

Language: English

Run Time: about 110 min.

Kind: Strength and Toning

Level I

Legs/Buttocks	11 min.	11 min.	15 min.
Arms/Shoulders	11 min.	11 min.	15 min.
Abs/Back	11 min	11 min	15 min

Level II

Equipment:

Dumbbells Effectiveness:



Instruction:





here available Motivation:



Level III

Denise Austin: Get fit fast

Written by Eva Sunday, 24 July 2011 19:00 - Last Updated Sunday, 21 August 2016 12:18