 days later the results were incredible! Not only did I have better balance, I had abs!!*

*I've never had abs, even before the twins!! So I was sold. I love PowerAbs because it easily fits into my hectic days!!! ... It's such a great program to burn fat, build strength, balance and so much more. I love that PowerAbs has become a part of my everyday life.*

*Rachel Bowles* ★★★★★



ABS

2 LEVELS

NO EQUIPMENT NEEDED

# PowerAbs With Patch



[Click Here To Buy](#)



**YOU'VE NEVER SEEN AN ABS PROGRAM LIKE THIS!!**

## ABOUT POWERABS WITH PATCH

*PowerAbs with Patch* brings the best core exercises used by the figure skating world and combines them with the best of the PowerAbs programs.

*PowerAbs With Patch* is dynamic, fun, and very different.

This 10 minute a day program will shred you faster than any abs programs you've ever done.

If you want the best-looking abs of your life, you'll love this program!



*PowerAbs with Patch Day 30... Definitely feel stronger.*

*Loved LOVED this program!*

*Maybe going back to Extreme PowerAbs now and then "Patch-ing it up" again, or just returning to Patch once more. So FUN!*

Doris Carmen Rusch ★★★★★



ABS

2 LEVELS

NO EQUIPMENT NEEDED

# PowerAbs 2.0



[Click Here To Buy](#)

**IF YOU LOVED POWERABS,  
YOU'LL GO CRAZY OVER POWERABS 2.0!**

## ABOUT POWERABS 2.0

*PowerAbs 2.0* introduces you to all new, even more challenging movements so that you will see ab-defining results faster.

Each workout is designed to burn even more calories through high intensity movements to fire up your 6-pack muscles and your obliques.

These more intense workouts will shape, shred, and define your core like no other.



*The name (2.0) says it all! This is a FABULOUS program for those who aren't at the beginner level, but aren't quite at the elite level!...*

*I 100% recommend it!*

*Kelly Garrity-Haldeman*★★★★★

ABS

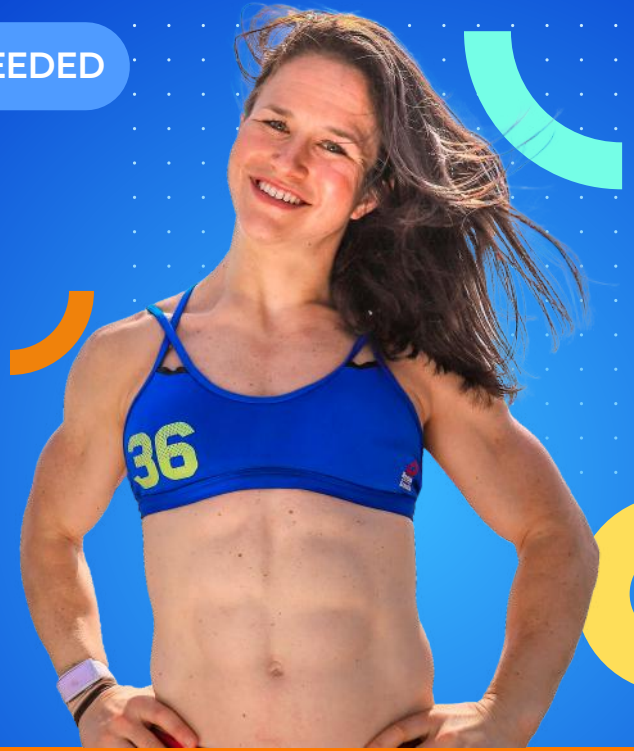
2 LEVELS

NO EQUIPMENT NEEDED

# Summer PowerAbs



[Click Here To Buy](#)



## THE SECRET TO GETTING INSANE ABS FOR THE SUMMER!

### ABOUT SUMMER POWERABS

I've taken my favorite, results-driven ab workouts and combined them for you in a series of fun and challenging, 10-minute *Summer PowerAbs* workouts designed to give you the abs you want to show off!

These 10 all-new workouts will challenge your body and push you in new ways to get results. That means you'll see tighter, sexier abs - right away!



*All done with @karipearcecrossfit Summer PowerAbs!*

*After the results I got from PowerAbs, I just couldn't stop there. PowerAbs programming is amazing and I'm addicted! 😊*

*This is really amazing. I've never thought I could ever get abs!!! So thankful!!!*

*Janice Hager* ★★★★★





ABS

2 LEVELS

NO EQUIPMENT NEEDED

# Extreme PowerAbs



[Click Here To Buy](#)

## CAN YOU SURVIVE EXTREME POWERABS?

### ABOUT EXTREME POWERABS

If you're ready to be pushed harder and get stronger, leaner, insane abs...give me 10 minutes a day and it will happen!

