

Wellness Resource Library

Video Tapes/DVD's

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TITLE	ITEM #	LEVEL	DESCRIPTION
:08 min. Abs	Donated VHS	All fitness levels	Fits your busy schedule and will give you results quickly without any extra chatter. In just 8 minutes you will trim your waistline by a series of simple movements scientifically designed to maximize the effectiveness of your workout.
5-MILE WALK AT HOME with Leslie Sansone	5405 VHS	Intermediate to Advanced RECOMMEND USING - WALK & TONE BELT, SOFT 3-POUND WEIGHTED BALLS or 2 LB. DUMBBELLS AND 6 FT EXERCISE BAND	It's NEW! You asked for it and here Leslie delivers! More miles, more speed, more boosters in an amazing new workout that challenges even the most advanced walkers. Two sections use a very fast pace to generate intensity - "power walking" and "walking like a runner" (a 10-minute mile). The other three segments incorporate upper-body toning within the aerobics - each level with a different resistance device.
Aerobic Dance	TV-1C-DVD	Beginner to Advanced	Suzanne Cox (former UK Gladiator and professional fitness instructor) workouts feature choreographed routines that allow your body to burn fat and tone muscle simultaneously. The dances focus on your entire body.
AM & PM Yoga for Beginners	DVD	Beginners	A relaxing blend of meditation, gentle flowing yoga and soothing stretches. It's the ideal way to transition yourself from quiet to busy and then back to quiet again.
Core Cross Train Yoga	DVD	Intermediate	One program focuses on strength; the other emphasizes relaxation. They are both designed to build a powerful and flexible core.
CRUNCH - Burn & Firm in 30 Minutes	Donated VHS	All fitness levels 3 to 10 lb. Dumbbells are recommended for maximum results as well as a mat for comfort.	This super-charged, upbeat workout has been designed to work quickly and efficiently. In 30 minutes, you'll burn mega calories and firm all your major muscles...with particular focus on your hips, thighs and buns; plus, a special section focusing solely on your abs.

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CRUNCH-Fat Blaster II - The Challenge	Donated VHS	Intermediate to Advanced NO EQUIPMENT NEEDED	This program is a calorie-cruncher and fat-blasting challenge. Creative choreography and dance-inspired moves provide a fresh approach to mixed-impact aerobics that's not the "same old thing." For a full power half-hour, the CRUNCH Crew will keep you moving, motivated and burning those calories.
<i>Diane Horner's Country Line Dance Aerobics</i>	7346 DVD	Beginner to Intermediate	Country line dancing is America's favorite kind of dancing. Now Diane Horner shows you how to make it your most effective and fun aerobics workout, a workout you'll look forward to doing. You will workout by doing these popular country dances: Electric Slide X 3, Cowboy Boogie, Bocephus, Shotgun, Sleazy Slide, and Country Line Waltz. If you do not know these dances, you will learn as you work out.
Fat-to Firm Fitness Ball Workout for Dummies	5188 VHS	Beginner ONE TO TWO SETS OF 3 TO 10 LB. DUMBBELLS ARE RECOMMENDED, ALONG WITH FITNESS BALL	This video offers step-by-step instruction of 15 exercises that work your entire body. Many of the exercises have modifications that make working out at your own level easy to do. This workout incorporates upper-, middle-, and lower-body exercises to help you strengthen muscles, burn more calories daily, improve your posture, and meet your fitness goals.
Girlz Gone Hip Hop! Cardio Workout	7544 DVD	Intermediate	A two-part program: a fast-paced hip hop workout followed by a half-hour of step-by-step hip hop choreography. First you will burn lots of fat, then you'll learn cool moves to impress your friends. Juliane leads the workout segment - three complete sets, each one smoothly building on the one before.
<i>Kathy Smith's Pregnancy Workout</i>	1754 VHS	Beginner to Intermediate LIGHT WEIGHTS SUGGESTED FOR SOME EXERCISES	Filmed during and right after Kathy's pregnancy; everyone's having fun in the intelligent blend of interesting routines and specific pregnancy-fitness information. You get a total-body workout with special section showing five different during -and-after-pregnancy abs routines. Using video graphics, Kathy demonstrates how to modify the exercises to match each stage of your pregnancy. Follows American Collage of Gynecologists guidelines.

TITLE	ITEM #	LEVEL	DESCRIPTION
Leslie Sansone's <i>YOU can DO! Pilates</i>	5320 VHS/DVD	Beginner 5-FOOT EXERCISE BAND IS RECOMMENDED AND MAT IS OPTIONAL	A straight-forward Pilates series, it has both matwork and resistance band exercises. Pilates is a true physical makeover, which will give you: firmer and stronger abdominal and back muscles, more streamlined hips, buttocks and legs, improved flexibility and range of motion.
Prevention: Better Belly Yoga	DVD	Beginner/Intermediate	Ab-specific yoga moves taught in a totally non-mystical, non-intimidating style. It's designed to reshape your mid-section while teaching you classic yoga postures.
Safe & Fit at 50 - Total Body Workout	7546 DVD	Beginner REQUIRES 2 TO 5 LB. DUMBBELLS	A simple program that focuses on heart-healthy aerobics and everyday strength (plus balance and flexibility). The cardio is easy to follow, but not always "easy". It ranges from marches, taps and kicks to step touches, heel taps and "fast feet". The strengthening routines are mostly done seated in a chair. This workout is safe and effective with lots of optional modifications.
Slim in 6 Beachbody	DVD Qty. 1	All levels	The 6-week program for rapid weight loss and healthy body slimming. Includes: Start It Up!, Ramp It Up!, Burn It Up!, Slim & Limber (approx. 15 min.) and Slim & 6-Pack (advanced ab routine to speed your progress towards those flat, toned abs.-approx. 10 min.)
TAE-BO 8-Minute Workout	Donated VHS Qty. 2	Advanced	This total body workout makes it easy to stay on track and meet your fitness goals even when you're short on time.
TAE-BO Advanced	Donated VHS Qty. 3	Advanced	This video contains Advanced Tae-Bo Workout, the ultimate total-body system for men and women. We suggest you complete the Billy Blanks' Tea-Bo Instructional Workout and the Basic Workout before progressing to the advanced level.
TAE-BO Basic	Donated VHS Qty. 3	Beginner	In this easy to follow video Billy Blanks leads you through the TAE-BO Basics. Whether you've been working out for years or just starting out, you'll feel the results from the very first workout.

