**DVD Inventory and Description List**

1. **3 Flavors: Aerobic Dance Workout-African, Latin, and Hip Hop**
   - African, Latin and Hip-Hop - three 20 minute dance workouts to challenge your mind and body. Try them one at a time or string them together to make a varied and extended exercise session with increased intensity.

2. **Body Basic Weight Training Workout with Gloria Kamil**
   - Gloria Kamil's Body Basic Weight Training workout is a straightforward and easy to follow weight-training workout for every woman who wants to keep a tight, toned, shapely and feminine body. The Body Basic Weight Training Workout will strengthen and reshape your entire body with body contouring exercises for the lower and upper body using dumbbells and adjustable ankle weights that will challenge your body to become stronger and your muscles more defined. You will move rhythmically from one exercise to the next with active rest while focusing on form and range of motion. This mind to muscle weight training DVD workout will work your body from the bottom up, trimming, toning and shaping your thighs and arms from the top to the back, from the outside to the inside. It will slenderize your hips and back, lift and tighten your chest and buttocks and flatten and trim your midsection, those stubborn areas that demand special attention. To maximize your result, this DVD includes Gloria's Weight Training Guidelines and her Scroll for Staying Fit.

3. **Jump Rope for Weight Loss and Toning with Buddy Lee**
   - United States Olympian Buddy Lee teaches four easy steps to mastering the art of rope jumping for fitness, improved sports performance, weight loss and toning of muscles in only 5-10 minutes a day. You will learn the correct way to jump to build endurance and maximize your workout with Buddy's 15 key techniques and programs, designed for beginners to advanced fitness enthusiasts to competitive athletes looking for the winning edge. Buddy's instructional programs are used by U.S. Olympic coaches and athletes in over 25 sports. Instructor Buddy Lee used rope jumping as a key part of his wrestling training to develop into a 1992 U.S. Olympian in Greco-Roman Wrestling and he is a 10-time World Medalist and a 20-time National and Armed Forces Champion in three different styles of wrestling.

4. **Adult Workout Jump Rope DVD**
   - Cirque du Soleil star and U.S.A. rope jumping champion, Rene Bibaud, joins Mark to lead you through an enjoyable, non-intimidating workout. Rene and Mark mix rope jumping, calisthenics, weight training and stretching to give you a beneficial workout. You can adapt this workout to a pace comfortable to you by using Mark's innovative style of applying non-jumping skills. Rene's expertise demonstrates the option of enjoying a low-impact workout.

5. **Rodney Yee’s “AM Yoga for your Week”**
   - Because of our natural rhythms, daybreak is the perfect time to open our bodies and center our minds. Let Rodney Yee be your daily guide through these five 20-minute morning practices. Each workout focuses on a specific area to loosen your muscles, relax your mind, and energize you for the day ahead. Choose from Standing Poses, Twists, Backbends, Forward Bends and Hip Openers. It is simple enough for beginners, but effective for everyone.

6. **Rodney Yee’s “Yoga for Beginners”**
   - Get that long, lean yoga look while centering your mind and improving posture and flexibility. Yoga masters Rodney Yee and Colleen Saidman demonstrate all the basic poses in a detailed 40-minute Pose Training session. Learn accurate alignment, technique and how to avoid the
mistakes they see most often. Then, put those lessons into practice with two full-length workouts. The 20-minute Morning Workout will get your day off to a refreshing start, helping you awaken and energize. The 15-minute Evening Workout restores, relaxes and soothes. Choose full, in-depth guidance as you get familiar with the routine or opt for minimal conversation so you can take in the sights and sounds of beautiful Molokai, Hawaii.

7. **Step Tonic: “Dance Yourself Strong”**
   - Two non-stop workouts that combine edgy dance moves with innovative, add-on choreography. It feels like “dance aerobics on a step,” not traditional “step aerobics” (no endless repeaters here; this program is constantly changing). Each workout has five unique choreography blocks. The first four build in complexity and end with less dance and a more “power interval” segment (e.g. intense power jumps, burpees, etc.). The last block uses all the moves you learned in the initial four sections to create a super-fun, dance-aerobic “Finale.” Note: The first program is slightly easier than the second.

