

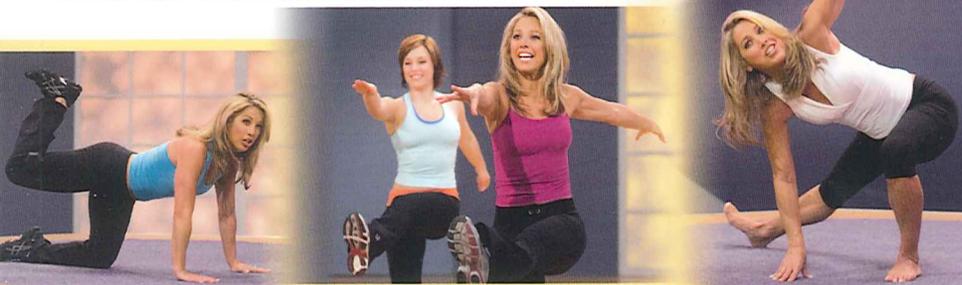
# DENISE AUSTIN

## GET FIT

# DAILY DOZEN

### 12 MOVES IN 12 MINUTES

Denise Austin does a body good with her effective new workout system, **GET FIT DAILY DOZEN**. With 12 easy exercises in 12 minutes a day, you can get and stay fit with a program that fits your schedule. This slim-quick system includes five 12-minute workouts with a different move for every minute to trim and tone from head to toe. It's never been easier or more fun to get your daily dose of exercise!



**A NEW WORKOUT FOR EVERY DAY!** TRIM HIPS, THIGHS, BUTTOCKS AND WAIST  
SHAPE ARMS, CHEST, BACK AND ABS

MONDAY	Cardio-Athletic Fat Blast	12 Min.
TUESDAY	Lower Body Sculpt / Abs	12 Min.
WEDNESDAY	Cardio Kickbox Burn	12 Min.
THURSDAY	Upper Body Sculpt / Abs	12 Min.
FRIDAY	Cardio-Athletic Fat Blast or Cardio Kickbox Burn	12 Min.
SAT. & SUN.	Yoga Stretch	12 Min.

**SPECIAL FEATURES:** Full Screen Version, 2.0 Dolby Stereo Surround, Digitally Mastered, Custom Workout Interactive Option, Music-Only Option

Produced and Directed by Cal Pozo. FITVID Productions, Inc. Original Music by Ralph Carter. Always consult your physician before beginning any exercise video. Dolby and the double-D symbol are trademarks of Dolby Laboratories. © MMVIII Lions Gate Films Inc. All Rights Reserved. Lionsgate, 2700 Colorado Avenue, Santa Monica, California 90404.

[Hand weights recommended.]

**FULL SCREEN**  
1.33:1  
DVD SCREEN FORMAT

NOT RATED

DIGITALLY  
RESTORED

DOLBY  
DIGITAL 1

CC

DVD  
VIDEO



2008 • Color • Feature Run Time Approx. 65 Minutes

LIONSGATE  
[NYSE: LGF]

www.lionsgatedvd.com Printed in U.S.A.

# DENISE AUSTIN



# DENISE AUSTIN

## GET FIT

# DAILY DOZEN

### 12 MOVES IN 12 MINUTES

**A NEW WORKOUT FOR EVERY DAY!**



GET FIT  
DAILY  
DOZEN

CC

DVD  
VIDEO

LIONSGATE