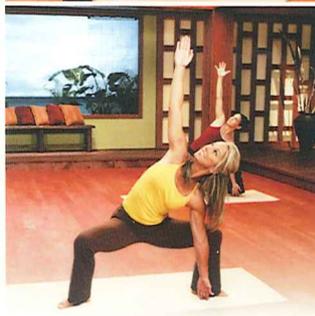
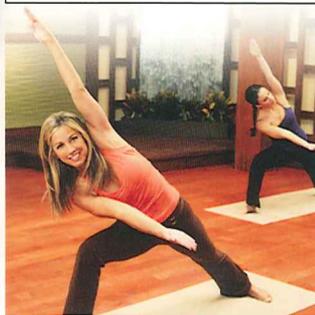


DENISE AUSTIN

**Energize**  
*Your Spirit*  
**As You Reshape**  
*Your Body!*

In **YOGA BODY BURN**, guru Denise Austin guides you through a dynamic vinyasa of fat-blasting workouts designed to burn fat, sculpt lean legs, flatten the tummy, and rejuvenate the body. Whether combined or worked individually, these yoga workouts will melt away fat and improve your body's overall tone and flexibility in no time. Namaste.



**YOGA BURN**

Ignite the body's internal furnace with aerobic-paced yoga moves that burn calories for an incredible fat meltdown.

(20 Minutes)

**YOGA LEGS**

Target-tone leaner, longer legs with dynamic yoga poses that challenge balance, flexibility and strength.

(10 Minutes)

**YOGA ABS**

Strengthen and shrink your midsection using core-focused yoga moves to define a trimmer, tighter tummy.

(10 Minutes)

(You will need a yoga mat.)

**EXTRA! YOGA RELAX**

Quiet your mind with a series of gentle yoga stretches that rejuvenate and refresh the body.

(10 Minutes)

DENISE AUSTIN

Yoga  
BODY  
BURN

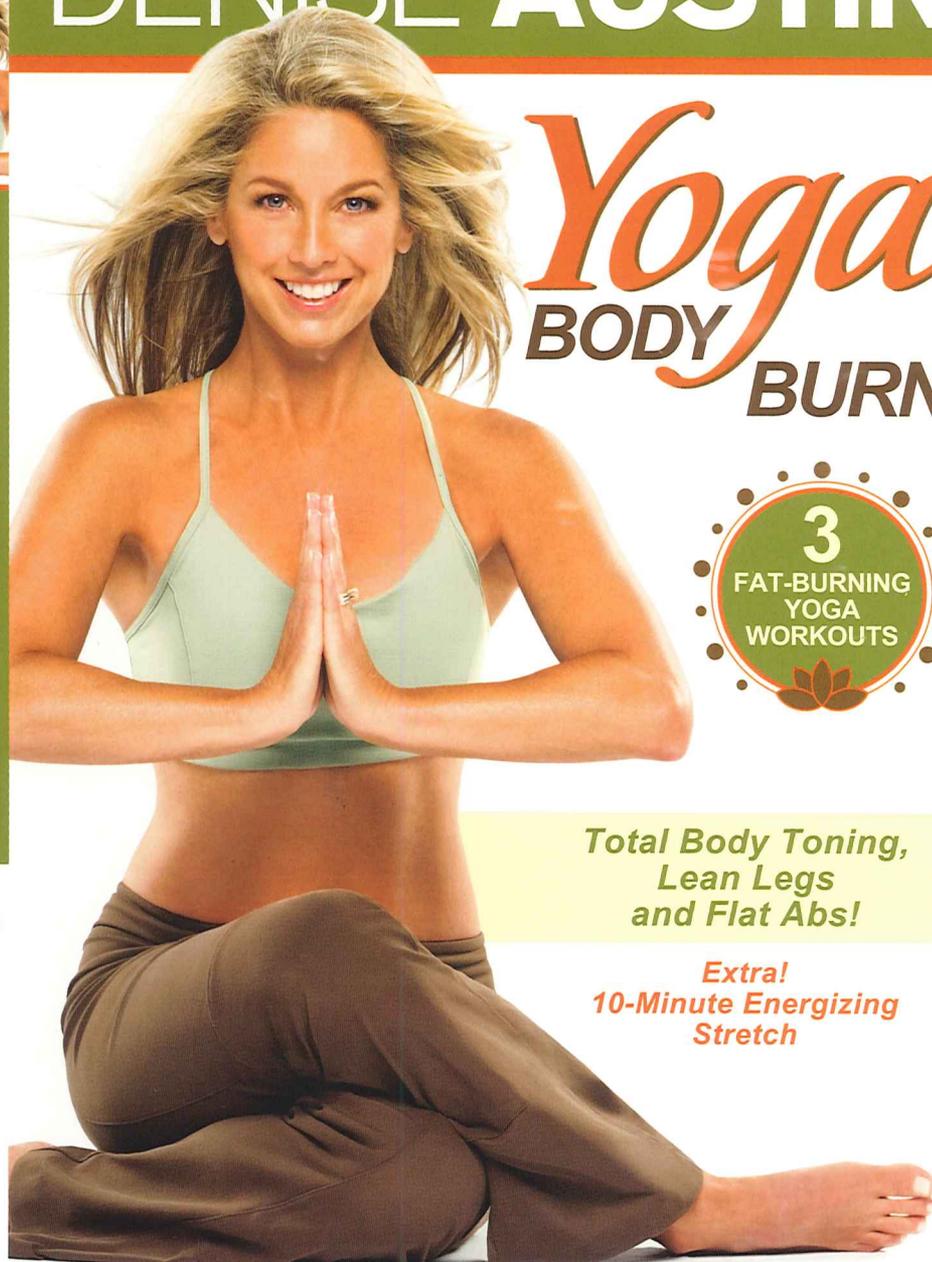
DENISE AUSTIN

*Yoga*  
**BODY**  
**BURN**



Total Body Toning,  
Lean Legs  
and Flat Abs!

Extra!  
10-Minute Energizing  
Stretch



**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. 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.

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