

Hallo {niceuserinfo},

there is a large amount of fitness dvds with various qualities adresssing different fitness levels. But which dvd is of good quality? **Which is most suitable for my specific fitness level?**

I have used all on this website described dvds. It is my goal to review every dvd corresponding to the level of a beginner, intermediate or advanced person.

If you want you can participate in commenting an existing review. You can also submit your own reviews. Every topic related to fitness is welcome.

As you can read, I am not a native speaker. In case I am using wrong expressions or translations please do not hesitate to correct me.

Please use the comment feature of this website.

Best regards

Eva

Fitness-Instructor □□□□□□
(Certified by German BSA-Akademie)

I wish you much fun on my Website.



Best regards

Eva