

BIKINI BODY

Get your body in shape and beach-ready!

Synopsis:

Bikini Body features an exercise expert leading the viewer through five different 15-minute workouts.

Hi-Lo Aerobics

Abs, Buns 'n' Thighs

Muscle Conditioning

Pilates

Kickboxing

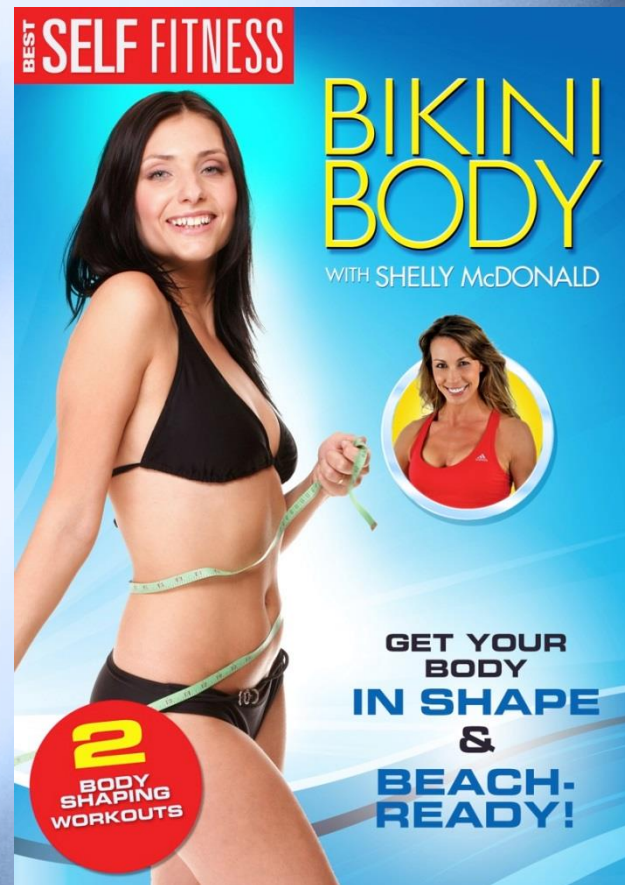
The different regimens are intended to be performed on different days, and should help lead to a more toned behind, stomach, and arms.

Target Audience:

Ages 18+

Notable Cast and Crew:

Shelly McDonald is recognized as one of the top fitness instructors and presenters in North America. Shelly has a degree in Physical Education from McGill University, is a college professor and the Fitness Director at the Montreal Athletic Association, one of Canada's oldest and most prestigious sports clubs. Shelly's approach to fitness, training and health is simple, it's all about balance and making fitness a regular part of your daily lifestyle. Take it day by day with a proper exercise program or participation in a lifetime sport and watch the benefits extend to all areas of your life.



Title	UPC	Item #	Format	Genre	SRP	Cost	Rating	Runtime	# Disc
Bikini Body - 2 Body Shaping Workouts	683904510976	51097	DVD	Fitness	\$9.98	\$xx.xx	Not Rated	1 hr 15 min	1