

SOLID GOLD *5 Day Workout*

Starring the SOLID GOLD DANCERS
from the hit television series.



PARAMOUNT VIDEO PRESENTS "SOLID GOLD 5 DAY WORKOUT"
Executive Producer BRAD LACHMAN • Directed by LOUIS J. HORVITZ
Written by BRAD LACHMAN • Choreographed by KEVIN CARLISLE
Exercise Program Designed by SALLY LINDEN
Art Director RENE LAGLER
SOLID GOLD DANCERS
DARCEL • KAHEA • GAYLE • CHELSEA • TONY
COOLEY • DEBORAH • PAMELA

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Solid Gold Five Day Workout

M Lipman

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

Solid Gold Five Day Workout:

Ignite the flame of optimism with Get Inspired by is motivational masterpiece, Find Positivity in **Solid Gold Five Day Workout** . In a downloadable PDF format (PDF Size: *), this ebook is a beacon of encouragement. Download now and let the words propel you towards a brighter, more motivated tomorrow.

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