

BrightKnight Entertainment
presents



WHY WE TRAIN

One Man's Journey through Weight Training, and A Tribute to Reg Park

Starring: Guile Branco, Jon Jon Park, Scot Mendelson, Barbie Barbell,
Carlos Laguna, Victor Konovalov

Directed by: Darin Mangan

"... motivating and insightful."
Jeff Flach

"... an amazing vision"
Arthur McClen

Victor Konovalov



Carlos Laguna



Scot Mendelson

Barbie Barbell

Jon Jon Park

With Appearances by Some of the Greatest Athletes in the Sport: Dave Palumbo, Frank Zane,
Ed Corney, Jack LaLanne, Phil Heath, Franco Columbu, Arnold Schwarzenegger and others.

Press Contact for BrightKnight Entertainment:

Steve Thompson / Thompson Communications • 580 Haddon Avenue; Collingswood, NJ 08108
609-386-0019 www.thomcomm.net steve@thomcomm.net