DENISE AUSTIN

gnancy Plus°

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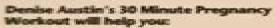
Approx. Running Time: 60 Minutes - In Color



i, I'm Denise Austin! I've designed this program as part of my "Gold Signature Series" to help you stay in shape before and after your child is born!

The first video of its kind. Denise Austin's Pregnancy Plus Workout is a total fitness program that will keep you in shape during your entire childbirth year. Denise will guide you through your pregnancy in a fun, easy-to-follow and 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 problem areas. Each workput features warm up and stretching segments, low intensity aerobics and a cool down session.



- Improve your overall energy level and stamina
- Relieve discomfort such as back pain and leg cramps
- Improve posture, circulation and digestion

The 20 Minute After Baby Shape Up will aid you in:

- Quicker recovery
- Improving your mood and self image
- Getting that tummy back into shape

Denise welcomes the contributions of Dr. Ioseph Giere (M.D. FACOC), Susan Edwards Bullen (R.N. Certified Childbirth Educator) and Bonnie Rote (R.N. AFAA Prenatal Exercise Specialist).

Denise Austin, star of "Denise Austin's Daily Lifetime Workout" has helped millions look and feel Toman & Winner their best.

PLEASE CONSULT YOUR DOCTOR/OBGYN BEFORE BEGINNING THIS EXERCISE PROGRAM.

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Pregnancy Plus Workout Vhs Tape: Bestsellers in 2023 The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous engrossing novels captivating the hearts of readers worldwide. Lets delve into the realm of bestselling books, exploring the fascinating narratives that have enthralled audiences this year. Pregnancy Plus Workout Vhs Tape: Colleen Hoovers "It Ends with Us" This heartfelt tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover expertly weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can succeed. Pregnancy Plus Workout Vhs Tape: Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This spellbinding historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids compelling storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Pregnancy Plus Workout Vhs Tape: Delia Owens "Where the Crawdads Sing" This mesmerizing coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens spins a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These top-selling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of engaging stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a guiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a brilliant and suspenseful novel that will keep you guessing until the very end. The novel is a cautionary tale about the dangers of obsession and the power of evil.

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