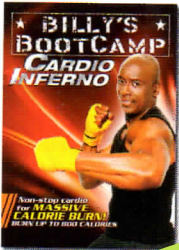


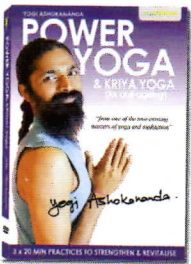
# What we're watching



## Billy's Bootcamp: Cardio Inferno

Cardio Inferno will test your cardiovascular willpower like never before. With brand new moves and motivational guidance, this DVD takes you to the next level in cardio fitness. Not only will you feel the fire, but you will burn calories, sweat, get your heart pumping and shed those pounds fast.

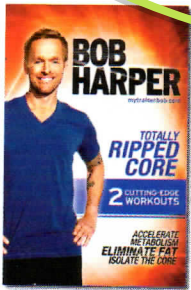
£8.99 | available from [amazon.co.uk](http://amazon.co.uk)



## Power Yoga & Kriya Yoga (for anti-ageing) with Yogi Ashokananda

Throughout his life, Yogi Ashokananda has been fortunate to learn from some of the great masters. After years of developing his own practice and studying the ancient Indian system of yoga and meditation, he has created a series of unique sequences that are rooted in the authentic traditions yet have been adapted to suit 21st century life.

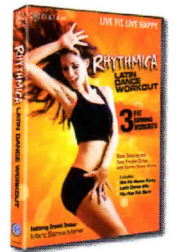
£12.99 | available from [thelondonyogacompany.co.uk](http://thelondonyogacompany.co.uk)



## Totally Ripped Core with Bob Harper

Whip your core to perfection by isolating and defining vital muscle groups, to abolish pounds and sharpen stamina. Pit your body's strength against it's own endurance at maximum levels, annihilating fat calories long after completing your workout.

£8.99 | available from [amazon.co.uk](http://amazon.co.uk)



## Rythmica Latin Dance Workout

Led by instructor Marc Santa Maria, you'll dance your way through three 20-minute workouts - each designed to help you get tighter abs, stronger legs and toned arms. Combine cardio moves and club-inspired dance routines to boost your heart rate and achieve all-over strengthening.

£6.99 | available from [clearvision.co.uk](http://clearvision.co.uk)

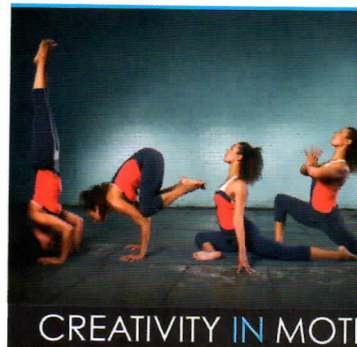


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CREATIVITY IN MOTION



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