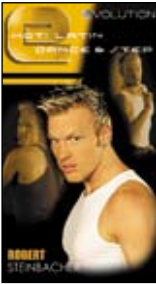




BODY BY BODYART

With Robert Steinbacher & Alexa Le • 120 min • VHS > VBODYBY226B

By mixing different modes and styles Body By BodyART enables you to achieve a new state of stability using your own body. With original and mindful sequences and a realistic sensibility the BodyART team leaders Robert & Alexa are able to increase your focus, your awareness and most importantly your sense of well being. This video in particular is aimed at teachers and students alike. Teachers will take great inspiration from the innovative sequencing of movements as well as the presenters succinct and stimulating delivery and style. Students wishing to really enjoy a well rounded and functional Body & Mind workout will revel in its simplicity and functionality. The workout is 2 hours in length and has been split up into individual sections allowing you to choose which "focus" elements you prefer to work on.



HOT! LATIN DANCE STEP

With Robert Steinbacher • 95 min • VHS > VHOTLAT085C

Robert is fast becoming an institution in the global fitness industry. Famed for his explosive movement style and finely tuned teaching skills he is a master on the fitness scene and a maestro in the dance world. This video provides proof with a showcase of his two fortes. It begins with some superb step sequences that focus on dance on, over and around the platform. It concludes with a Robert specialty; Latin inspired Dance. He easily transforms previously simple dance sequences into fiery and hot Latin sensations. This video shows that movement & emotion are the backbone to Roberts appeal and with him you to will find the inner power & fire.

BURN & TONE - Interval Cardio & Muscle Training

With Jutta Schuhn • 70 min • VHS > VBURNT0024

See how effective just one hour can be by alternating cardio and toning components into one workout. Divided into separate segments of easy to follow step training, that focuses on cardio over brain workout and followed by resistance and muscle training exercises, this workout is a must for anyone looking to Burn & Tone. Viewers are urged to achieve their goals by maintaining their own pace and gauging their success on their own terms. Making this video a must for anyone wanting to find a sense of strength and well being within themselves. A workout for all your bodies needs, this interval training video will motivate and inspire you. Designed for students and instructors alike Jutta; with her many years of presenting and education expertise, seamlessly links together clear and functional elements assuring a great workout in just 60 minutes.

BBP & MORE

With Jutta Schuhn • 60 min • VHS > VBBPMOR026

This video is not only perfect for instructors to get inspiration and new body conditioning new ideas but it is also a great home workout as well! Jutta's easy to follow instruction matched with effective and functional exercises will help tone and strengthen all the important muscles. With a focus centered on strong abdominals, buttocks and thighs, Jutta shows how easy it is to have a motivating and effective workout without using any equipment. This really is the most effective and fun way to workout for every body.

German spoken video!

MIND OVER MATTER Body Conditioning, Strength, and Core

With Adi Rothman & Yoav Avidar • 90 min • VHS > VMINDOV080

This is a precious fusion of "his" innovative strength exercises coupled with "her" magical, rhythmical sequences. A melody of sensibility and sensitivity that just might be your most memorable encounter with love at first sight. Packed and overflowing with revolutionary sequences, this video incorporates today's "buzzwords" that are an absolute must in any fitness professional's repertoire or fitness enthusiast's regime.

Filled with mindful & clear execution & technique as well as smooth, easy to follow cues you will begin to understand how this fitness duo are the perfect match. With graceful implementations of logical kinesiology, calming instruction and pure movement, enter a new world through this pure strength, stability & balance, core & power, mind & body conditioning video.

CONTAGIOUS CHOREOGRAPHY Stepindipity & Steptococcus

With Adi Rothman & Yoav Avidar • 76 min • VHS > VCNTAG085

This two part, double bill, triple threat feature has over double the step choreography compared to a normal video release and is triple the value including original & ornate new blocks, finely tuned breakdown tips and pulsating personalities from the "Dynamic Israeli Duo".

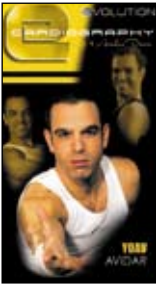
Section 1 Stepindipity - Adi Rothman: Adi Rothman's delightfully insightful & inspirational creations are joyfully incorporated into this truly overloaded step dance session. Within minutes the "Princess of Step" will have you posing like one of "Charlie's Angels" and twisting like only your folks knew how. After Adi puts it all on display with easy to follow layering and catchy cueing, you might even catch some "Saturday night fever" This is an inspirational and astoundingly original set of choreography masterpieces and is sure to have you yippy, skippy and stepindipity all the way through your own classes.

