

10 MINUTE Solution® Rapid Results PILATES



NO TIME TO EXERCISE?

We have the solution for you – the 10 Minute Solution! Everyone can find at least ten minutes in their day, and we've developed 5 dynamic Pilates workouts that are just 10 minutes each. The workouts were designed by internationally-recognized Pilates Instructor Lara Hudson using a technique called Power Precision Sequencing that is specifically designed to give you rapid results. These compact, ultra-efficient workouts fit into even the busiest of schedules. Split them into 5 separate workouts, or mix and match to hit your own unique problem areas ... or do all of them together for one total-body 50-minute Pilates workout!

▶ SUPER TONED BUNS & THIGHS

Tone, firm and sculpt your lower body while lifting your buns – this 10 Minute segment will give you the results you've been looking for!

▶ ARM & SHOULDER SHAPER

Get toned, sexy, sleek arms and shoulders with this Pilates-inspired program that incorporates light hand weights for dramatic, rapid results.

▶ WAIST SLIMMER

Flatten your belly and slim your waist with this super-targeted segment that focuses on toning your entire core.

▶ TOTAL BODY BLAST

This total-body conditioning segment is a real calorie burner – AND it's unique, fluid and fun!

▶ SLIM & SLEEK STRETCH

Increase your flexibility, improve your posture and get those famous long, lean body lines that Pilates is known for with the *Slim & Sleek Stretch*.

ABOUT THE INSTRUCTOR:

Lara Hudson is a Pilates Method Alliance Gold Certified Instructor and owner of Mercury Fitness Pilates Center (www.mercurfitness.com) in San Francisco, California.

Color / 54 Mins. / Not Rated

Produced and Directed by: Andrea Ambandos,
Dragonfly Productions, Inc.
Instructor: Lara Hudson

Please consult your physician
before beginning this or any
exercise program.

If you have any questions or comments about 10 Minute Solution Rapid Results Pilates write to: fitness@anchorbayentertainment.com

www.anchorbayentertainment.com/fitness

DVD Bonus!

Create your own custom workout by programming any of the five segments in the order you select.



10 MINUTE Solution® Rapid Results PILATES

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Rapid Results PILATES

10 MINUTE WORKOUTS TO SHAPE YOUR BODY

- ▶ SUPER TONED BUNS & THIGHS
- ▶ ARM & SHOULDER SHAPER
- ▶ WAIST SLIMMER
- ▶ TOTAL BODY BLAST
- ▶ SLIM & SLEEK STRETCH



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CREATE YOUR OWN CUSTOM WORKOUT!



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