

Gunnar Peterson and LG Team Up to TONE-Up

Celebrity trainer Gunnar Peterson designs new circuit workout, inspiring fitness enthusiasts to TONE-Up with music thanks to LG's fitness Bluetooth® headsets.

ENGLEWOOD CLIFFS, N.J., December 15, 2016 /PRNewswire/ -- What do you need more: music during your workout or music during your morning commute?

The majority of active Americans feel music is a necessity to get them through their workout – more than who feel similarly about listening during their commute.¹ And that includes respondents in California and New York who may have to face the grid-locked 405 and crowded New York subway, respectively.

No one knows this more than Beverly Hills-based personal trainer Gunnar Peterson. Not only is he the man responsible for many sculpted physiques walking down runways, appearing on the silver screen, and running down the field, he's also responsible for curating playlists that are just as diverse as his training methods.

"It's all about the music," says Gunnar. "The songs you play during your workout can make all the difference in your motivation, as can your headphones – especially if you're the type of person whose workout stops when your music does."

That's why Gunnar teamed up with LG to design the LG TONE-Up workout – a circuit-inspired fitness regimen designed to be performed while wearing the LG TONE Active+® or LG FORCE headsets, ensuring that neither a lack of music – nor sweat and wires – get in the way.

"I'm always looking for headphones that'll make my clients work just as hard when I'm not there, so they need something comfortable that keeps the music going, but also gives them freedom to perform some of the challenging moves in my workouts," Gunnar says.

Not only are these headsets designed to stay in place for even the most intense movements like Bulgarian split squats and deadlifts, they are water and sweat resistant, so no matter how hard you go, the music won't stop, thanks to built-in external speakers on the LG TONE Active+ and Qualcomm® aptX™2 on the LG FORCE.

"The workout is high-intensity to mirror what I'd normally put together for my clients, but you can work up to it based on your fitness level," says Gunnar. "And there's no equipment required, so there are no excuses."

Debuting today, the LG TONE-Up workout consists of ten moves that are repeated in a circuit for as many rounds as possible, and can be done by anyone, anywhere. And for those moves that typically require weights, you can substitute using other items in your

home like cans of soup, water bottles, firewood, “a newborn, or even a toddler if you’re feeling strong!” Gunnar jokes.

Get the LG TONE-Up workout [here](#) and accompany it with Gunnar’s LG TONE-Up playlist, below.

The LG TONE-Up Workout by Gunnar Peterson

Repeat these ten moves in the following order:

- 25 Jumping Jacks
- 8-12 Deadlifts *Use dumbbells or anything around the house that you can lift
- 26 Split Jacks
- 15-20 Bent-over Raises *Use dumbbells or anything around the house that you can lift
- Jog in place for 30-60 seconds to lateral walk with 8-12 steps in each direction
- 8-10 Close-grip Push-ups
- 8-10 Regular-grip Push-ups
- 8 Bulgarian Split-Squats (on each side)
- 10 Supermans
- 10-15 Biceps Curls

Gunnar Peterson’s TONE-Up Playlist

- The Motto: Drake
- Harder Than You Think: Public Enemy
- Clap Back: Ja Rule
- Ride: Ciara
- Hate It or Love It: 50 Cent
- Pope: Prince
- Otis: Jay Z and Kanye
- Jump Right In: Zac Brown Band
- Day 'n' Nite: Kid Cudi (remix version)
- I'm Different: 2 Chainz
- Me, Myself & I: Bebe Rexha
- Love Yourself: Justin Bieber
- Mr. President: LL Cool J

About the LG TONE Active+

The LG TONE Active+ is designed to keep up with the toughest workouts and offers two listening modes – an in-ear experience with custom-fit, retractable earbuds, or a personal surround-sound experience through the device’s external speakers. With a simple toggle button, you can switch between speaker mode and earbud mode, and if you have to take a break from your playlist to take a call during your workout, the LG TONE Active+ comes with dual MEMS microphones for clear voice calls. Get your sweat on or go for a run through the sprinklers with the LG TONE Active+ still around the neck – it’s water- and sweat-resistant with a rating of IPx4². The LG TONE Active+ offers up to 12 hours of music play time (up to 6 hours in speaker mode), and up to 13 hours of talk time talk (up to 9.5 hours in speaker mode).

About the LG FORCE (HBS-S80)

The LG FORCE is an unstoppable companion for your active lifestyle bringing an over-the-ear, stay-put design and IPx5² water- and sweat- resistance rating. With easy to reach controls on the strap of the headset, you can turn up the volume to listen to your favorite streaming music service or take your next conference call from the treadmill, while receiving premium sound with Qualcomm® aptX™2. The LG FORCE offers up to 6 hours of music play time and up to 6.5 hours of talk time.

About LG Electronics MobileComm U.S.A., Inc.

LG Electronics MobileComm U.S.A. Inc., based in Englewood Cliffs, N.J., is the U.S. sales subsidiary of LG Electronics, Inc. a global innovator and trend leader in the global mobile communications industry. LG is driving the evolution of mobile forward with its highly competitive core technologies in the areas of display, battery and camera optics and strategic partnerships with noted industry leaders. LG's consumer-centric products - including the flagship premium V Series models -- incorporate unique, ergonomic designs and intuitive UX features that enhance the user experience. The company remains committed to leading consumers into the era of convergence, maximizing inter-device connectivity between smartphones, tablets and a wide range of home and portable electronics products. For more information, please visit www.LG.com.

Media Contacts:

LG Electronics MobileComm USA

Frank Lee

908-312-3233

franc.lee@lge.com

Mo McKenzie

212-880-5272

mo.mckenzie@lg-one.com

¹ The LG TONE Music Survey was conducted by Kelton Global between November 14th and November 21st 2016 among 2,010 Americans ages 18 and over who exercise at least an hour each week, using an e-mail invitation and an online survey. The margin error is +/-2.2%.

² Water splashing against the enclosure from any direction shall have no harmful effect. Test duration: 5 minutes. Water volume: 10 liters per minute. Pressure: 50–150 kPa.