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Approx. Running Time: 1 Hour

The first video of its kind, *Denise Austin's Pregnancy Plus Workout* is a new fitness program that will keep you in shape during your entire childbearing year. The use of *Twisting It's With Denise Austin*, seen daily on E!TV, Denise will guide you through your pregnancy in a fun, safe no-holds-bar safe way.

That's not all! Also included is the *After Baby Shape-Up*, to help you get fit after your baby is born, when you really need that extra attention for all those postpartum aches.

Each specialized workout are complete with a warm-up, stretching, low-impact aerobics, toning and cooling and a cool-down.

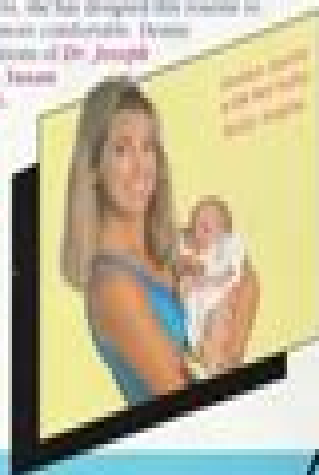
Denise Austin's 30 Minute Pregnancy Workout will help you:

- Improve your overall energy level and stamina
 - Reduce discomforts, such as back pain and leg cramps
 - Improve posture, circulation and digestion
- The *20 Minute After Baby Shape-Up* will aid you in:
- Greater mobility
 - Improving your mood and self image
 - Losing that extra baby fat fast

Denise holds a degree in exercise physiology and is a consultant to the President's Council on Physical Fitness and Sports. Along with top medical experts, she has designed this program to make your pregnancy more comfortable. Denise welcomes the contributions of Dr. Joseph

Green (M.D., F.A.C.O.G.), Susan
Zabawski (M.D., F.A.C.O.G.),
Certified Children's
Therapist and
Annette Shaw (M.D.,
F.A.C.A. Physical
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