

REGIS My PHILBIN Personal Workout



Approx. Running Time:
55 Minutes — In Color

My Personal Workout was developed for me by fitness experts Stu Mittleman and Cal Pozo to fit my busy schedule. The aerobic segment features exercises for a strong cardiovascular system and for losing weight: exercise walking. That's right walking — something even I don't mind.

The strengthening and toning segment features some of the most effective exercises for the chest, upper back, shoulders, arms, legs, abdominals and buttocks. It includes guidelines for an 8 week start up program.

Anyone can do this workout (except David Letterman!)

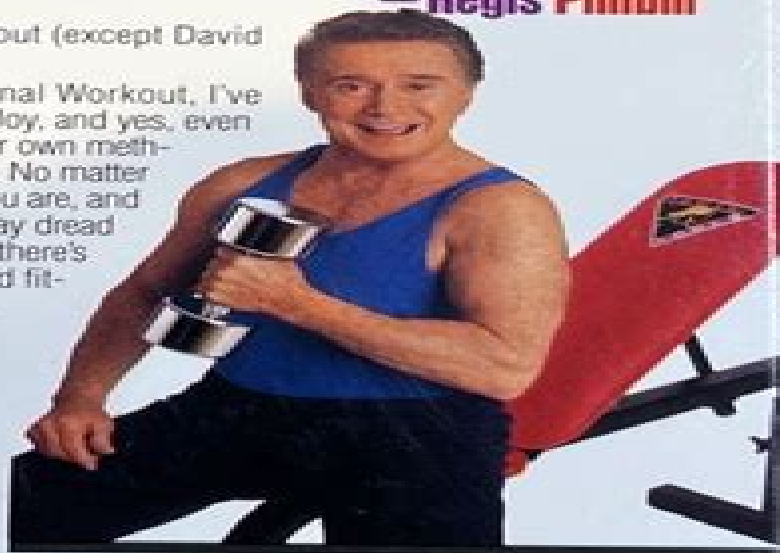
To supplement My Personal Workout, I've asked Kathie Lee, my wife Joy, and yes, even Gelman to demonstrate their own methods for keeping trim and fit. No matter how busy or out of shape you are, and no matter how much you may dread exercise, I truly believe that there's something in this real-world fitness program for everyone.

Trust me on this one, O.K.?

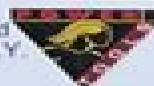
Music by: Dan and Amy Ferguson

"My Workout Works!"

— Regis Philbin



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