



Upward Motion Personal Training Albuquerque, NM, Announces Addition of August 2013 Weight Loss Articles Set III to Company Website

Workout Studio Upward Motion Personal Training offers full compliment of classes and personal training for just about any type of Albuquerque client including those wanting to lose weight, those that want to get fit and those that want to build muscle. Weight loss is a company specialty so with that in mind during the month of August 2013 it is publishing a series of articles on the subject. Topics covered include things like increasing metabolism and low fat diet recipes just to name a few. The third set of articles for being added to the company's website are as follows:

- **Safe, effective [weight loss in Albuquerque](#)**
- **Using Human Growth to [Lose Weight in Albuquerque](#) - Is It Safe And Does It Work?**
- **[Weight Loss Albuquerque](#) – For Some People is losing Weight Impossible?**

As each article is added a corresponding PDF version is being included on the website as well. The PDF version of the article is compiled with excellent back links to the pages on the company's website along with a graphic added to the top of the first page from the company's Facebook Fan page.

About [Upward Motion Personal Training](#):

Upward Motion Personal Training is a personal trainer studio offering customized personal training workout programs, small group training classes, Women's Butt and Gut Classes, Piloxing classes, and Upward Motion Personal Training's Y.E.S. To Success Program. The company's workout studio is located at 336 Adams St SE, Albuquerque, NM 87108

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