



NEW RELEASES APRIL 2019

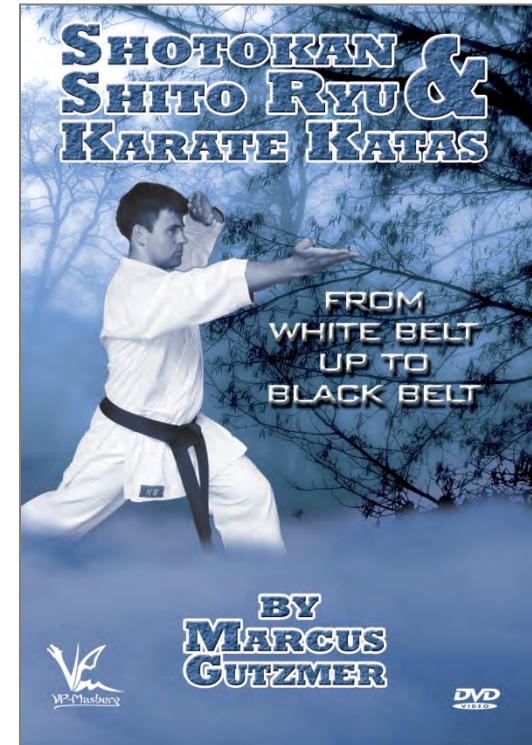
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SHOTOKAN & SHITO RYU KARATE KATAS FROM WHITE BELT UP TO BLACK BELT

Street Date: 4/2/2019
SRP: \$29.99
Cost:

Synopsis:

On this DVD Marcus Gutzmer shows you the basic katas in shotokan and shito-ryu karate up to the 1st Dan Black Belt. Shotokan Karate Katas: Heian Shodan, Heian Nidan, Heian Sandan, Heian Yondan, Heian Godan, Bassai Dai, Jion, Kanku Dai. Shito Ryu Karate Katas: Pinan Shodan, Pinan Nidan, Pinan Sandan, Pinan Yondan, Pinan Godan, Bassai Dai, Seienchin. Marcus Gutzmer was born in Kaiserslautern and started doing Karate in Shotokan style category at the age of 6. Over the years Marcus Gutzmer has gotten to know Goju-Ryu, Shito Ryu and Open Style Karate. Since 1990 additionally he has been practicing Combat Arnis and Bo-Jutsu. Titles: Shotokan-Cup Champion, Euro Cup Champion, World Cup Champion.



Studio:	BayView Entertainment
Item #:	BAY2591
UPC:	812073025916
Order Date:	3/5/2019
Street Date:	4/2/2019
SRP:	\$29.99
Rating:	NR
Screen Format:	WS
Language:	English
Subtitles:	n/a
# of Discs / Runtime:	1 disc / 56 mins.
Genre:	Martial Arts

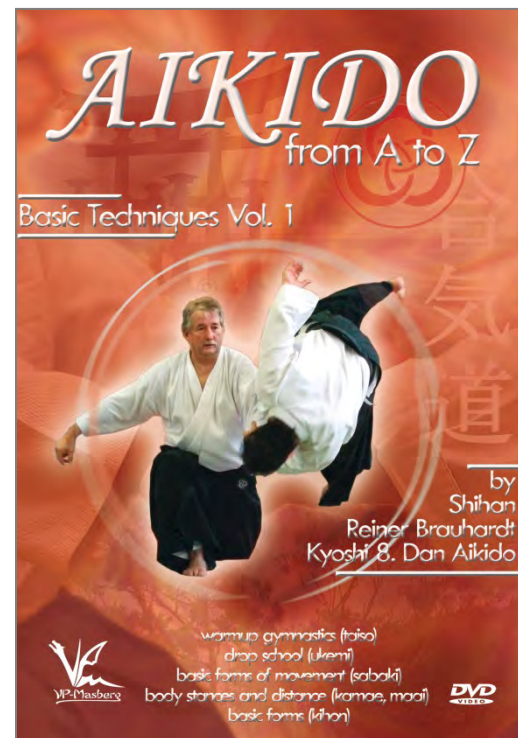
All Marketing, Art and Bonus Features are subject to change

AIKIDO FROM A TO Z BASIC TECHNIQUES VOLUME 1: THE BASICS

Street Date: 4/2/2019
SRP: \$29.99
Cost:

Synopsis:

The first DVD volume of the educational DVD series, "Aikido from A to Z," demonstrates the essentials of Aikido. After warm-up gymnastics specifically developed for Aikido (taiso), lessons to drop school (ukemi), to the basic forms of movement (sabaki), to body stances and distance (kamae,maai) are included. The program introduces the beginner to the basic forms (kihon) of central fundamental techniques. Across the five volume educational DVD series, "Aikido from A to Z," Grand Master Reiner Brauhardt (8th Dan Aikido, Kyoshi) offers widespread training of all aspects of Aikido. Starting with the first steps, the viewer is led to the multi-variant techniques with and without weapons. Reiner Brauhardt is one of the most famous Aikido-Masters in Europe. As a pioneer of Aikido in Germany he started with this martial art more than 40 years ago. Since 1985 he has been a professional aikido-instructor and runs an aikido-school in Siegen. Aikido is a Japanese martial art that steadily becomes more popular worldwide. It was founded by Morihei Ueshiba at the beginning of the 20th century. Aikido includes elements of different Japanese martial arts, next to weaponless techniques the use of sword and stick is a significant component of Aikido. Aikido is absolutely defensive and likewise a highly effective method of self-defense. In Aikido it's not about strength facing strength. The Aikidoka rather uses the attacker's energy to incapacitate him by applying throw and lever techniques. The attacker gets effectively controlled without being hurt. Aikido equally trains body and mind.



