

PAULA ABDUL

CARDIO *Dance*



INTERMEDIATE LEVEL

NO SPECIAL EQUIPMENT NECESSARY

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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Table of Contents Paula Abdul Cardio Dance

1. Understanding the eBook Paula Abdul Cardio Dance
 - The Rise of Digital Reading Paula Abdul Cardio Dance
 - Advantages of eBooks Over Traditional Books
2. Identifying Paula Abdul Cardio Dance
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Paula Abdul Cardio Dance
 - User-Friendly Interface
4. Exploring eBook Recommendations from Paula Abdul Cardio Dance
 - Personalized Recommendations
 - Paula Abdul Cardio Dance User Reviews and Ratings
 - Paula Abdul Cardio Dance and Bestseller Lists

5. Accessing Paula Abdul Cardio Dance Free and Paid eBooks
 - Paula Abdul Cardio Dance Public Domain eBooks
 - Paula Abdul Cardio Dance eBook Subscription Services
 - Paula Abdul Cardio Dance Budget-Friendly Options
6. Navigating Paula Abdul Cardio Dance eBook Formats
 - ePub, PDF, MOBI, and More
 - Paula Abdul Cardio Dance Compatibility with Devices
 - Paula Abdul Cardio Dance Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Paula Abdul Cardio Dance
 - Highlighting and Note-Taking Paula Abdul Cardio Dance
 - Interactive Elements Paula Abdul Cardio Dance
8. Staying Engaged with Paula Abdul Cardio Dance
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Paula Abdul Cardio Dance
9. Balancing eBooks and Physical Books Paula Abdul Cardio Dance
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Paula Abdul Cardio Dance
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Paula Abdul Cardio Dance
 - Setting Reading Goals Paula Abdul Cardio Dance
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Paula Abdul Cardio Dance
 - Fact-Checking eBook Content of Paula Abdul Cardio Dance
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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