

First of all, I have to mention, that I'm not a native speaker. Please apologize for my linguistic deficits.

I am a fitness freak since I am 16 years old. At first, I went to a gym, later I trained at home. Bit by bit I purchased fitness machines so that I had a small fitness gym by my own. After a while training with machines became too boring for me and I have realized how varied it is to work with weights, tube, eg. Besides you can achieve the same results. After a while, I have discovered my passion for cardio training, stepping, boxing, kickboxing, aerobic etc.

To get more variety in my training I started to buy fitness DVDs. In the meantime, I own over 100 DVDs and more are added regularly. Unfortunately, I have spent money on DVDs which I could have been saved. In my opinion, they were either bad or didn't fit my fitness level. That is the reason for this web-site.

As a certified instructor ([BSA](#)) and fascia trainer ([IST](#)) with years of teaching experience I want to help you to find the right fitness DVDs. I know every workout is a matter of personal taste. There are workouts and instructors which I dislike but maybe you find them great. That is the reason why I always try to find a trailer that you know what to expect from the DVD.

This web-site should not only be a help for you but also for me.

I have to keep the overview of all my DVDs. 😊