Section 2 Steptococcus - Yoav Avidar: Warning: Highly Contagious!!! This video is going to be your all in one "Creativity Flu" shot for the year. Let Yoav vaccinate your choreography with terrific tips for creating perfectly balanced workouts and loads of challenging, tap free, super dance style choreography. All wrapped up with a healthy spoonful of logical teaching techniques and smooth as syrup style. So get ready to take part in this dangerous mix of creativity and logic! This is not your grandma's Chicken Soup...its even better...its Soupendous!

CARDIOGRAPHY - Step & Aerobic Dance

With Yoav Avidar • 95 min • VHS > VCARDI0018

This rhythmic biography tells a personal tale of curious creativity, mindful thought and tailored technique. Each move and phrase has been delicately put together by world renowned "author" Yoav Avidar who brings you the whole story and more. Without sacrificing a single detail he effortlessly moulds and manipulates a feature length masterpiece. In this heart racing, mind teasing, leg lifting step and aerobic dance epic you will find a real mind and body workout with choreography that is sure to be this year's number one bestseller.



SYMMETRICAL STEP

With Rebecca Small • 60 min • VHS > VSYMMET247B

Experimenting with rhythm and direction variations, Rebecca's promise to deliver solutions and ideas in the shape of new sequences never before seen is fully realized. Even if you are new to teaching this video offers something for anyone. Always beginning with the basics and then observing fluid yet flawless, logical learning curves, Rebecca's gradual ascent towards original and achievable choreography ensures that you develop your own teaching skills along the way. You'll appreciate the cutting edge choreography, immaculately broken down and layered to perfection.



COMBO MANIA

With Steve Schiemer • 60 min • VHS > VCOMBOM246B

In this two part video release Steve takes you through some of his latest and greatest step choreography. Starting with easier blocks, Steve slowly ups the pace till he has you performing patterns you never thought possible. He then uses the same seamless skills to work wonders with Aerobic choreography. Both segments are jam packed with new and original choreography sequences allowing for a multitude of possible variations. All of the choreography in this video is multileveled allowing the viewer to choose specific points in a combination progression to use for particular students skill level. Subsequent layers end elements can be saved and used at a later time, meaning greater choreography mileage.



DANCE SENSATIONS

With Jessica Exposito • 60 min • VHS > VDANCES245B

Who better to show you how to dance that Latin sensation Jessica Exposito? With her relaxed and effortless style she weaves magical movements and creative layers from humble beginnings into Dance Sensations. Jessica uses a traditional and yet original layering method that allows all teachers with any background to follow and teach this style of dance choreography. Showing both Aerobic Dance and Latin dance styles this video really lets this new evolution video star shine. Viva Espana!



DANCE OFF

With Robert Steinbacher • 70 min • VHS > VDANCE0242B

A double bill from the master of movement and all things Dance! Robert has jammed this new release full to the brim with new ideas for Dance, Latin and Step classes. The video is partitioned into a hot dance step workout that incorporates fluid and intricate step routines that begin sublimely and simply but end with a flourish of dance inspired layers and grace. The Dance / Latin section shows you just the way to take simple rhythmic movement and easily turn them into movement masterpieces. When Robert invites you to a Dance Off!...you must comply!

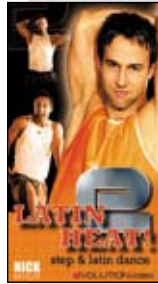


BODY ART 2

With Robert Steinbacher • 60 min • VHS > VBODART231C

Aus diesem Ansatz hat BodyART ein Video entwickelt, das sich mit der Korrekten Ausführung, der Technik und den "basic cuings" verschiedener Übungsabfolgen auseinander setzt. Oft gesehene exercises aus den verschiedenen Body/Mind Trends werden in der Essenz erfasst und erklärt. Dies hilft Dir als Trainer, die Übungen zu verstehen und fundiert in deine Unterrichtslektion einfließen zu lassen.

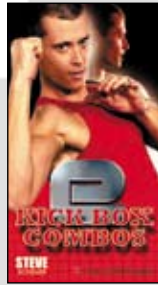
Im Unterschied zu den herkömmlichen Videos, hat das BodyART Video keinen ausführenden Instruktor, sondern richtet den Fokus auf den ausführenden Teilnehmer. Das erlaubt Dir einen Einblick zu bekommen, wie man als Trainer seine Teilnehmer verbal und taktil in die richtigen Positionen und Abfolgen führen kann.



LATIN HEAT

With Nick Beyeler • 60 min • VHS > VLATHEA248B

Another great evolution double bill from a double twisting World Aerobic Champion. Inspired by the samba, rumba and the cha cha, Nick effortlessly transforms basic steps into fantastic segments of choreography that focus on the elegance and musicality within movement. A choreography heavy video that supplies inspiration for both Step and Latin / Dance aerobic choreography classes. With tons of infectious attitude and passion this is a temperamental workout for the mind the body and the booty!



