

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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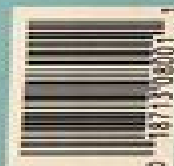
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Funk Factor Fat Burning Workout Vhs Tape 1992 Gray David

JR Anderson



Funk Factor Fat Burning Workout Vhs Tape 1992 Gray David:

Bowker's Complete Video Directory, 1998 ,1998 Glamour ,1992 Los Angeles Magazine ,2003-11 Los Angeles magazine is a regional magazine of national stature Our combination of award winning feature writing investigative reporting service journalism and design covers the people lifestyle culture entertainment fashion art and architecture and news that define Southern California Started in the spring of 1961 Los Angeles magazine has been addressing the needs and interests of our region for 48 years The magazine continues to be the definitive resource for an affluent population that is intensely interested in a lifestyle that is uniquely Southern Californian **Indianapolis Monthly** ,2001-12 Indianapolis Monthly is the Circle City s essential chronicle and guide an indispensable authority on what s new and what s news Through coverage of politics crime dining style business sports and arts and entertainment each issue offers compelling narrative stories and lively urbane coverage of Indy s cultural landscape **The Advocate** ,2004-08-17 The Advocate is a lesbian gay bisexual transgender LGBT monthly newsmagazine Established in 1967 it is the oldest continuing LGBT publication in the United States

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