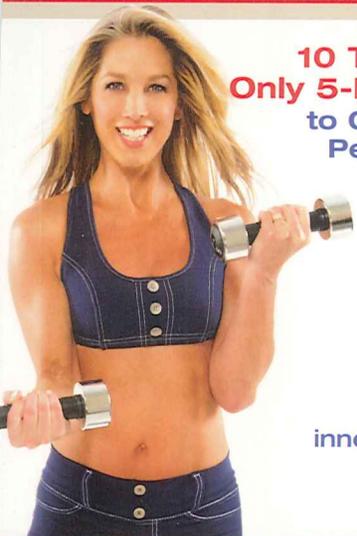


# DENISE AUSTIN



**10 Target Toners**  
**Only 5-Minutes Each**  
to Customize Your  
Perfect Workout!

- ab chiseler
- thigh trimmer
- chest firmer
- back sculptor
- arm shaper
- shoulder definer
- hip slimmer
- inner-thigh tightener
- waist cincher
- bun lifter

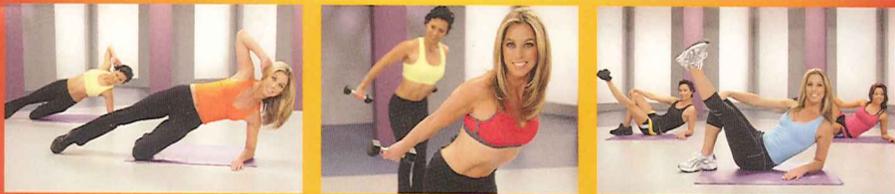


HIT THE SPOT

**10** five-  
minute  
**TARGET TONERS**



DENISE AUSTIN



DVD also includes a 5-minute warm-up and cool-down to complete your toning workout!

### Target Tone from Head to Toe!

Treat yourself to a magnificent total-body toning workout that targets your upper- and lower-body, as well as your midsection to shed inches and sculpt a lean, strong and healthy body. The best part is, these incredibly effective target toners can be combined or worked individually to customize routines that suit your body-sculpting goals as well as your mood. So get target toning and get fit fast!

[You will need a set of hand weights and a chair.]

#### SPECIAL FEATURES

Full Screen Version, 2.0 Dolby Stereo Surround,  
Digitally Mastered, Custom Workout Interactive 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. Program Content and Package Artwork: © MMVII Lions Gate Films Inc. All Rights Reserved. Package Design and Summary: © MMVII Lions Gate Entertainment. All Rights Reserved. Lionsgate, 2700 Colorado Avenue, Santa Monica, California 90404.

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

NOT RATED

DIGITALLY  
MASTERED

DOLBY SURROUND

CC

DVD  
VIDEO

FITVID

2007 • Color • Feature Run Time Approx. 60 Minutes

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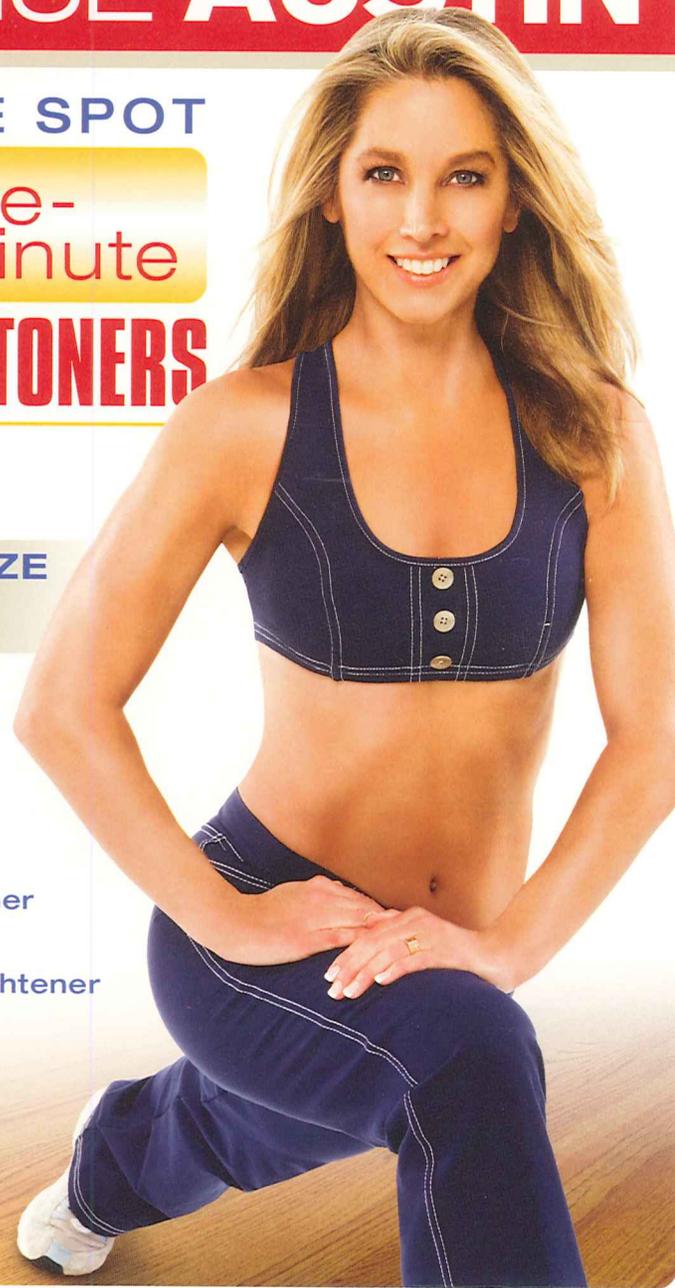
# DENISE AUSTIN

HIT THE SPOT

**10** five-  
minute  
**TARGET TONERS**

**CUSTOMIZE  
YOUR OWN  
WORKOUT!**

- ab chiseler
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- hip slimmer
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HIT THE SPOT  
**10** five-  
minute  
**TARGET TONERS**

CC

DVD  
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