



FOR IMMEDIATE RELEASE

Publicity Contact

Fawn Vu: prfawn@yahoo.com ; phone: 310-699-1471

**BayView Entertainment Releasing the
Phil Ross S.A.V.E. Collection of Fitness DVDs this Summer**

Hackensack, NJ – Hall of Fame Martial Artist Phil Ross is bringing his unique S.A.V.E. (Survive A Violent Environment) self defense workout DVD series to retail in August and September. The acclaimed S.A.V.E. series of programs are designed to develop the skills necessary for fitness and self defense by following Phil's guidelines and instruction. BayView Entertainment, one of America's leading distributors of fitness, wellness and dance programming, will release Phil's DVD series in stores throughout the country and at all major online retailers. Each DVD title carries a suggested retail price of \$19.99 and come available on August 7 and September 11 (individual title schedule below). The audio CD **Powerful Spirit: Empowerment & Mediation** is also included in the release schedule for September 11, with a srp of \$9.99.

ABOUT THE DVDs:

SURVIVE A VIOLENT ENVIRONMENT - ULTIMATE SELF DEFENSE WORKOUT:

S.A.V.E Level 1: The Ultimate Self Defense Workout is the beginning level in the S.A.V.E (Survive A Violent Environment) series created and developed by Hall of Fame Martial Artist and fitness professional Master Philip G. Ross, BGS, CPT, MMA. This Level 1 DVD features a combination of defensive movements and tactics in a high energy, low impact workout format, making this program applicable to audiences encompassing the full range of fitness levels. **Running time: 51 minutes, available August 7**

ULTIMATE FITNESS CHALLENGE – LET'S SWEAT WITH PHIL ROSS: Let's Sweat contains five great cardio and body toning workouts in one. It develops the stabilizers, core, endurance and musculature crucial to successful implementation of Phil's defensive tactics. With over 30 years of training knowledge cultivated from Martial Arts, Boxing, Wrestling, Ballet, Weight Training and Personal Training, Master Ross is a successful competitor and performer in all of the aforementioned arenas. The knowledge base that he combined for the Let's Sweat DVD is both wide & deep and will challenge and motivate you the highest levels of success. **Running time: 105 minutes, available August 7**

FIT 2 FIGHT – ULTIMATE SELF DEFENSE WORKOUT WITH PHIL ROSS: Fit 2 Fight is the Level 2 Intermediate Workout in the S.A.V.E. (Survive a Violent Environment) series created and developed by Hall of Fame Martial Artist & fitness professional Master Philip G. Ross, BGS, CPT, MMA. Fit 2 Fight is not only an incredible workout

geared toward developing IT (Instinctive Technique) with over 320 kicks, 600 punches, 460 assorted strikes, 120 blocks but also has 10 easy to apply grappling techniques & 13 street effective defensive tactics! You'll learn the training methods and application of techniques that have enabled Master Ross (victorious in over 300 bouts) and his students to enjoy such great success. **Running Time: 96 minutes, available September 4**

COMBAT READY – ULTIMATE SELF DEFENSE WORKOUT WITH PHIL ROSS:

Combat Ready is the Advanced Workout (Level 3) in the S.A.V.E. (Survive A Violent Environment) series created and developed by Hall of Fame Martial Artist & fitness professional Master Philip G. Ross, BGS, CPT, MMA. Master Ross turns the training up a notch with more combinations and techniques than ever before! Combat Ready arms you with 12 higher level defensive tactics against both armed and unarmed assailants. The eight grappling maneuvers, and their variations, are designed to finish off your opponent in seconds. IT (Instinctive Technique) is taken to a new level with the employment of over 640 kicks, 240 strikes, 920 punches & 120 blocks. The movement and combinations utilized during this workout will give you the muscle memory capable of responding with a flurry of techniques when facing an assailant. All of this is accomplished while toning your body & increasing your cardiovascular system.

Running Time: 105 minutes, available September 4

AUDIO CD - POWERFUL SPIRIT: EMPOWERMENT & MEDITATION WITH PHIL

ROSS: Tap the resources of your mind with this empowering, yet relaxing, audio CD that possesses strong meditative properties. The methodology employed was born from the tactics utilized by yogis, military leaders and professional athletes. Open your mind and prepare your body to achieve levels of performance that were previously unfathomable. Thousands of athletes have used this specific meditation in preparation for competition or simply as a relaxation & empowerment tool. **Available September 4**

About Phil Ross

Master Philip G. Ross was the National Amateur Kickboxing Champion, an eight-time NJ State Gold Medalist, a National Greco-Roman Wrestling silver medalist, is a member of three Martial Arts Halls of Fame and has trained his students to hundreds of championship titles. In addition, Master Ross has instructed Federal Marshals, as well as numerous police agencies and private security forces. In addition to the martial arts and self defense application, Master Ross is a certified personal trainer and a celebrated fitness enthusiast. The S.A.V.E Self Defense Workout Program was bred from his wealth of experience.

About Bayview Entertainment, LLC:

BayView Entertainment, LLC, an independent leader in the home entertainment marketplace, distributes a versatile array of exercise, fitness, dance, and special interest titles to suit the ever-changing needs of home entertainment audiences. Some of the diverse artists BayView represents include: Gilad, Christi Taylor, Joyce Vedral, Finis Jhung, Broadway Dance Center, Lester Horton, Salsa Crazy, 8 Minute Abs, and Yoga Journal magazine. BayView Entertainment can be found online at www.bayviewentertainment.com.