Studio:	BayView Entertainment
Item #:	BAY2592
UPC:	812073025923
Order Date:	3/5/2019
Street Date:	4/2/2019
SRP:	\$29.99
Rating:	NR
Screen Format:	WS
Language:	English
Subtitles:	n/a
# of Discs / Runtime:	1 disc / 60 mins.
Genre:	Martial Arts

All Marketing, Art and Bonus Features are subject to change

ANYONE YOU CAN DO...I CAN DO BETTER - BLU-RAY

Street Date: 4/2/2019
SRP: \$19.99
Cost:

Synopsis:

Available on Blu-ray in North America for the first time! May the best body win! Reina wants Yusuke to be her private tutor. It's a dream come true because Reina just happens to have an amazingly voluptuous body. But when Yusuke goes to Reina's house to give her "lessons", he has a run-in with Reina's mom. And boy is her mom ever stacked. Those triple-F beauties are even bigger than Reina's! Plus, she really wants Yusuke to take her for a ride. Now each of these lovely ladies wants Yusuke for her own, so when mom catches Yusuke and Reina in the act, the fight is on! They may be mother and daughter, but when it comes to winning Yusuke, they'll go to any length to prove their skills! Adults only! Contains episodes 1 and 2, Bonus feature: Art Gallery; Audio: Japanese and English LPCM 2.0 stereo, English Subtitles; 1080p video.



Studio:	BayView Entertainment
Item #:	CMVBLU1923
UPC:	742617192326
Order Date:	3/5/2019
Street Date:	4/2/2019
SRP:	\$19.99
Rating:	NR
Screen Format:	WS
Language:	Japanese & English
Subtitles:	English
# of Discs / Runtime:	1 disc / 60 mins.
Genre:	Adult Anime

All Marketing, Art and Bonus Features are subject to change

POWERSTRIKE: ABS & PUSH-UPS PLUS WITH ILARIA MONTAGNANI

Street Date: 4/9/2019
SRP: \$14.99
Cost:

Synopsis:

Train Iliara style! This 30 minute intensive workout is guaranteed to condition your core and help you develop the sculpted upper body you've always dreamed of! The basic to advanced exercises consist of progressively challenging sequences that include intense abdominal work and a unique mixture of pushups. The payoff is rock-hard, washboard abs, as well as sexy, sculpted shoulders and arms. There are no shortcuts. Take the challenge and become stronger with each workout! Sculpt strong, sexy shoulders and arms. Develop washboard abdominals. Train anytime, anywhere, every day. Iliara Montagnani is a weapons expert and has a black belt in Shorinjiryu Kenkokai Karatedo. Iliara is President and Founder of Powerstrike Inc., a fitness company based in New York. Iliara has transformed the practice of Martial Art and become a globally recognized and well respected professional in the fitness industry. A gifted teacher with a competitive spirit and an originator with innovative ideas about the industry, Iliara Montagnani is an unstoppable force in fitness. Powerstrike Inc. was created by Iliara Montagnani based on the belief that everyone can have a better, healthier and ultimately happier life if they pay respect and exercise and train their bodies. Our philosophy - Exercise makes you stronger for life - is at the core of everything we do and the heart of every program.



Studio:	BayView Entertainment
Item #:	BAY2456
UPC:	812073024568
Order Date:	3/12/2019
Street Date:	4/9/2019
SRP:	\$14.99
Rating:	NR
Screen Format:	WS
Language:	English
Subtitles:	n/a
# of Discs / Runtime:	1 disc / 30 mins.
Genre:	Fitness

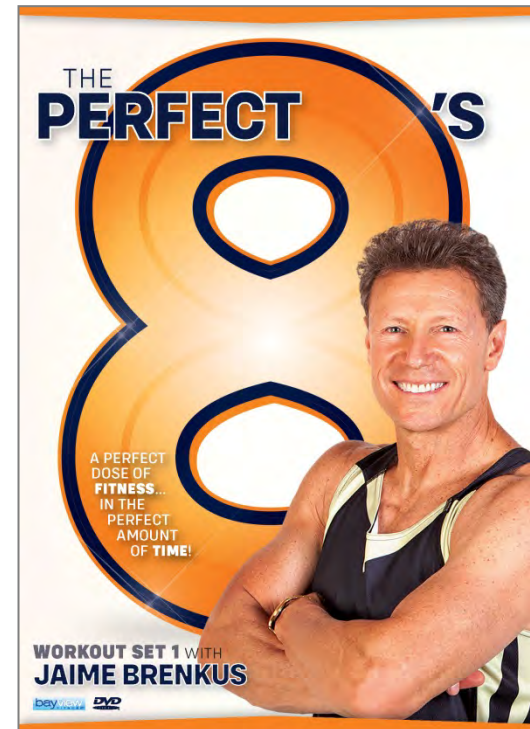
All Marketing, Art and Bonus Features are subject to change

