

10 MINUTE *Solution*™ **FAT BLASTING DANCE MIX**



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 fun and energetic dance routines that are just 10 minutes each. You'll get great cardio and toning benefits from the ten minute segments – designed to fit into even the busiest of schedules. Split them into 5 mini dance parties, or mix and match to hit your own unique problem areas ... or do all of them together for an incredible 50-minute dance blast!

▶ SIMPLE SLIMMER

"Get down" and shape up with some simple, fun dance moves that even a non-dancer can enjoy.

▶ CALORIE MELTDOWN

This segment takes it up just a notch – it's full of energy and a real calorie-burner.

▶ FAT BURNING PARTY

This dance party is for everyone – let loose, have fun and melt away those extra pounds!

▶ BUTT & THIGH BLASTER

The Butt & Thigh Blaster is more than a dance party – it's your way to finally get jiggle-free buns and thighs!

▶ AB ATTACK

Really whittle your middle as you move and groove. This set is specifically designed to attack and flatten those abs.

ABOUT THE INSTRUCTOR:

Jennifer Galardi (www.jennifergalardi.com) is a professional dancer and teaches at Equinox and Sports Club L.A. where she infuses her dance classes with personality and fun while emphasizing proper form and core stability that are necessary for dance as well as everyday life.

Color / 54 Mins. / Not Rated

Produced and Directed by: Andrea Ambandos,

Dragonfly Productions, Inc.

Instructor: Jennifer Galardi

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

If you have any questions or comments about 10 Minute Solution Fat Blasting Dance Mix write to: fitness@anchorbayent.com

www.anchorbayentertainment.com/fitness

DVD Bonus!

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



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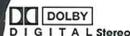
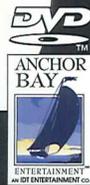
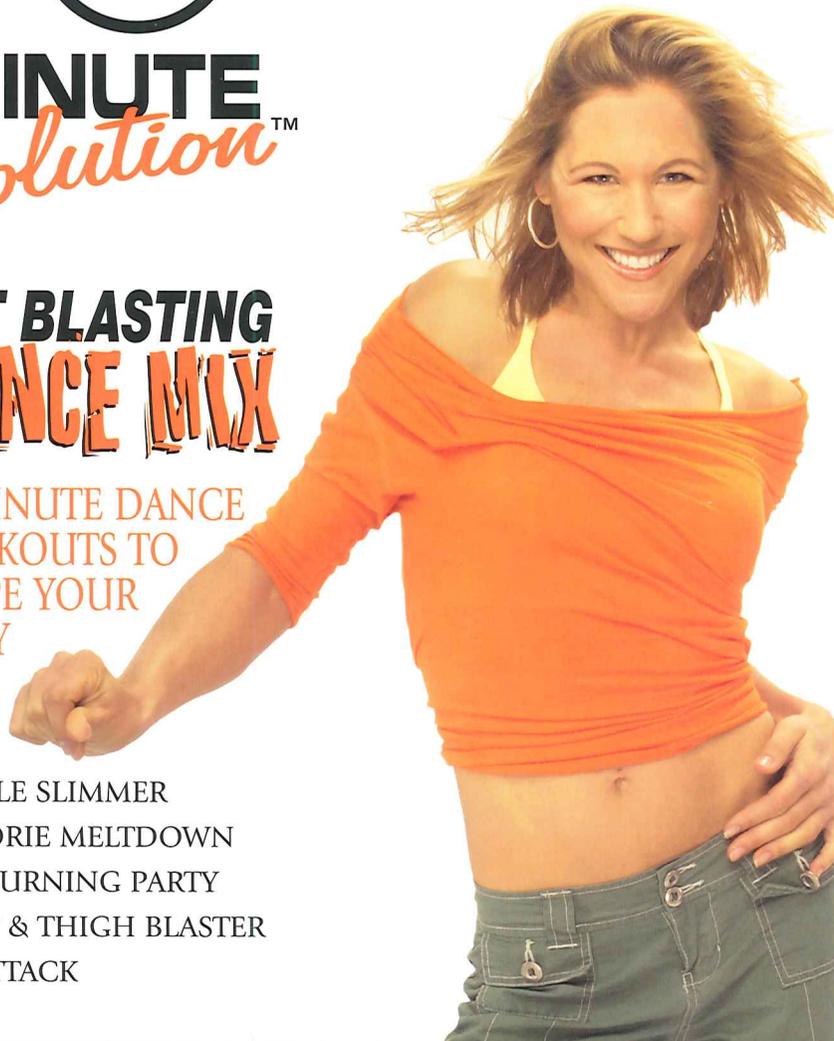
10 MINUTE *Solution*™

FAT BLASTING DANCE MIX

10 MINUTE DANCE WORKOUTS TO SHAPE YOUR BODY

- ▶ SIMPLE SLIMMER
- ▶ CALORIE MELTDOWN
- ▶ FAT BURNING PARTY
- ▶ BUTT & THIGH BLASTER
- ▶ AB ATTACK

CREATE YOUR OWN CUSTOM WORKOUT!



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