

# LetsGoWorkout.com Offers First-of-its-kind, Live, Online, Cardio Workout



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Author: Dave Paccassi/[LetsGoWorkout.com](http://LetsGoWorkout.com)

Industry: [Healthcare](#)

*Unique interactive website provides forum for a community of people working to stay motivated and on track with their fitness and weight loss goals*

**WARRENTON, VA – May 06, 2010** – To help people of all fitness levels stay motivated and on-track to meet their weight loss and wellness goals, the first and only live, online cardio workout website has been developed. [LetsGoWorkout.com](http://LetsGoWorkout.com) features daily live workouts that can be easily accessed through the internet. All workouts are cardio-based and can be customized to accommodate varying fitness levels from beginner to advanced.

“For less than half the cost of a traditional gym membership, we have created an online community of members working to improve their health and fitness,” said Dave Paccassi, ACSM Certified Personal Trainer and Founder of LetsGoWorkout.com. “Our goal is to help people simplify their approach to a healthy life style through entertaining, motivational live workouts.”

The live daily workouts are based on the Rate of Perceived Exertion (RPE) Scale. This 1 to 10 scale is based on how hard someone feels they are working out. Depending on the cardio equipment being used, such as a bike, treadmill or elliptical machine, participants can increase or decrease their RPE level by adjusting the speed, resistance, or incline of their workout.

Not only are the workouts fun and entertaining, but the website also provides a variety of resources for members including archived workouts, over 120 unique workouts, a forum for fitness and weight loss discussion and the ability to workout in the privacy of their own home.

To join, participants can go to [www.letsgoworkout.com](http://www.letsgoworkout.com) and click on the "Get Started" button at the bottom of the page. Live workouts are conducted Monday and Wednesday 4:30 p.m., Tuesday and Thursday 6 a.m. and 8 p.m., Friday 6 a.m., and Saturday 8 a.m. EST. The previous weeks recorded workouts can also be accessed in the archive section of the website. The participants only need a computer, a high-speed Internet connection and a piece of exercise equipment (treadmill, stationary bike, elliptical, or anything that can give you a great cardio workout).

LetsGoWorkout.com also provides fund-raising opportunities for non-profit groups and schools. Members may designate one of LetsGoWorkout.com's non-profit partners to receive \$2 per month as long as they are active. LetsGoWorkout.com is committed to helping organizations continue the great work that they do.

LetsGoWorkout.com has recently become a "Friend" of the Leukemia and Lymphoma Society, and Team in Training. To help LLS raise money and awareness.

## **About**

## **LetsGoWorkout.com**

LetsGoWorkout.com is the internet's first and only LIVE online workout website that helps people of all levels stay motivated and on-track to meet their weight loss and fitness goals. The website's cornerstone is the daily LIVE workouts. All workouts are cardio-based, and utilize the Rate of Perceived Exertion Scale so that the beginner all the way to the advanced member can participate simultaneously. For additional information visit: [www.letsgoworkout.com](http://www.letsgoworkout.com).

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**Media Contact:** Dave Paccasi  
Telephone: 540-316-8454  
Email: [dave@letsgoworkout.com](mailto:dave@letsgoworkout.com)

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