

At Home Fitness Gift Set-20 DVD Collection

Get Fit, Be Strong, Burn Fat, Live Healthy



\$59.98

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ITEM NUMBER	GENRE	RATING	RUNTIME	# of DISCS
MV89133	Fitness	TV-G	15 hrs, 12 min	20
COLOR	ASPECT RATIO	LANGUAGE	AUDIO	CASE
Color		English		14mm
PRODUCT SIZE	PRODUCT WEIGHT	CARTON SIZE	CARTON CT.	CARTON WEIGHT
7.5x4x5.5	1.8 lbs	21x10.5x8	9	17 lbs

Dancercise

Dancercise combines the exercise of aerobics and the steps and rhythm of dance, while improving muscular coordination and control. Instructor Denise Druce combines the latest trends and workouts with exciting routines for maximum aerobic weight loss.

Extreme At-Home Workout

If procrastination has kept you from staying on track then you are going to love these regimented workout programs. This workout set will help you achieve your most ambitious fitness goals!

Iron Core Kettlebell

These unique programs, developed by kettlebell expert Sarah Lurie, will appeal to men and women of all ages, recreational athletes and professional athletes alike, because they combine amazing strength training, muscle conditioning and cardio workouts simultaneously.

Kickboxing

Gain speed, balance and coordination while focusing on the art and style of kickboxing. Fitness experts Janis Saffell & Sensei Guillermo Gomez are known world-wide for their innovative workouts and presentations. Saffell has been featured numerous times on ESPN and instructed over 20+ top-rated fitness videos.

Total Yoga

The Total Yoga 4 Pack contains 4 Great Yoga DVDs taught by Ganga White and Tracey Rich, two of the world's foremost yoga teachers and founders of the White Lotus Foundation. The set includes Total Yoga: The Original, the perfect introduction to the many benefits of yoga, as well as the 3 supplemental DVDs in the Flow Series: Total Yoga™: Earth (level 1), Water (level 2) and Fire (level 3).

- **Over 15 Hours of Workouts on 20 DVDs**
- **Includes workouts for all ages and all levels of fitness**

Comparative Titles:	Nielsen Videoscanner LDT Unit Sales			
	Publisher	Released	MSRP	Units



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