

10 MINUTE Solution® **BLAST OFF Belly Fat**



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DV14644

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 workouts that are just 10 minutes each. The workouts were specifically designed to attack your midsection from every angle for optimum results. These compact, ultra-efficient workouts fit into even the busiest of schedules. Split them into 5 separate workouts or do them all together for one amazing, belly-fat-blasting workout!

DVD Bonus!

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

▶ FLAT BELLY FAST

Get a flat belly that will turn-heads. This core-focused segment zeros in on the deepest abdominal muscles with a singular goal: to flatten your belly *fast*.

▶ PILATES PERFECT ABS

Pilates is famous for delivering a sexy midsection without traditional crunches or sit-ups. This program delivers those Pilates Perfect Abs.

▶ BELLY FAT BLASTER

Toned, firm ab muscles can be hidden from view by a layer of fat. This standing segment will burn mega calories and bring you that much closer to revealing your chiseled ab muscles.

▶ AB RIPPER

Instructor Suzanne Bowen picked her favorite, most effective exercises and put them together into this powerful, 10-minute, all-out attack on belly fat.

▶ SIX PACK ABS

If you won't be satisfied until you have washboard abs, let's hit the floor and crunch it out with this jam-packed workout that will leave you well on your way to six pack abs.



ABOUT THE INSTRUCTOR:

Suzanne Bowen is an AFAA certified group fitness instructor from Nashville, Tennessee and has been a fitness professional for almost 10 years.

Color / 54 Mins. / Not Rated
Produced and Directed by: Andrea Ambandos,
Dragonfly Productions, Inc.
Instructor: Suzanne Bowen

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

If you have any questions or comments about 10 Minute Solution Blast Off Belly Fat write to: fitness@anchorbayent.com

www.anchorbayentertainment.com/fitness



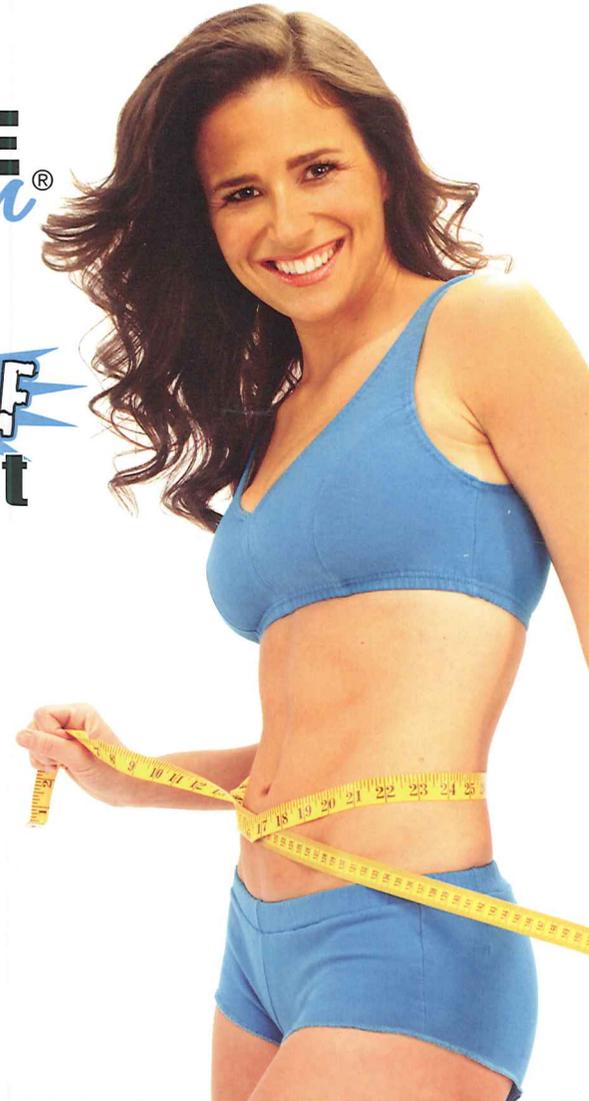
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10 MINUTE WORKOUTS TO TRIM, FIRM & FLATTEN YOUR MIDSECTION

- ▶ FLAT BELLY FAST
- ▶ PILATES PERFECT ABS
- ▶ BELLY FAT BLASTER
- ▶ AB RIPPER
- ▶ SIX PACK ABS



CREATE YOUR OWN CUSTOM WORKOUT!

