

IT'S YOUR BODY...

RECLAIM IT, TRANSFORM IT, LOVE IT!



No matter what your body type, bodies are designed to move, and Dance It! is designed to make movement fun, effective and empowering! Being happy in your own body will allow you to bring the best "you" to everything you do – and set a healthy example for your kids by having a strong, positive body image.

Segmented into three easy-to-follow 15 minute workouts, and created by certified trainer, athlete, gymnast and busy mom, Patrea, Dance It! takes you step-by-step to help you strengthen and tone your legs, glutes, arms and abs AND improve your coordination, balance and grace. An added bonus Yoga Nap will help you to rejuvenate if you're sleep deprived, or relax if you have trouble getting a good night's rest.

Specifically designed by, and for, real moms with busy schedules, Dance It! will help you learn to like to exercise... and LOVE your body! So carve out a little time – just 15 to 30 minutes a day – for yourself to regain your strength, re-energize your body and nourish your soul.

Get Your Abs Back!

Whether you are a new mom, or gave birth 15 years ago, Patrea will teach you corrective, functional abdominal exercises to tighten your belly and strengthen your core. You'll look great, and be strong and fit to perform all those daily activities required by moms!

Patrea is a personal fitness trainer with a BS in Exercise Science and Fitness, a NSCA Certified Strength and Conditioning Specialist as well as a two-time Ms. Fitness™ USA finalist. She lives in Indianapolis, IN, with her husband and two beautiful children.



Language: English Color Aspect Ratio: 4:3 Approx. 52 Mins. Dolby Digital 2.0



Ideal For Moms -
or Anyone who
Wants to Get Fit
and Feel Great.

PROGRAM FEATURES

- Foundations of Dance
- Ethnic Jam
- Get Your Abs Back After Kids

BONUS FEATURES

- Dance It! Warm-up
- Yoga Nap

IT'S YOUR BODY... **DANCE IT!**



IT'S YOUR BODY...

DANCE IT!

FOUNDATIONS OF DANCE
2
15-MINUTE
FUN DANCE
WORKOUTS
AND ETHNIC JAM



Reclaim
Your Body &
RE-ENERGIZE
FAST!

Razor Digital Entertainment Cover design ©2009 Razor Digital Entertainment. All Rights Reserved. For private non-commercial use only. Unauthorized duplication, reproduction, distribution or any commercial use in whole or in part is strictly prohibited. Dolby and the logo are trademarks of Dolby Laboratories Licensing Corporation. WORKING. Everyone, especially pregnant women, should consult a physician before beginning any Workout. Not all exercise plans are suitable for everyone. Please discontinue any exercise that causes you pain or severe discomfort and consult a medical expert. Any liability and/or damage in connection with the use of this program, including but not limited to any liability for or damage resulting in the performance of the exercise demonstrated on the advice and information given within is expressly disclaimed. * Optimum results achieved after 12 weeks of consistent use. Proper nutrition is a vital complement to the program. We suggest you contact a registered dietician if you have concerns or need advice about your diet.

www.razordigitalent.com

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NOT RATED



Includes the Secret to getting **YOUR ABS BACK** After Kids!