

Original 29-MINUTE™ WORKOUT

AEROBIC WORKOUT is a four-stage exercise routine created to deliver maximum results in a minimum amount of time. Guaranteed to make you feel great!



1) WARM UP:

Slowly and effectively warms major muscle groups and the spine.



2) AEROBICS:

A quick-paced segment that helps maintain weight loss and improve the cardiovascular system.



3) MATWORK:

Specifically designed to develop the stomach and buttock regions.



4) COOL DOWN:

Helps ease the participant into a daily routine that encourages the healthy life.

Running Time: 30 mins.
Color

Guaranteed Superior Quality Video Tape and Recording

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Stretch To Win Official 29minute Workout Vhs Video Tape

Ann Frederick,Chris Frederick



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Stretch to Win Ann Frederick,Chris Frederick,2014-05-10 For more than a decade the Stretch to Win system has been used by many elite athletes Now the same stretching matrix used by the pros is available for coaches and athletes looking to reach a higher level of performance

Enjoying the Tune of Term: An Psychological Symphony within **Stretch To Win Official 29minute Workout Vhs Video Tape**

In some sort of consumed by monitors and the ceaseless chatter of immediate communication, the melodic splendor and emotional symphony produced by the written term usually diminish into the back ground, eclipsed by the persistent sound and disruptions that permeate our lives. Nevertheless, nestled within the pages of **Stretch To Win Official 29minute Workout Vhs Video Tape** an enchanting literary value filled with fresh emotions, lies an immersive symphony waiting to be embraced. Crafted by an elegant musician of language, this fascinating masterpiece conducts viewers on an emotional journey, well unraveling the hidden songs and profound influence resonating within each carefully constructed phrase. Within the depths with this moving examination, we will examine the book is main harmonies, analyze their enthralling writing style, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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