THE PERFECT 8'S: WORKOUT SET ONE WITH JAIME BRENKUS

Street Date: 4/9/2019
SRP: \$14.99
Cost:

Synopsis:

Designer of the million-selling 8 Minute Abs videos...Jaime Brenkus is your personal trainer! A perfect dose of fitness...in the perfect amount of time! Get up and start to move. Perfect 8's is for the inactive person who wants to start getting fit...but can't find the time, are embarrassed to go into a gym, or confused on what exercises they should be doing. This DVD breaks the day into convenient 8 Minute segments. Get Up... if you rest... you rust! Scientific: Each fitness segment combines resistance and constant movement in the same workout which will yield the best long term, optimum results in the shortest amount of time. We know that you're busy. However, if you can fit Jaime into your schedule a few minutes a day, together, we will produce some amazing results. Jump start your program, Workout Set 1 contains: Cardio Kick Butt, Armed & Ready, Butt & Gut, Body Blitz, Chest Back Buns, Floor Fitness, Bi Tri Cardio Fusion, and Sit to Get Fit. Perfect 8's equal results: Melt off excess fat; Preserves lean, healthy and attractive muscle; Slimmer, trimmer, tighter waistline; Defined shoulders and arms; Sexy legs; Firmer, rounded, uplifted butt; Increase the quality of your life; Feel super confident about your body ...and look great in your jeans again. Jaime says: "My videos, which take only 8 minutes, will prime your body for its best and will improve your cardiovascular health, muscle and bone strength, respiratory system, nervous system, and your ability to do more with your body than ever before. You're going to look great and feel like you're 20 years younger again. I'll be with you every step of the way to ensure your success."



Studio:	BayView Entertainment
Item #:	BAY2610
UPC:	812073026104
Order Date:	3/12/2019
Street Date:	4/9/2019
SRP:	\$14.99
Rating:	NR
Screen Format:	WS
Language:	English
Subtitles:	n/a
# of Discs / Runtime:	1 disc / 70 mins.
Genre:	Fitness

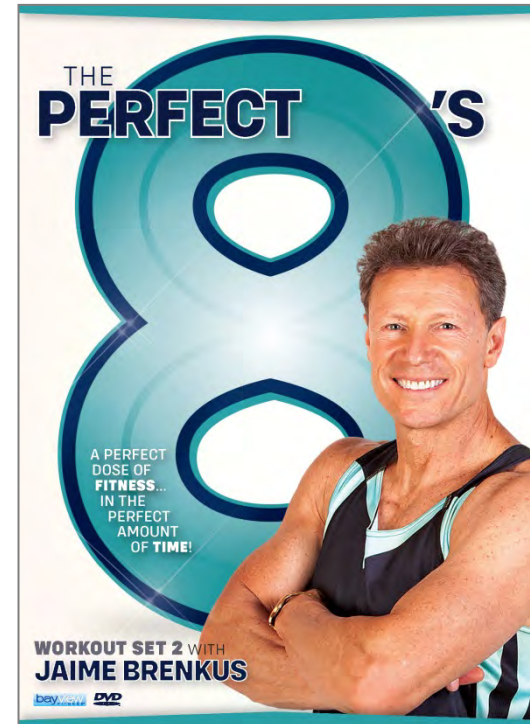
All Marketing, Art and Bonus Features are subject to change

THE PERFECT 8'S: WORKOUT SET TWO WITH JAIME BRENKUS

Street Date: 4/9/2019
SRP: \$14.99
Cost:

Synopsis:

Designer of the million-selling 8 Minute Abs videos...Jaime Brenkus is your personal trainer! A perfect dose of fitness...in the perfect amount of time! Get up and start to move. Perfect 8's is for the inactive person who wants to start getting fit...but can't find the time, are embarrassed to go into a gym, or confused on what exercises they should be doing. This DVD breaks the day into convenient 8 Minute segments. Get Up... if you rest... you rust! Scientific: Each fitness segment combines resistance and constant movement in the same workout which will yield the best long term, optimum results in the shortest amount of time. We know that you're busy. However, if you can fit Jaime into your schedule a few minutes a day, together, we will produce some amazing results. Jump start your program, Workout Set Two contains: 8 Minute Body Blitz, Sculpt Your Legs, Tight Core, Strength Aerobics, Muscle Mania, Floor Fitness, Tone Legs & Butt, and Sizzle & Chisel: Sculpted Body. Perfect 8's equal results: Melt off excess fat; Preserves lean, healthy and attractive muscle; Slimmer, trimmer, tighter waistline; Defined shoulders and arms; Sexy legs; Firmer, rounded, uplifted butt; Increase the quality of your life; Feel super confident about your body ...and look great in your jeans again. Jaime says: "My videos, which take only 8 minutes, will prime your body for its best and will improve your cardiovascular health, muscle and bone strength, respiratory system, nervous system, and your ability to do more with your body than ever before. You're going to look great and feel like you're 20 years younger again. I'll be with you every step of the way to ensure your success."



