

**For Immediate Release:**

March 31, 2014

**AbDominator offers *On Track Target Living* with Orders  
*AbDominator* includes copy excerpts of nutrition book with purchases**

Edgemont, PA (March 31, 2014) – Founder of AbDominator, Michael Barney, announces that their customers will be able to access key excerpts from the book *On Target Living* by Chris Johnson with their order of AbDominator. AbDominator is a quality workout tool designed for a well-rounded workout. It is lightweight, ultra-portable core exercise-training tool that was designed to scare your core.

On Target Living is a wellness consulting Health and Performance company that helps businesses' health and performance strategies in order to achieve their fitness goals and to increase efficiency. Johnson describes On Target Living as a “means achieving a balanced life with increased energy and vitality by blending quality exercise and restorative rest and recovery.”

Barney believes in leading a well-rounded healthy lifestyle. “I felt that it would be counterproductive to sell an exercise product without having access to something that would educate our customers about lifestyle change and nutrition,” says Barney. His solution was to provide his customers with key excerpts of *On Target Living*. This additional resource will help AbDominator customers make more nutritional choices and improve their energy levels to get the most out of their workouts.

Johnson holds a master's degree in exercise physiology from Michigan State University. Additionally he holds certifications from the American College of Sports Medicine, National Academy of Sports Medicine and the American Council on Exercise. He has over 16,000 hours from one-on-one personal training. He has worked with several Fortune 100 companies to improve the overall corporate wellness of their executives and employee base.

AbDominator will be introduced through Kickstarter beginning on May 1. AbDominator will retail for \$49.95 at <http://abdominator.net/> starting in July.

***About AbDominator:***

Michael Barney, an instrument rated commercial pilot and aerospace technical writer is the founder of Ab Monster. As an eight-year United States Army veteran and avid basketball player, Barney understands the value of core exercises. His entire life has been dedicated to living a healthy lifestyle and teaching others how to live that life as well.

***About On Target Living:***

Chris Johnson is a nationally recognized speaker and author. He is the founder and CEO of On Target Living, a wellness consulting company that helps organizations achieve fitness goals and increase efficiency. Chris, along with other On Target Living team members, regularly speak to businesses and their employees on the health and wellness strategies needed to infuse energy into their lives and increase productivity in the office. Along with speaking and consulting, On Target Living also offers health programs and one-on-one coaching. For more information about On Target Living please visit [www.OnTargetLiving.com](http://www.OnTargetLiving.com).

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