My personal Rating:
Let me give you some information to my rating, to help you to assess the necessary training level for a specific DVD:
Beginner: You have no fitness experiences, you are overweight or you are out of training for more than 6 months.
Intermediate: You perform sport or any kind of exercises regularly (2 to 3 times a week).
Advanced: You are very active in any kind of sports (4 or more times a week).
If you want to describe your own DVDs on this Website, please use this rating.
Please follow the health messages, which you can find on the DVDs/Video Cassettes. If you are not in good health or you feel unwell, please ask your doctor if and which kind of sport you are allowed to do.
Best regards Eva
{jcomments off}