Studio:	BayView Entertainment
Item #:	BAY2611
UPC:	812073026111
Order Date:	3/12/2019
Street Date:	4/9/2019
SRP:	\$14.99
Rating:	NR
Screen Format:	WS
Language:	English
Subtitles:	n/a
# of Discs / Runtime:	1 disc / 70 mins.
Genre:	Fitness

All Marketing, Art and Bonus Features are subject to change

PLEASE TEACHER! BLU-RAY COLLECTION

Street Date: 4/23/2019
SRP: \$39.99
Cost:

Synopsis:

Kei Kusanagi isn't your typical 15-year-old high school student. He's actually an 18-year-old with a rare disorder that puts him into what he calls "a standstill"! When he was younger, this disorder left him in a deep coma which stunted his growth for three years. Mizuho Kazami isn't your typical teacher, either. She's actually an alien sent by the Galaxy Federation to observe the Earth! As the sole human being with knowledge of Ms. Kazami's secret, Kei must... marry her?! Homework, dating, and a gorgeous wife...going to school has never been quite this fun! This two DVD set contains episodes 1 – 13, the OVA "Secret Couple," plus these bonus features: Clean Opening, Clean Closing, Promotional Videos, Music Clips, Commercials, Preview for Episode 13 and Marie Love Theater, and a reversible cover. Audio: Japanese and 2.0 stereo, English subtitles; 1080i HD.



Studio: BayView Entertainment
Item #: NZBLU1906
UPC: 742617190629
Order Date: 3/26/2019
Street Date: 4/23/2019
SRP: \$39.99
Rating: NR
Screen Format: WS
Language: Japanese & English
Subtitles: English
of Discs / Runtime: 2 discs / 325 mins.
Genre: Anime

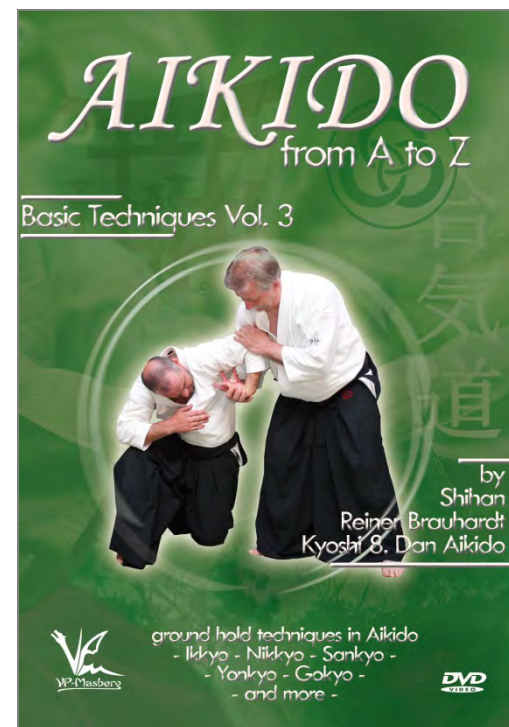
AIKIDO FROM A TO Z BASIC TECHNIQUES

VOLUME 3: GROUND HOLDS

Street Date: 4/23/2019
SRP: \$29.99
Cost:

Synopsis:

The third volume of the educational DVD series, "Aikido from A to Z," shows key ground hold techniques such as ikkyo, nikkyo, sankyo, yonkyo and gokyo. The techniques are combined with the ten first attack forms of aikido. Both beginners and advanced practitioners receive a broad introduction into the multi-variant range of ground hold techniques in aikido. Across the five volume educational DVD series, "Aikido from A to Z," Grand Master Reiner Brauhardt (8th Dan Aikido, Kyoshi) offers widespread training of all aspects of Aikido. Starting with the first steps, the viewer is led to the multi-variant techniques with and without weapons. Reiner Brauhardt is one of the most famous Aikido-Masters in Europe. As a pioneer of Aikido in Germany he started with this martial art more than 40 years ago. Since 1985 he has been a professional aikido-instructor and runs an aikido-school in Siegen. Aikido is a Japanese martial art that steadily becomes more popular worldwide. It was founded by Morihei Ueshiba at the beginning of the 20th century. Aikido includes elements of different Japanese martial arts, next to weaponless techniques the use of sword and stick is a significant component of Aikido. Aikido is absolutely defensive and likewise a highly effective method of self-defense. In Aikido it's not about strength facing strength. The Aikidoka rather uses the attacker's energy to incapacitate him by applying throw and lever techniques. The attacker gets effectively controlled without being hurt. Aikido equally trains body and mind.



