

Original 29-MINUTE™ WORKOUT

AEROBIC WORKOUT is a four-stage exercise routine created to deliver maximum results in a minimum amount of time. Guaranteed to make you feel great!



1) WARM UP:

Slowly and effectively warms major muscle groups and the spine.



2) AEROBICS:

A quick-paced segment that helps maintain weight loss and improve the cardiovascular system.



3) MATWORK:

Specifically designed to develop the stomach and buttock regions.



4) COOL DOWN:

Helps ease the participant into a daily routine that encourages the healthy life.

Running Time: 30 mins.
Color

Guaranteed Superior Quality Video Tape and Recording

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VHS

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**Funk Factor Fat Burning Workout Vhs Tape 1992 Gray
David**

Arturo Cuomo



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