

DENISE AUSTIN

Pregnancy Plus Workout

ISBN 0-7840-1788-3



12236-10460

Approx. Running Time:
60 Minutes - In Color

H

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 workout features warm up and stretching segments, low intensity aerobics and a cool down session.

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

- 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. Joseph Giere (M.D., FACOG), 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 their best. *Lifetime Television for Women*



Photo: Sam, Courtesy of Working Mother Magazine



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

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