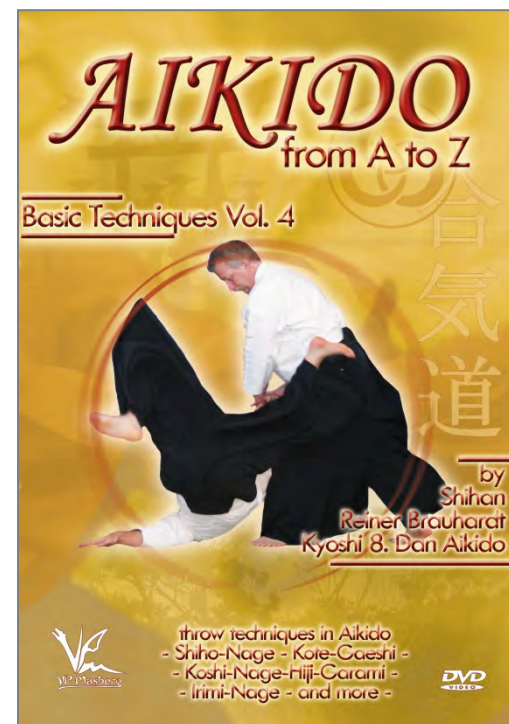
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Order Date:	3/26/2019
Street Date:	4/23/2019
SRP:	\$29.99
Rating:	NR
Screen Format:	WS
Language:	English
Subtitles:	n/a
# of Discs / Runtime:	1 disc / 77 mins.
Genre:	Martial Arts

AIKIDO FROM A TO Z BASIC TECHNIQUES VOLUME 4: THROW TECHNIQUES AND COMBINATIONS

Street Date: 4/23/2019
SRP: \$29.99
Cost:

Synopsis:

This fourth DVD of the educational series, "Aikido from A to Z," shows central throw techniques such as Shiho-Nage, Kote-Gaeshi, Irimi-Nage, and Kishi-Nage-Hiji-Garami. The techniques are combined with advanced attack forms of aikido such as Katate-Kate-Tori, Yoko-Kubi-Shime and Ushiro-Eri-Tori. Across the five volume educational DVD series, "Aikido from A to Z," Grand Master Reiner Brauhardt (8th Dan Aikido, Kyoshi) offers widespread training of all aspects of Aikido. Starting with the first steps, the viewer is led to the multi-variant techniques with and without weapons. Reiner Brauhardt is one of the most famous Aikido-Masters in Europe. As a pioneer of Aikido in Germany he started with this martial art more than 40 years ago. Since 1985 he has been a professional aikido-instructor and runs an aikido-school in Siegen. Aikido is a Japanese martial art that steadily becomes more popular worldwide. It was founded by Morihei Ueshiba at the beginning of the 20th century. Aikido includes elements of different Japanese martial arts, next to weaponless techniques the use of sword and stick is a significant component of Aikido. Aikido is absolutely defensive and likewise a highly effective method of self-defense. In Aikido it's not about strength facing strength. The Aikidoka rather uses the attacker's energy to incapacitate him by applying throw and lever techniques. The attacker gets effectively controlled without being hurt. Aikido equally trains body and mind.



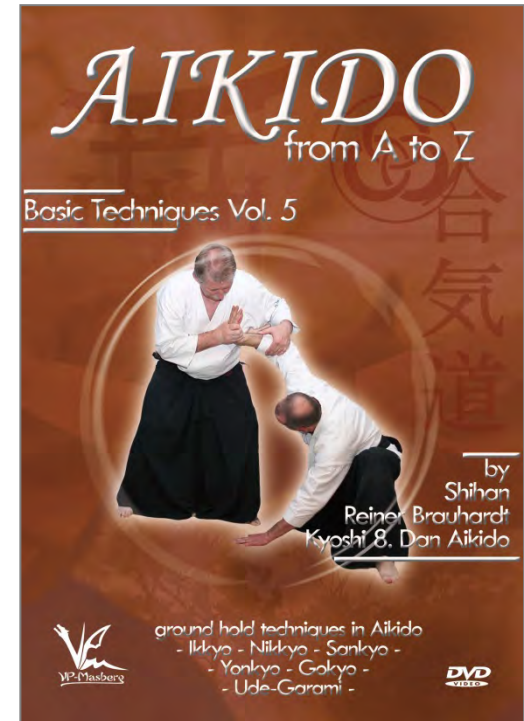
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Item #:	BAY2595
UPC:	812073025954
Order Date:	3/26/2019
Street Date:	4/23/2019
SRP:	\$29.99
Rating:	NR
Screen Format:	WS
Language:	English
Subtitles:	n/a
# of Discs / Runtime:	1 disc / 68 mins.
Genre:	Martial Arts

AIKIDO FROM A TO Z BASIC TECHNIQUES VOLUME 5: GROUND HOLD TECHNIQUES AND COMBINATIONS

Street Date: 4/23/2019
SRP: \$29.99
Cost:

Synopsis:

