

AMERICA'S FAVORITE FITNESS EXPERT

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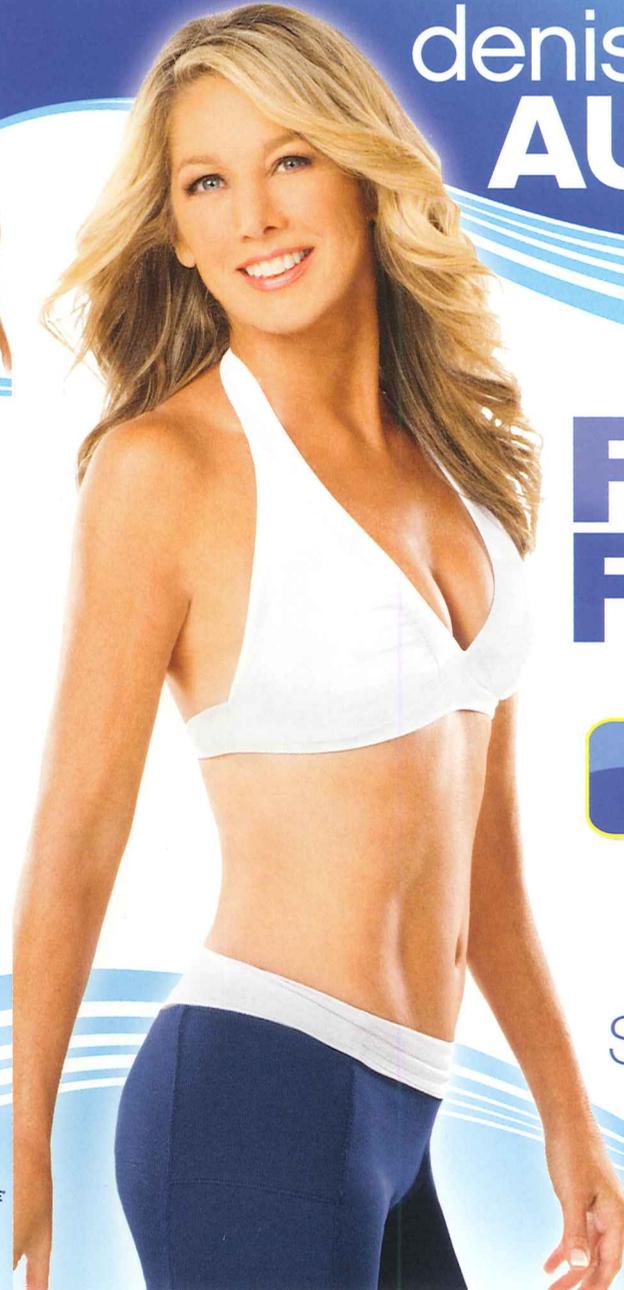
FIT IN A FLASH



FIT IN A
FLASH

7 MINUTE
SOLUTIONS

HEAD
to TOE
BODY
SLIMMING!



GET SLIM
in **7**

**NO MORE
EXCUSES!**



Denise Austin wants you to have the body you've always wanted in 7 minutes! Ignite your metabolism and start shedding pounds and inches with Denise Austin's 7-minute solutions. **FIT IN A FLASH: 7-MINUTE SOLUTIONS** delivers 7 dynamic workouts focused on cardio, strength training and toning in quick 7-minute slimming workouts. Start with the Level 1 workouts, and when you're ready, advance to Level 2. When you're feeling good, combine the workouts for a total-body blast that will get you **FIT IN A FLASH!**



WARM-UP

Wake up your muscles with invigorating movements to get your body warmed up.

CARDIO - Levels 1 & 2

Burn fat and calories with these heart-pounding cardio moves.

TOTAL-BODY TONING - Levels 1 & 2

Firm up while you strengthen and tone your body from head to toe with dynamic strength moves.

UPPER BODY

Sculpt your upper body with moves that will tighten up tough trouble areas.

LOWER BODY

Slim and firm your butt, hips and thighs with signature moves that deliver results.

ABS, WAIST & CORE

Whittle down your middle with exercises that flatten your belly and tighten your core.

COOLDOWN

Wind down your workout with a series of stretches that will bring your heart rate back to resting.

Hand weights are recommended.

DVD SPECIFICATIONS

Custom Workout Option • Music-Only Option • English 2.0 Dolby Digital Audio

NOT RATED



LIONSGATE

[NYSE: LGF]
www.lionsgatedvd.com

2012 • Color • Feature Run Time Approx. 63 Minutes

Produced and Directed by Cal Pozo. FITVID Productions LLC. Original music by Ralph Carter. Always consult your physician before beginning any exercise video. Dolby and the double-D symbol are registered trademarks of Dolby Laboratories. *Fit in a Flash*, Artwork & Supplementary Materials © 2012 Lions Gate Entertainment Inc. All Rights Reserved. Lionsgate, 2700 Colorado Avenue, Santa Monica, California 90404. Printed in U.S.A.

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