## ABDUL



# CARDIO

#### Who said exercise has to be like work?

This is a workout for people who want to have fun! Paula Abdul brings you the best of her own unique style in this dance-packed cardio workout, followed by lower body toning and a dancer's stretch. Count on it, you'll break a sweat, AND, you'll get in shape.

The cardio segment is taught dance-class style, a segment at a time, then you'll put it all together at the end. Paula teaches each routine slowly, then speeds it up to

tempo. Paula's style of dance — classy yet funky and "edgy" choreography — looks challenging, yet the basic steps are simple. She makes the transitions between steps so smooth, you'll be into the next move without even knowing how you got there. Plus, if you're a "footwatcher," you'll have the advantage of watching the steps in reverse, with Paula facing the same direction as you learn.



in the lower body toning segment, be ready for some classic dance-inspired exercises to tone and define your thighs, buttocks and calves. These exercises are moves that dancers use as part of their core training.

#### **FEATURES**

- Full-Frame Presentation
- . Behind-The-Scenes Photo Shoot Featurette
- Music Only Audio Option
- Instructor Cueing Enhanced Audio Option For Working Out To Your Own Music

Executive Producers: Paula Abdul, Alan Mruvka and Marilyn Vance Producer: Randy Rowen Director: Steve Purcell

Color/45 Min./Not Rated







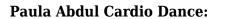
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