This fifth DVD of the educational series, "Aikido from A to Z," shows central ground holding techniques such as Ikkyo, Nikkyo, Sankyo, Gokyo and Ude-Garami. They are combined with advanced attack forms of Aikido, including Karate-Kata-Tori, Yoku-Kubi-Shime and Ushiro-Eri-Tori. Across the five volume educational DVD series, "Aikido from A to Z," Grand Master Reiner Brauhardt (8th Dan Aikido, Kyoshi) offers widespread training of all aspects of Aikido. Starting with the first steps, the viewer is led to the multi-variant techniques with and without weapons. Reiner Brauhardt is one of the most famous Aikido-Masters in Europe. As a pioneer of Aikido in Germany he started with this martial art more than 40 years ago. Since 1985 he has been a professional aikido-instructor and runs an aikido-school in Siegen. Aikido is a Japanese martial art that steadily becomes more popular worldwide. It was founded by Morihei Ueshiba at the beginning of the 20th century. Aikido includes elements of different Japanese martial arts, next to weaponless techniques the use of sword and stick is a significant component of Aikido. Aikido is absolutely defensive and likewise a highly effective method of self-defense. In Aikido it's not about strength facing strength. The Aikidoka rather uses the attacker's energy to incapacitate him by applying throw and lever techniques. The attacker gets effectively controlled without being hurt. Aikido equally trains body and mind.



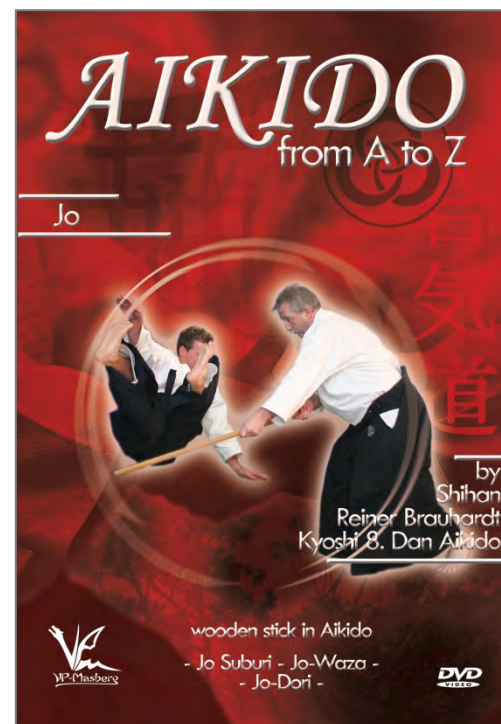
Studio:	BayView Entertainment
Item #:	BAY2596
UPC:	812073025961
Order Date:	3/26/2019
Street Date:	4/23/2019
SRP:	\$29.99
Rating:	NR
Screen Format:	WS
Language:	English
Subtitles:	n/a
# of Discs / Runtime:	1 disc / 62 mins.
Genre:	Martial Arts

AIKIDO FROM A TO Z: JO – WOODEN STICK

Street Date: 4/23/2019
SRP: \$29.99
Cost:

Synopsis:

This DVD in the continuing educational series, "Aikido from A to Z," shows basic techniques with the Jo – a wooden stick which is a traditional weapon of the Japanese martial arts and an essential part of Aikido. The techniques demonstrated include Sabaki, Jo-Suburi, Jo-Waza, and Jo-Dori. Each will be combined with the various attacking styles of Aikido. This way, beginners and advanced students will get a comprehensive introduction for the handling of a Jo. Across the educational DVD series, "Aikido from A to Z," Grand Master Reiner Brauhardt (8th Dan Aikido, Kyoshi) offers widespread training of all aspects of Aikido. Starting with the first steps, the viewer is led to the multi-variant techniques with and without weapons. Reiner Brauhardt is one of the most famous Aikido-Masters in Europe. As a pioneer of Aikido in Germany he started with this martial art more than 40 years ago. Since 1985 he has been a professional aikido-instructor and runs an aikido-school in Siegen. Aikido is a Japanese martial art that steadily becomes more popular worldwide. It was founded by Morihei Ueshiba at the beginning of the 20th century. Aikido includes elements of different Japanese martial arts, next to weaponless techniques the use of sword and stick is a significant component of Aikido. Aikido is absolutely defensive and likewise a highly effective method of self-defense. In Aikido it's not about strength facing strength. The Aikidoka rather uses the attacker's energy to incapacitate him by applying throw and lever techniques. The attacker gets effectively controlled without being hurt. Aikido equally trains body and mind.



Studio:	BayView Entertainment
Item #:	BAY2597
UPC:	812073025978
Order Date:	3/26/2019
Street Date:	4/23/2019
SRP:	\$29.99
Rating:	NR
Screen Format:	WS
Language:	English
Subtitles:	n/a
# of Discs / Runtime:	1 disc / 59 mins.
Genre:	Martial Arts

