



THE EXPENDABLES SET TO RELEASE FIFTH FULL-LENGTH ALBUM "PROVE IT" ON MAY 11, 2010

LOS ANGELES, CA (March 30, 2010)—Santa Cruz, CA based rock band The Expendables announced today that their fifth full-length album "Prove It" will be released nationwide on May 11, 2010. Produced by Butthole Surfer guitarist Paul Leary (Meat Puppets, Slightly Stoopid, Supersuckers, Sublime) and NOFX's EL Hefe, the album features 17 brand new original tracks and has guest appearances by G. Love, as well as various members of Slightly Stoopid, to name a few. "Prove It" marks the band's second release on Slightly Stoopid's independently owned Stoopid Records.

Of the new album the band shares, "As producers, Leary and El Hefe brought a vibe to the studio as only two punk rock guitar legends could. As musicians who really care about the music, we all connected and feel like we are bringing something new to the table, while still staying true to the sounds that make us who we are."

Since 1997 The Expendables have staked their claim in the California inspired surf rock and reggae genre. Blending scorching 80's arena rock style duel guitar riffs along with reggae grooves, hessian metal, and melodic punk rock has cemented the band a devoted following. In 2007 The Expendables signed with Stoopid Records, which marked a turning point in their career. They have since shared the stage with notable artists NOFX, Slightly Stoopid, Pennywise, Pepper, and more recently joining 311 on their 2009 Summer Unity amphitheatre tour. In 2010 The Expendables plan to tour nationally and internationally in support of "Prove It."

For more information and tour dates for The Expendables please visit www.myspace.com/theexpendables or www.theexpendables.net.

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