

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

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