If your goal is stronger, leaner, ripped abs, the fastest, and the best way to get them is through the high-intensity workouts you'll do in *Extreme PowerAbs*.

Stay with it 10 minutes a day, and you'll be rewarded with insane looking abs in 30 days!



*I'm a happy customer. Extreme PowerAbs were the worst 10 minutes of my life.*

Dylan C. ★★★★★

GLUTES

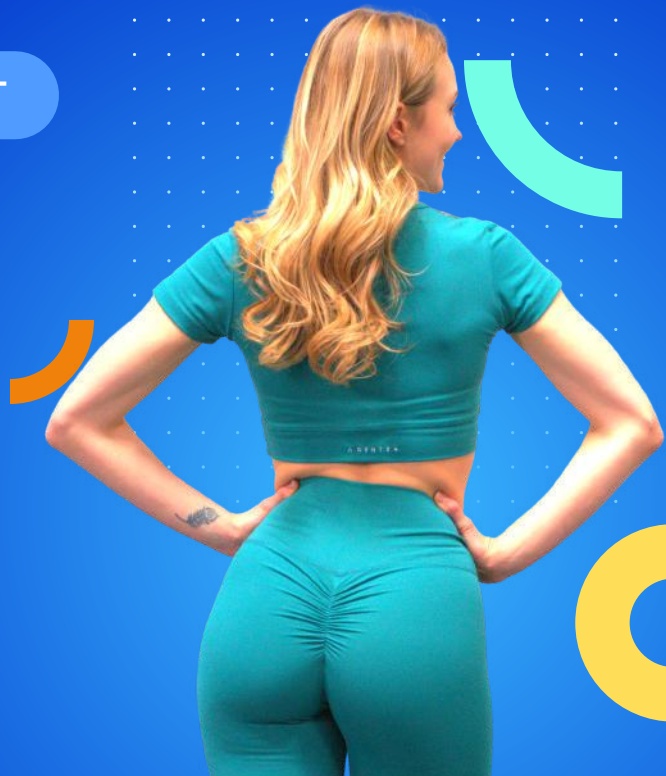
2 LEVELS

NO EQUIPMENT

# PowerGlutes



[Click Here To Buy](#)



**TIGHTEN, FIRM, AND LIFT YOUR  
GLUTES... IN ONLY 30 DAYS!**

## ABOUT POWERGLUTES

It is absolutely possible to tighten, firm, and lift your glutes in only 10 minutes a day and get your glutes to look better than they ever have in your life!

*PowerGlutes* is scientifically designed to combine the very best glute activating movements and exercises available with no weights needed.

You'll move your booty in untraditional ways to develop and enhance your curves naturally for real results... guaranteed!



*I have 5 children and I work so it's hard for me to fit in a workout that's lengthy so these programs have been perfect for me.*

*It's hard to tell when we look at ourselves each day to see the progression, but my husband snapped a picture at the beach yesterday and I compared it to last summer and I have to say I do see a difference. Thank you PowerGlutes.*

Maureen Harker ★★★★★

GLUTES

2 LEVELS

WITH EQUIPMENT

# PowerGlutes Plus!



[Click Here To Buy](#)



**TIGHTER, PERKIER, AND FULLER  
GLUTES IN ONLY 10 MINUTES A DAY!**

## ABOUT POWERGLUTES PLUS!

*PowerGlutes Plus!* Introduces new, fun combinations using resistance bands that will give you that glute burn (and results!) you're looking for.

Just like *PowerGlutes*, *PowerGlutes Plus!* moves you through a series of blended, continuous contractions designed to engage your glute muscles in ways you haven't before.



*I'm finishing the second week of PowerGlutes Plus! after doing three rounds of PowerGlutes. I loved PowerGlutes and really could feel it working. I was determined to trust the process and really focus on the moves. I'm here to say I can definitely feel it this week. You really have to focus on your form, slow down the moves, push through the resistance to do the work (don't just stop when you hit resistance), and make sure the bands are positioned mid thigh. I urge everyone to stick with it and put in the work. Here's to firming and lifting!*

Tracy Newman ★★★★★



ARMS

3 LEVELS

EQUIPMENT RECOMMENDED

# Summer PowerArms


[Click Here To Buy](#)


## DEFINE, TONE AND SCULPT YOUR ARMS IN ONLY 10 MINUTES A DAY!

### ABOUT SUMMER POWERARMS

*Summer PowerArms* will tighten your arms, shape your shoulders, and also firm your upper back!

This means no more “flappy arms” and no more “bat wings”.

Your arms and shoulders will not only look great, your entire upper body will be sleeker, stronger, and more defined than ever before!

*Summer PowerArms* introduces new movements, varies the intensities of the workouts, and maximizes your results in only 10 minutes a day.