8. **Billy’s Bootcamp “Cardio Sculpt”**
   - A no-nonsense body-sculpting program that features lots of variety and a fluid, faster-than-usual tempo. It’s an all-standing workout designed to reshape your upper body as it provides a “light cardio” benefit. Billy makes it easy to follow by introducing each exercise with two slower sets (so you can learn the correct technique). Then he increases the intensity with a faster pace and more challenging variations. The moves are all familiar Tae Bo and muscle toning classics (e.g. squats, side-kicks, upright rows and bicep curls). DVD includes a 13-minute tutorial. Requires 3 to 5 lb. dumbbells.

9. **Jillian Michael’s “Ripped in 30”**
   - Four progressively-more-intense aero/tone interval programs. The first is less intense than the last, but none of them are “easy.” In fact, Jillian’s legendary in-your-face motivation is seen (“I want to see smoke coming off your butt!”). They are all structured in a consistently effective format, three minutes of toning, and two minutes of cardio and one minute of core work. The exercises are tough, often the most challenging variations of proven classics (e.g. not just basic crunches, but full sit-ups; not just jumps, but high-off-the-floor jumps). One exerciser does show easier options. Requires two sets of dumbbells (e.g. 3 and 10 lb.).

    - Non-stop aero/tone intervals — no breaks, no slowing down, no easy exercises. Bob’s encouragement is friendly but relentless: “let those arms burn,” “knees as high as you can get!” The toning intervals inter-mix weight-room exercises with unique balance and stability routines (e.g. working just one side of the body so the other side has to compensate). You also get intensified versions of familiar classics (e.g. squats with a jump, knee-to-elbow push-ups). The cardio segments are equally tough — lots of high-impact jumps, squats and plyometrics. The DVD’s second program is different; focusing on standing moves and the glutes. Both programs feature a stylish set and a unique split screen that shows some moves from two angles. Requires 3 to 10 lb. dumbbells.

11. **Bob Harper “Totally Ripped Core”**
    - More than just curls and crunches, these workouts feature a huge variety of diverse exercises. You’ll trim your waistline and make everyday activities easier by strengthening all the muscles that flex, extend, rotate and stabilize your torso. The moves are constantly changing, but always core focused. Sometimes, Bob utilizes ab-specific moves like planks, windmills and torso twists. Other times, he uses "lower body" exercises that contain a strong core element (e.g. dead lifts


and plyosquats). For even more variety, he also modifies tempos, creates unique exercise progressions and even integrates short "cardio bursts" (which help raise your heart rate). Requires 3 to 5 lb. dumbbells.

12. Amy Dixon’s “Breathless Body”

- A super-challenging workout that's guaranteed to burn fat and leave you breathless. This is true Tabata-style training: 20 seconds of flat-out cardio followed by 10 seconds of rest, repeated eight times. That's the first four minutes. Not quite breathless yet? Okay, now you'll repeat that four-minute cycle seven more times (using a different athletic drill in each cycle -- "power jacks," "core kicks," "pogo jumps," etc.). It's all super-tough, but Amy does offer some options -- each drill is shown at three different levels (e.g. low, medium, high jumps). Of course, Amy always encourages you to do the hardest version you possibly can ("I want you to go breathless!").

13. Kari Anderson’s Go: Step for Beginners

- As always, Kari’s movements are graceful and her cuing is flawless — it’s only the slower pace and simplified choreography that makes it “for beginners” (but even experienced steppers may enjoy these easy-to-follow combos). It’s not just an endless series of “up, downs.” Instead, you will smoothly transition from ultra-basic to more interesting patterns — from a classic “turn step” to an “around the world,” from a simple “knee up” to a “march on the board.” Kari keeps the tempo moderate and always previews the moves (while offering lots of options). For maximum versatility, the program has two sections: an easier first part and a slightly more intense second segment.

14. Billy Blanks “Favorite Moves”

- A classic Tae Bo workout that progressively builds in intensity. These moves must be Billy’s actual favorites because his entire class is having fun and Billy seems to be genuinely enjoying himself (e.g. big smiles, pumping his arms between sets). He also explains what each routine does and why he likes it (e.g. “I love this one; it really targets your hips”). Billy has lots of favorites so this workout is unusually varied — never more than 16 reps of anything. You will begin with simple punches/kicks and end with more challenging combos (e.g. “three jabs and a rear kick,” “jumping jack roundhouse”).