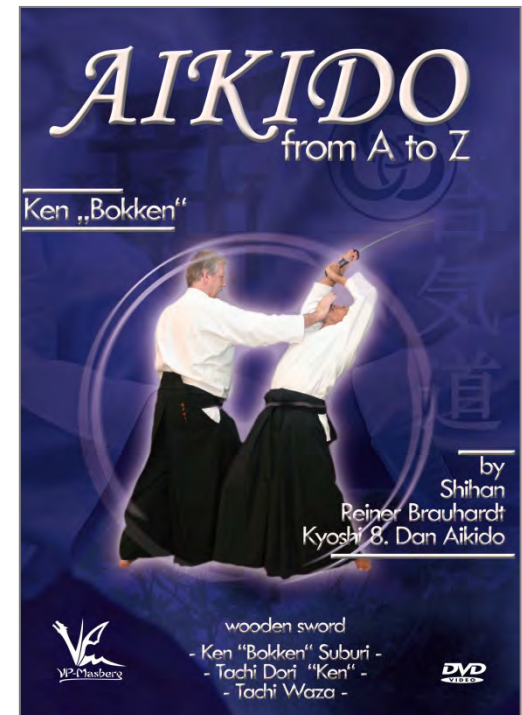
All Marketing, Art and Bonus Features are subject to change

AIKIDO FROM A TO Z: BOKKEN - WOODEN SWORD

Street Date: 4/23/2019
SRP: \$29.99
Cost:

Synopsis:

This DVD in the continuing educational series, "Aikido from A to Z," shows basic techniques with the Bokken – a wooden sword which is a traditional weapon of the Japanese martial arts and an essential part of Aikido. The techniques demonstrated include Sabaki, Ken-Suburi, Ken-Waza, and Tachi-Dori. Each will be combined with the various attacking styles of Aikido. This way, beginners and advanced students will get a comprehensive introduction for the handling of a Bokken. Across the educational DVD series, "Aikido from A to Z," Grand Master Reiner Brauhardt (8th Dan Aikido, Kyoshi) offers widespread training of all aspects of Aikido. Starting with the first steps, the viewer is led to the multi-variant techniques with and without weapons. Reiner Brauhardt is one of the most famous Aikido-Masters in Europe. As a pioneer of Aikido in Germany he started with this martial art more than 40 years ago. Since 1985 he has been a professional aikido-instructor and runs an aikido-school in Siegen. Aikido is a Japanese martial art that steadily becomes more popular worldwide. It was founded by Morihei Ueshiba at the beginning of the 20th century. Aikido includes elements of different Japanese martial arts, next to weaponless techniques the use of sword and stick is a significant component of Aikido. Aikido is absolutely defensive and likewise a highly effective method of self-defense. In Aikido it's not about strength facing strength. The Aikidoka rather uses the attacker's energy to incapacitate him by applying throw and lever techniques. The attacker gets effectively controlled without being hurt. Aikido equally trains body and mind.



Studio:	BayView Entertainment
Item #:	BAY2598
UPC:	812073025985
Order Date:	3/26/2019
Street Date:	4/23/2019
SRP:	\$29.99
Rating:	NR
Screen Format:	WS
Language:	English
Subtitles:	n/a
# of Discs / Runtime:	1 disc / 55 mins.
Genre:	Martial Arts

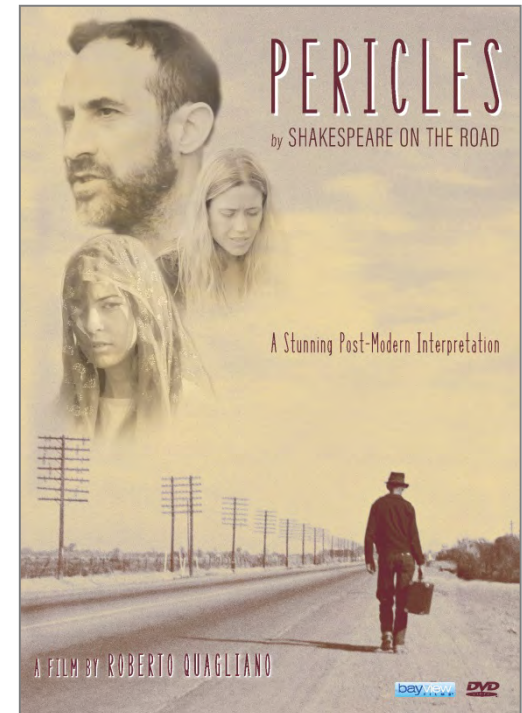
All Marketing, Art and Bonus Features are subject to change

PERICLES BY SHAKESPEARE ON THE ROAD

Street Date: 4/30/2019
SRP: \$19.99
Cost:

Synopsis:

Shakespeare's timeless story gets a stunning post-modern interpretation in this new feature film by Roberto Quagliano. Based on the Shakespearean tragedy "Pericles, Prince of Tyre," this film version of the Bard's tale maintains the original language of his text, but sets the story in an undefinable future in a landscape crisscrossed by highways and patrolled by helicopters. This green landscape is both lush and desolate, a surreal Garden of Eden, and is home for a little girl, Marina, and her father, as she dreams of being told the famous story of Pericles. But where does her dream end and reality begin?