KICK BOX COMBOS

With Steve Schiemer • 60 min • VHS > VKICKBO107B

If its Kick Box combinations you want...look no further. With a major focus on technique, this video will improve not just what you teach, but more importantly how you teach it! Borrowing from such diverse styles as Boxing, Tae Kwon do, Kung-Fu, and Kick Boxing, Steve will show you step by step the process for both technique training as well as for learning, building and then teaching the sequences. All techniques and choreography are performed evenly on both right and left sides of the body, creating a balanced and safe workout.

With his own powerful style and traditional background Steve's assured approach and presentation ensures that this is as close to real martial arts fighting as you can get.



SUPER STEP

With Rebecca Small • 65 min • VHS > VSUPSTE21C

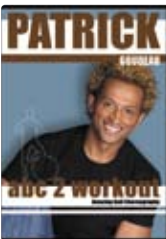
The Queen of step is back! Four complete classes have been taught in one short hour, giving you maximum choreography value. Using her unique "Balanced Way" method, Rebecca never takes any short cuts. This video supplies you the instructor with all the teaching techniques and information needed to deliver these amazing multi levelled combinations to your students straight away. Rebecca guarantees that all of the combinations and learning curves are completely symmetrical, perfectly balanced and 100% cool. If you are looking for a video that delivers 'just what it says on the pack' and enough ideas to last you a whole year then Super Step, Rebecca's latest instalment of genius combinations, is just for you.



DANCE MOVES!

With Patrick Goudeau • 50 min • DVD > ADANCE064

Tired of the same old routine, day in and day out? Then this is the workout for you... no rules, no boundaries, just music and movement!! Aerobic choreography redefined through dance... and with a familiar lunge or chase, you won't be completely lost - but do expect a challenge to move your body in ways it may not be accustomed to!!! Release your inner self and your hips will follow!



ABC 2 WORKOUT

With Patrick Goudeau • 50 min • DVD > AABC2062

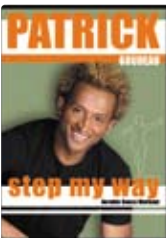
Amazing Ball Choreography... continued! The cardio ball workout that has everyone talking... more fun and more movement to keep your heart rate up and that smile on your face! Who knew the stability ball could be so effective and so much FUN!? So get ready, Aerobics + Balls = Cardio... the formula's the same, the results even better!!!!



KITCHEN SINK CONDITIONING

With Patrick Goudeau • 50 min • DVD > AKITCHE063

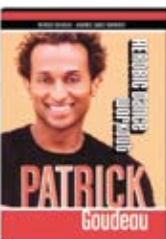
Everything BUT the kitchen sink is used in this highly imaginative total body workout. Increase your strength and endurance while improving your cardiovascular fitness as well. Literally using whatever you can get your hands on; this workout will cook up an endless array of creative and tasty sculpting drills. Efficiency and results are the key elements in this functional feast that will keep you coming back for seconds! The variety will spice things up and the results will hopefully inspire you to stay OUT of the kitchen.



STEP MY WAY

With Patrick Goudeau • 50 min • DVD > ASTEPMY065

Definitely not the only way, but my way... advanced, creative, dynamic and athletic. A unique style of step that is completely satisfying to both mind and body! Logical, progressive movement from one step to the next! The choreography not only works, but it feels good and you'll learn how to do it... my way. Then once you have it... work it out and do it your way!!!!

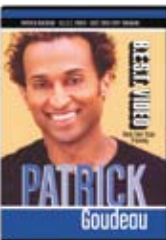


AEROBIC DANCE WORKOUT

With Patrick Goudeau • 45 min. • DVD > AAEROBI033

Do you like to dance? Do you like fun, hi/lo aerobic choreography? Well, look no further; Patrick presents his Aerobic Dance workout that combines the best of both!

Just when you mastered the 'shake' in your 'groove' and the 'dip' in your 'hip', the movement explodes into a lunge or a knee lift. Non-stop exercise with a bit of a twist and a whole lot of fun!

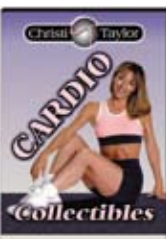


B.E.S.T VIDEO

With Patrick Goudeau • 50 minutes • DVD > ABEST034

Patrick has put together the Best Ever Step Training video on the market! This diverse combination of non-stop exercises will keep your body moving and your heart rate pumping!

And with so many options and variations, this workout will inspire you to master all the moves - including "The Wizard" (yes, it's back!) and the "Boomerang" to name a few.



