

# EXHIBIT “Q”



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How it Works Workout Samples Meet the Trainers Start your FREE Trial



# "Wow. You Look Amazing!" [ Get used to hearing that. ]

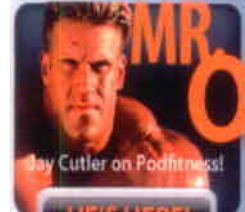
Introducing Podfitness  
**shed pounds**  
at the **hotel** with  
celebrity trainer **David Kirsch**  
while listening to **Missy Elliott.**

INTRODUCTORY OFFER

**FREE!**  
**10-DAY**  
Trial Membership

**START NOW**

[learn more](#)



Jay Cutler on Podfitness!

**HE'S HERE!**

**LISTEN**  
Hear Other Members' Recent Workouts



**DEMOS**

**MEET**  
More than 80 World-class Personal Trainers



**TRAINERS**

**START**  
Create Your Custom Training Program



**PROGRAMS**

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