

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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Paula Abdul Cardio Dance

Hussin A.Rothana

A red circular graphic with a gradient, appearing as a stylized arrow or a decorative element, positioned to the right of the author's name.

Paula Abdul Cardio Dance:

Paula Abdul Joseph A Mascetta,1998-01-01 Paula Abdul leads intermediate level dance class style routines and lower body toning exercise to tone and define thighs buttocks and calves **Focus On: 100 Most Popular American Dance Musicians** Wikipedia contributors, Coping: A Young Woman's Guide to Breast Cancer Prevention Bettijane Eisenpreis,1999-12-15 A guide to understanding breast cancer its cause and its treatment **Eccentric Glamour** Simon Doonan,2008-04-08 Glamorous eccentrics are irresistible people They are irreverent occasionally impertinent a tad mysterious charming often self invented good at applying eyeliner and above all nonconformist They are a fabulous confection of style self empowerment and black patent sling backs Everyone wants to be one but how Ubiquitous style guru Simon Doonan has the answer By no means a typical how to manual Eccentric Glamour is a mixture of cultural commentary and personal disclosure generously seasoned with gushings of wildly dictatorial provocative and reckless style advice Through cautionary tales and inspirational examples Doonan shows how to develop your own brand of eccentric glamour by magnifying everything that is already unique and idiosyncratic about you In these comic essays interspersed with one on one interviews with some of the world s most glamorous eccentrics including Iman Lucy Liu Tilda Swinton Malcolm Gladwell and many more Simon Doonan offers the women of America an alternative to the cheapness and tackiness that currently pass for personal style Eccentric Glamour is intended as an antidote to the epidemic of slutty dressing and porno chic that has taken over since the arrival of Paris Hilton and Anna Nicole Smith may she rest in peace While the typical TV boobs n Botox makeovers force every woman to look the same the transformations this book strives to inspire are the very opposite Dressing like a ho is not just bad taste but boring In Simon Doonan s book conformity is the only crime and dressing down the only faux pas Eccentric Glamour is every woman s birthright SO SAY NO TO HO and yes to ECCENTRIC GLAMOUR

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