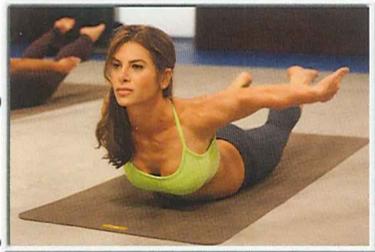
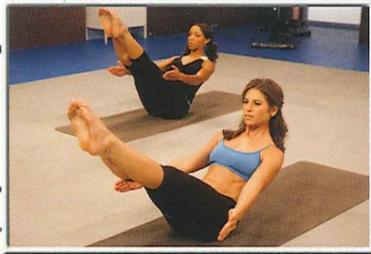


TURN UP THE BURN AND LOSE UP TO 5 POUNDS A WEEK!

When it comes to fitness, **JILLIAN MICHAELS** is all about fast results! Now TV's toughest trainer combines her hard-core fitness techniques with the sculpting power of yoga for an intense workout designed to melt away stubborn fat fast. **YOGA MELTDOWN** includes two complete 30-minute workouts. Begin with **LEVEL 1** and then progress to **LEVEL 2** for a more intense burn to gain strength and lose serious weight. It won't be easy, but with Jillian by your side, you *can* do this. So get up, get movin', and lose big now!



YOGA LEVEL 1



YOGA LEVEL 2

Two complete 30-minute workouts with a warm-up and cooldown

- LEVEL 1**
 Begin with a gentle vinyasa, then punch things up with key yoga poses combined with Jillian's signature moves that focus on flow and form to keep up the burn. Finish with a muscle-soothing cooldown. (Approx. 30 Min.)
- LEVEL 2**
 Warm up the body, then jump into a more vigorous flow of yoga poses that challenge balance and stamina with dynamic movements to incinerate fat and burn mega calories. Calm your mind and your heart rate with an essential cooldown. (Approx. 30 Min.)

A mat is recommended if exercising on a hard surface.

DVD SPECIFICATIONS: Full Screen Presentation • English 2.0 Dolby Digital Audio • Spanish 1.0 Audio

LIONSGATE
[NYSE: LGF]

NOT RATED

CC

DVD
VIDEO

DOLBY
DIGITAL

Exercise TV

2009 • Color • Feature Run Time Approx. 66 Minutes

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FULL SCREEN
1.33:1
DVD SCREEN FORMAT

LOSE UP TO 5 POUNDS A WEEK!



JILLIAN
MICHAELS

YOGA
MELTDOWN

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DVD
VIDEO

LIONSGATE

YOGA MELTDOWN



BURN
MEGA CALORIES
for a Total Body
Workout!

LEVELS 1 & 2
WORKOUTS

JILLIAN
MICHAELS