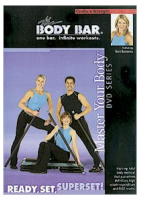

DVD

Language: English
Run Time: about 50 min.

Kind: Intervaltraining
Strength/Endurance

Warm up: 7 min.
Cardio/Strength 32 min.
Abs: 5 min.
Cool Down 6 min.

Equipment:

Stepboard, Body bar

Effectiveness:

Instruction:

Motivation:

here available trailer [illegible] and