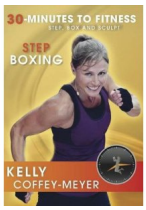

DVD

Language:	English
Run Time:	ca. 60 min.
Art:	Cardio/Step Workout
Workout I	23 min.+4 min. Warm up
Workout II	24 min.+4 min. Warm up
Cool Down/Stretch	5 min.

Effectiveness:

Instruction:

Motivation:

Equipment: Bench, optional Dumbbells