DAY 1

DAY 30

...The results were much better than I imagined. As a person that doesn't have a lot of time to work out, the 10 minute a day format is perfect for me. There are different levels so literally anybody can fit the workouts to their capabilities. The exercises are fun, challenging, easy to understand and I could feel the progress happening from one week to the next.... I have much more strength now and will definitely go through Summer PowerArms again to see how much farther I can get.

Lorraine Armgardt ★★★★★

LEGS

2 LEVELS

NO EQUIPMENT NEEDED

# PowerLegs



[Click Here To Buy](#)



**THE SECRET TO GREAT LOOKING LEGS...  
IN ONLY 30 DAYS!**

## ABOUT POWERLEGS

*PowerLegs* will get your legs toned, strong, and defined like no other leg program... in only 30 days!

*PowerLegs* moves you through a series of blended, continuous contractions designed to engage your leg muscles, especially those inner thighs, hamstrings, and saddlebags, in ways you haven't before.

Each 10-minute workout is designed to burn fat and sculpt insane definition, while working every muscle in your lower body, from your quads to hamstrings to your thighs to calves...with no equipment needed.



*I have to say just one thing - I love love love PowerLegs. Every single day of it. And boy oh boy, does it leave you sore or what!! I do a little extra warm and cool down just to reduce the soreness and that helps. Despite it, I have to say this is one of the best program for legs. And I really look forward to each day of it. Kari Pearce, Rachel Bowles and team, Thank you for creating this amazing program!*



*Dilpreet Kaur Bedi* ★★★★★



FULL BODY

2 LEVELS

NO EQUIPMENT NEEDED

# PowerStretching



[Click Here To Buy](#)



## HOW WOULD YOU LIKE TO BE ABLE TO STRETCH LIKE THIS???

### ABOUT POWERSTRETCHING

*PowerStretching* is scientifically designed to combine the very best stretching movements and flows with no weights or equipment needed to yield amazing results.

Each day you'll follow our carefully planned program based on Joli and Alexi's years as Cirque du Soleil dancers, gymnasts, performers, and yogis.

If you're looking to learn how to gain flexibility and even possibly eliminate your daily aches and pains, all the while learning from world-class instructors, *PowerStretching* is the answer.



*The PowerStretching sequences are a wonderful compliment to PowerAbs, PowerLegs, PowerArms, etc! They help develop balance and flexibility, and I find that they work very well as a warm-up or cool-down to the other Power workouts!*

Wendy Martelle ★★★★★



HANDSTAND

ALL LEVELS

NO EQUIPMENT

# Power Handstands Course



[Click Here To Buy](#)



**MAKING HANDSTANDS EASIER  
AND FASTER!**

## ABOUT POWER HANDSTANDS

Through a series of 5 lessons, I will teach you the exact steps you need to take to not only get up into a wall-assisted handstand position but how to continue to build your strength to progress all the way to doing handstand walks!

Each video in the course focuses on one building block as you master each step towards your handstand walk.

In each lesson, I will teach you the exact body positions and movements needed to be successful with each handstand variation.

In addition to that, I will show you my top tips and key things to focus on for each progression!



DELICIOUS RECIPES

EASY TO MAKE

SHOPPING LIST INCLUDED

# Powerabs In The Kitchen



[Click Here To Buy](#)



**THE BEST MEAL PLAN FOR 6-PACK ABS...  
OVER 10,000 COPIES SOLD!**

## ABOUT POWERABS IN THE KITCHEN

*PowerAbs in the Kitchen* is the perfect combination with the Power programs to help you reach your fitness goals faster, and lose weight while becoming healthier.

My online book, *PowerAbs In The Kitchen* contains over 75 healthy, simple-to-follow, easy to make, delicious recipes to help you see the most dramatic results you can while you're doing the Power programs.

It's the meal plan that will fit into your life even when you aren't working out!

In fact, I believe *PowerAbs In The Kitchen* will become your personal meal program for the rest of your life!



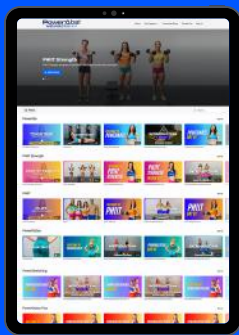
"OMG this is AMAZING!!!! And quick to make!  
#powerabsinthekitchen!!!!  
- Simple curried quinoa with grilled shrimp

Paulene Fitchett ★★★★★



Meal prep Sunday! "Power Abs in the Kitchen" Mediterranean burgers & chicken and salad (will have avocado with it!) berries & choc choc chip protein muffins (my recipe--- pic in comments. As for the chips, I use Ghirardelli dark choc chips and I put 5 in each muffin!) Have a great day everyone!

Erin Chmielewski ★★★★★



# POWERABS MEMBERSHIP

Join Today!