CARDIO COLLECTIBLES

with Christi Taylor • 65 min. • DVD > ACARDIO133

Brilliant choreography, high energy and outstanding music! Introducing Christi Taylor's Cardio Collectibles! This 1/2 Step and 1/2 High-low workout is loaded with hot music, innovative choreography, and is bursting with energy - all delivered in Christi's signature "girl-next-door" teaching style. No one matches her instructional precision or contagious joy of exercise. Get ready to sweat with a smile.

- Warm-up, 30 min. step, 30 min. high-Low, cool-down and stretch



STEP UP

With Patrick Goudeau • 60 min • DVD > ASTEPUP159

Take charge of your workout with this amazing, nonstop step routine. It's time to overcome your fear of turns and spins - challenge yourself and have FUN doing it! Creative choreography doesn't have to weigh you down... STEP UP with Patrick and never look back!

Patrick Goudeau is a NIKE Fitness Athlete and a former U.S. National Aerobic Champion. In addition, he is a featured instructor on "All-Star Workouts", the popular fitness show from The Discovery Channel and FitTV! Known for his creative choreography and passion for movement, this celebrity fitness trainer has released 14 highly acclaimed workout videos and is one of the most sought-after instructors in the world.



M.A.D. MOVES plus

With Patrick Goudeau • 80 min • DVD > AMADMOV160

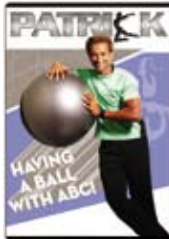
More fun and more sweat can only mean More Aerobic Dance MOVES. A sizzling cardio jam plus an incredible toning routine equals two great workouts in one! Do one or the other or both... the choice is yours and the results are HOT! So don't get MAD... get moving, get lean and let's dance!



DUMB TRAINING

With Patrick Goudeau • 50 min • DVD > ADUMBTR161

You're no dummy if you choose to train smart! Using your body weight and dumbbells only, this workout combines two or more exercises for maximum results in the shortest amount of time. Throw in some dynamic cardio intervals and you've got one clever, fat-burning routine! Absolutely genius...



HAVING A BALL WITH ABC!

With Patrick Goudeau • 60 min • DVD > AHAIVING162

Getting in shape should be fun and ABC makes it easy. So if you're not on the ball, what are you waiting for? Start bouncing and you too will have a blast with Amazing Ball Choreography...the dynamic cardio routine named the "Most Innovative Workout" of 2005 by Health Magazine.



BODY DESIGN

With Patrick Goudeau • 85 min • DVD > ABODYDE114

Increase your strength and endurance while improving your cardiovascular fitness in this highly imaginative, total body workout. This routine tackles the most challenging body sculpting dilemma - hot to be efficient yet creative. Using a weighted bar and step, along with continuous, intense movement, redesign your body into one that is sleek and toned. Challenge yourself to do the entire workout or choose from 5 different designs to accommodate your workout schedule and/or your fitness goals. Everything you want and so much more!



DANCE REMIX

With Patrick Goudeau • 60 min • DVD > ADANCER115

Aerobic choreography remixed through dance...and probably the most extreme dance workout ever! Fun and fast-paced, this workout shows you just how easy it is to add jazz, hip/hop, Latin and of course, "The Laker Girls", to any cardio workout. First, watch move is taught slowly to the beat of hot, club music and then Patrick picks up the tempo and look out! Expect some drama! Once your body settles and the magical performance is revealed at the end, something else becomes clear - the beauty of dance!



STEP APPEAL

With Patrick Goudeau • 65 min • DVD > ASTEPAP116

You've come to the right place for exciting solutions on how to make the most of everyday step workout. Step Appeal looks at choreography with a fresh eye and offers tips for turning great ideas in reality. No up, up down, down here... instead, how about "kick 'n go" "hip hop rock" and "go to the dance?" Each combination features a basic foundation and depending upon your fitness level, Patrick proposes layers upon layers of intensity (and maybe a few turns) to improve the overall workout. A "virtual makeover" right before your eyes!



MISSION: POSSIBLE

with Christi Taylor • 50 min. • DVD > AMISSIO134

Step and multi-impact aerobic workout for beginners: easy to follow, high energy and outstanding music! This exceptional step and multi-impact workout is for all exercise levels. Beginners will thoroughly enjoy the easy-to-follow choreography, while advanced exercisers will appreciate the high level of intensity. Beginners, be sure to use the MoveMaster™ tutorial and progress at your own pace. Enjoy your Mission!

- 5 min. warm-up, 20 min. step, 20 min. multi-impact workout, 5 min. cool-down and stretch.