15. Dance with Lisa: “5 day Latin Dance”

- Five complete 26 to 31-minute workouts, each featuring just one Latin dance style. It’s a focused approach that lets you completely immerse yourself in the rhythms, movements and music of each dance (Cha Cha, Salsa, Merengue, Samba and Rhumba). Lisa Nunziella is an energetic and inspirational instructor. She starts with the basic foot patterns and then quickly adds in the fun stuff — pivots, slides and swivels … double steps, hip shakes and tempo variations. To maximize fat burning, she never really slows down (beginners can “learn on the go” or use the 15-minute tutorial). On-stage drum music. DVD also includes a 14-minute bonus segment that combines all the dance styles.


- Alternating intervals of easy-to-follow aerobics plus compound muscle toning. It’s intense, but also playful and fun. Patrick Goudeau’s infectious energy and honest encouragement are sure to keep you motivated (“oh my gosh, this is tough”). The non-dance cardio segments feature both step and floor aerobics — explosive and powerful moves like squat thrusts and jacks. The fast-moving toning intervals include flexibility and balance exercises. These routines creatively integrate multiple muscles into every movement (e.g. bicep curls while doing a one-legged squat as you’re standing on the step). Requires 3 to 10 lbs. dumbbells.
17. **Dance off the Inches: Fat Burning Belly Dance**
   - A surprisingly fast-paced fat-burner that integrates belly dance and Bollywood into traditional aerobic favorites. These total-body exercises are sensuous and fun with genuine heart-rate-raising movements (not endless, static hip rolls). The exercises range from classic ponies, grapevines and pivots to sexy “snakes,” “sunbursts” and shimmies. Kili Marti’s easy-to-follow instruction is friendly and straight-forward (e.g. “contract your abs and put some lift into your hips,” “come on, ribcage to hipbone!”). It’s all done to upbeat and motivating Middle Eastern instrumental music. DVD includes a 19-minute tutorial that teaches every move.

18. **Supreme 90 Day**
   - Ten no-nonsense, total-body workouts designed to completely reshape your body in 90 days. It's all based on "muscle confusion" -- a technique that constantly challenges your muscles with varying sequences of different exercises. All the workouts include carefully planned "work" and "rest" circuits (without specific rep counts -- you will do as much as you can in the time allotted). The exercises blend proven weight-room classics with newer "functional fitness" routines. The toning ranges from classic squats and bicep curls to multi-muscle training and kettlebell-style moves. The aerobic intervals are short but intense (e.g. "jump split lunges" and "high knee jogs"). Tom Holland makes the most of his equipment -- he matches the dumbbell weight to the exercise and often uses the stability ball as a weight bench to improve range of motion. Requires a stability ball and two sets of dumbbells (e.g. 5 lb. and 10 lb.). Includes a nutrition booklet and "90 day success chart."

19. **P90X**
   - The secret behind the P90X workout system is an advanced training technique called Muscle Confusion™, which accelerates the results process by constantly introducing new moves and routines so your body never plateaus, and you never get bored! Whether you want to get lean, bulk up, or just plain get ripped, there's an endless variety of ways to mix and match the routines to keep you motivated the full 90 days and beyond!

20. **Zumba Exhilarate DVD Experience**
    - Rock the pounds off to seven unique DVDs filled with red-hot dance steps, pulsating Latin and world rhythms, and exhilarating workouts of varying intensity:
      - •STEP BY STEP: A basic guide to break down the steps
      - •ACTIVATE: A 45-minute, easy-to-follow class to get you started
      - •RIPPED: Body sculpting featuring Zumba® Toning and Zumba Sentao™ programs
      - •EXHILARATE: The original full-length fitness-party experience
      - •RUSH: A 20-minute workout to amp you up
      - •MIX: A rhythmic journey around the world
      - •FITNESS CONCERT: Experience the party live

    - Two unusually smooth-flowing, unusually fast-paced Pilates workouts. The fluid motions make them fun; the quick tempo makes them challenging. These mostly floor moves are all core-driven — true to the original Joseph Pilates style. Only 8 to 10 reps each, the exercises just naturally flow from one to the next (e.g. “the hundred” gracefully transitions into a single leg circle). Kathryn Ross-Nash assumes you know basic Pilates moves and terminology. That allows her to maximize the intensity — and results — without slowing everything down with long explanations. Requires 2 to 5 lb. dumbbells.