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TAE-BO Instructional	Donated VHS Qty. 2	Instructional/Beginner	Video contains step by step instruction from seven time World Marital Arts Champion Billy Blanks. This video teaches the fundamental movements that blend together into one fantastic body shaping fitness system that will change your life forever.
TAE-BO LIVE! Sneak Preview Workout	Donated VHS Qty. 2	Video contains segments from the new Billy Blanks Tae-Bo Live! Basic and Advanced video series	Join 7-time World Martial Arts Champion Billy Blanks in this new Tae-Bo workout recorded live at the Billy Blanks' World Training Center in Los Angles. Explode into your workout with an energized group of Tae-Bo Heroes who have taken control of their lives to reach their fitness goals
THE FIRM: Body Sculpting Basics	7210 DVD	Intermediate to Advanced REQUIRED TWO SETS OF DUMBBELLS; ANKLE WIEIGHT ARE OPTIONAL	An exercise video classic; it's the original video that launched THE FIRM'S success. You'll begin with a fast-paced series of THE FIRM'S unique aerobics-with-toning (e.g. jogging in place as you increase intensity with overhead dumbbell presses). Followed by multi-muscle floorwork for you hips and thighs.
The FIRM - Power Yoga	5312 VHS	Beginner to Intermediate EXERCISE MAT IS OPTIONAL	A unique approach to yoga, these smooth-flowing routines feel more "athletic" than "mystical." This is true yoga, so you'll get all of yoga's well-known benefits: balance, flexibility and strength. Ideal for "non-yoga" people.
The Very Best of Denise Austin	Donated VHS	All fitness levels	This workout features unique exercises and dynamic strengthening techniques - the latest trend in body toning. Each workout target tones one specific area of the body: Arms and Bust - Abs - Thighs - Buns. In just minutes a day you can sculpt and reshape body lines.
Turbo Jam	TJDVDK10 01 DVD	All levels	Get ready to shed pounds, and inches, get in shape, and have a blast doing it! Charlene Johnson has created a fusion work out of kickboxing, dance, and martial arts. Five work outs - Learn & Burn, 20 Minute Workout, Turbo Sculpt, Ab Jam and Cardio Party
Urban Rebounding System (mini-tramp)	9301 DVD	Video contains workouts for first timers, beginners and intermediate levels. REBOUNDER MINI-TRAMP	Urban rebounding is the new exercise phenomenon, now in thousands of health clubs worldwide. That's because it's more fun, burns fat and calories faster, and is one of the lowest impact exercises on the planet.

TITLE	ITEM #	LEVEL	DESCRIPTION
<p>Walk Away the Pounds with Leslie Sansone - Series of three tapes 1 Mile, 2 Mile, and 3 Mile</p> <p>1 Mile - Qty. 1 2 Mile - Qty. 2 3 Mile - Qty. 1</p>	<p>9279 VHS</p>	<p>Beginner to Intermediate RECOMMEND USING - SOFT 3-POUND WEIGHTED BALLS or 2 LB. DUMBBELLS WILL WORK</p>	<p>Three easy to follow workouts. You can use light weights to maximize fat-burning intensity and add body-sculpting effectiveness. You'll smoothly progress from a short "one-mile walk" to an extended "three-mile walk" (increasing range of motion as well as duration). Anyone can do these moves, from simple marches to basic side steps and kickbacks.</p>
<p>Winsor Pilates - Advanced Body Slimming</p>	<p>DVD</p>	<p>Beginner/Advanced</p>	<p>This workout is a series of choreographed moves, whether a beginner or advanced. This modular workout system allows you to tailor your workout based upon your level of physical fitness, endurance and sensitivities, so you can build and get stronger.</p>
<p>Winsor Pilates - Upper Body Sculpting</p>	<p>DVD</p>	<p>Beginner/Advanced</p>	<p>A low intensity, calorie-burning workout that can help you lose unwanted pounds and inches. This dynamic sequencing technique firms, strengthens and tones more muscles than ordinary workouts. The result is a sleeker, more sculpted body in just minutes a day.</p>
<p>Yoga Burn with Rodney Yee</p>	<p>DVD</p>	<p>Intermediate/Advance</p>	<p>You will feel like every muscle has been stretched and toned. Classic yoga with a unique approach - these poses are unusually slow and constantly moving.</p>
<p>Zumba Fitness</p>	<p>DVD Qty. 2</p>	<p>All fitness levels</p>	<p>Zumba was created in the mid-1990's by a celebrity fitness trainer and choreographer for international pop superstars. Inspired by traditional cumbia, salsa, samba and meringue music. This music is paired with dance steps. This fitness workout has become one of the fastest-growing, dance-based fitness crazes in the country, with people of all ages falling in love with its infectious music, easy-to-follow dance. There are six different workouts - Zumba Basics, Zumba 20-minute express, Cardio party, Sculpt & Tone, Fitness LIVE!, Flat ABS.</p>