## *PowerAbs Membership!*

## How Would You Like To Be Stronger and Fitter Throughout The Year!

**INTRODUCING POWERABS MEMBERSHIP:  
15 BRAND NEW, 10-MINUTE WORKOUTS EVERY MONTH, AND  
UNLIMITED ACCESS TO ALL MY POWER PROGRAMS!**

If you enjoyed my Power Program workouts, you'll love being a PowerAbs Member!

Introducing the *PowerAbs Membership*... your exclusive Members-only access to 15 all-new monthly workouts, nutrition tips and information, a private accountability program, and so much more!

Here's how the *PowerAbs Membership* works for you...

Every PowerAbs Member receives the following:

- Immediate Access to All of My Power Programs
- Professional Nutrition Information and Guidance
- An Exclusive Accountability Program
- And so much more...

*Love the new membership program it's awesome. I've been doing PHIT strength and varied power abs programs for a while now, however, after doing the exclusive content of PHIT Strength and PowerAbs I can feel that I have worked out in a good way. Thank you Kari Pearce! It's exactly what was needed and I'm feeling so good so much more energy*

Gayle Hicks ★★★★★



# Real People, Real Results!







# ORDER YOUR PROGRAMS TODAY!

[Order Now](#)



PowerAbs!



PHIT



PHIT Strength



PowerGlutes



Summer PowerArms



Summer PowerAbs



PowerLegs



PowerAbs For Performance



PowerAbs For Moms

Click the image to order!

[www.PowerAbs.Shop](http://www.PowerAbs.Shop)



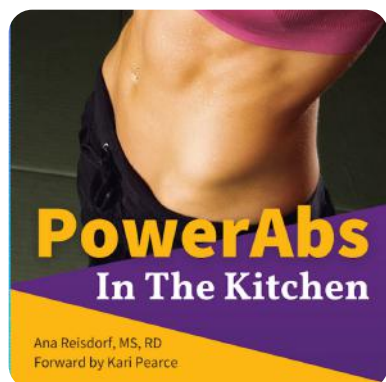
PowerStretching



PowerAbs! with Patch



PowerGlutes Plus!



PowerAbs in the Kitchen



Extreme PowerAbs



Power Handstands Course



PowerAbs 2.0



Introduction to PowerAbs



Perfect Pull-Up

Click the image to order!  
[www.PowerAbs.Shop](http://www.PowerAbs.Shop)





## Introduction To PowerAbs!

LEVEL 01 02



## PowerAbs For Moms!

LEVEL 01 02 03



## PowerAbs!

LEVEL 01 02



## PowerAbs For Performance

LEVEL 02 04



## PowerAbs With Patch!

LEVEL 01 02



## Extreme PowerAbs

LEVEL 03 04



## PowerAbs 2.0

LEVEL 1.5 2.5



## Summer PowerAbs!

LEVEL 01 02 03

# PowerAbs!

PROGRAM CYCLE

Click the image to order!

[www.PowerAbs.Shop](http://www.PowerAbs.Shop)



# **My 100% Money Back Guarantee!**

I'm so sure that you'll see results in 30 days like you've never seen before that I'm offering a 100% money-back guarantee.

Order your Power Program today. If you don't see results in 30 days, you will get a full refund. No questions asked. That's how positive I am you'll see an incredible change in your body and life in 30 days!

No monthly charges. You only pay once and have unlimited, lifetime access!



# FAQ

01

## HOW DO YOU DELIVER MY PROGRAM?

Every one of our Power Programs are online! This means you can access any of our PowerAbs!, PowerGlutes, PowerLegs, and PowerArms programs from anywhere you have internet access!

02

## DOES MY PURCHASE EVER EXPIRE?

All of our programs are lifetime, unlimited access - they never expire!

03

## IS THIS A MONTHLY PAYMENT?

You only pay once for any of our **one-time purchase** programs - you are never charged again!

**The PowerAbs Membership**, with access to 18 of our Power Programs does have a monthly option should you chose to be a member.

04

## DO I NEED ANY EQUIPMENT FOR THE PROGRAMS?

Some of our programs require equipment, light hand weights, or resistance bands. For more information, visit the program's website.

05

## DO YOU HAVE CLOSED-CAPTIONING ON THE VIDEOS?

Closed Captioning is available in the bottom right hand corner of your videos.

## REAL PEOPLE, REAL SUPPORT!

Contact us for more information

[info@pearcepointers.com](mailto:info@pearcepointers.com)



# ORDER TODAY!



Get Fit with my Power Programs!

Each workout is 10 minutes of high intensity exercise to burn calories and fat, build sexy lean muscle, and get you in the fittest shape of your life!

To order any of my programs, go to...

[www.PowerAbs.Shop](http://www.PowerAbs.Shop)