Studio:	BayView Entertainment
Item #:	BAY2629
UPC:	812073026296
Order Date:	4/2/2019
Street Date:	4/30/2019
SRP:	\$19.99
Rating:	NR
Screen Format:	WS
Language:	English
Subtitles:	n/a
# of Discs / Runtime:	1 disc / 107 mins.
Genre:	Drama

MINDY MYLREA: PEDAL AND PULSE INDOOR CYCLING WORKOUTS

Street Date: 4/30/2019
SRP: \$14.99
Cost:

Synopsis:

Schwinn Indoor Cycling meets barre in a fusion program that's taking the country by storm. Amazing cardio combos on the bike flow into elongating, strength-based barre training on the floor using the bike as a barre. Finally, barre students can get the cardio work done and die-hard cyclists can get the flexibility and elongation training of barre. You can choose one of two workouts here or include both in your training for an integrated approach that's right for everybody.



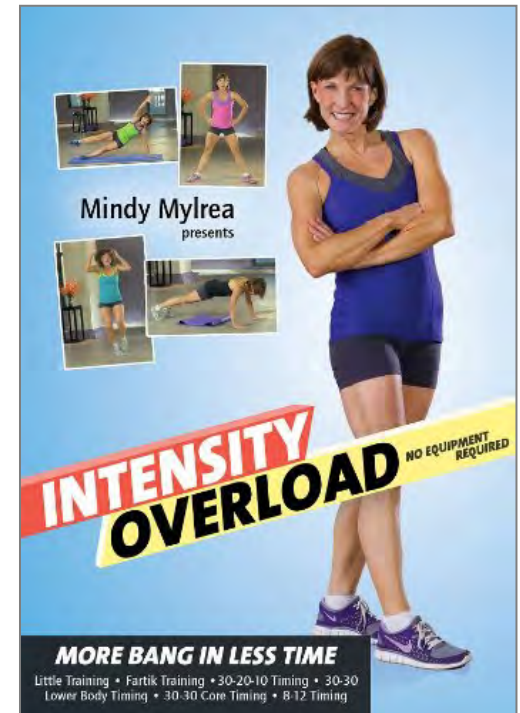
Studio:	BayView Entertainment
Item #:	BAY2630
UPC:	812073026302
Order Date:	4/2/2019
Street Date:	4/30/2019
SRP:	\$14.99
Rating:	NR
Screen Format:	WS
Language:	English
Subtitles:	n/a
# of Discs / Runtime:	1 disc / 83 mins.
Genre:	Fitness

MINDY MYLREA: INTENSITY OVERLOAD: 6 WORKOUTS MORE BANG IN LESS TIME NO EQUIPMENT REQUIRED

Street Date: 4/30/2019
SRP: \$14.99
Cost:

Synopsis:

Fartik, Tabata, Little – positive recovery, negative recovery – longer intervals, shorter intervals – so many options and so little time. Yes, that's right: so little time. When intensity is in the mix, workout time is shorter and rewards are greater. Trust Mindy Mylrea to hold your hand and guide you through these amazing HIIT workouts. You'll experience research-based strategic HIIT training in less time yielding greater strength and fitness gains than ever before. Choose one 10 minute workout and walk away assured you have done enough for the day. Or challenge yourself to put together a few workouts for an over-the-top Intensity Overload. This DVD includes six varied workouts of between 10 to 20 minutes to either stand alone or mix & match for and unlimited intensity cardio and strength variety.



Studio:	BayView Entertainment
Item #:	BAY2620
UPC:	812073026203
Order Date:	4/2/2019
Street Date:	4/30/2019
SRP:	\$14.99
Rating:	NR
Screen Format:	WS
Language:	English
Subtitles:	n/a
# of Discs / Runtime:	1 disc / 91 mins.
Genre:	Fitness

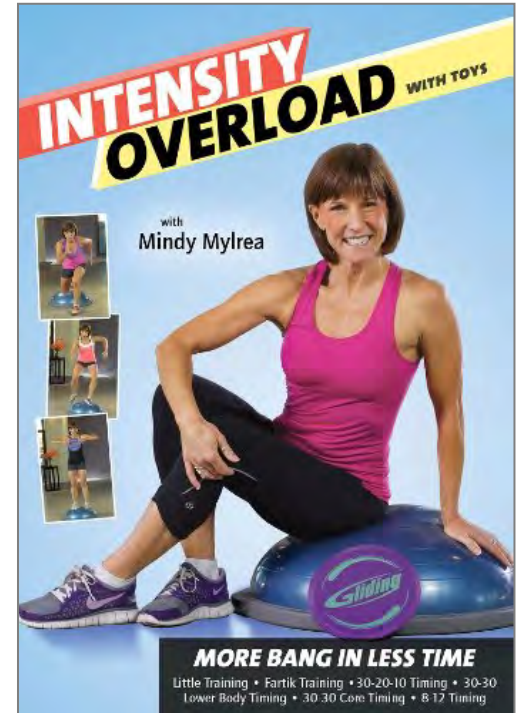
All Marketing, Art and Bonus Features are subject to change

MINDY MYLREA: INTENSITY OVERLOAD WITH TOYS: 6 WORKOUTS MORE BANG IN LESS TIME

Street Date: 4/30/2019
SRP: \$14.99
Cost:

Synopsis:

Using the Bosu and Gliding discs, you will experience Fartik, Tabata, Little – positive recovery, negative recovery – longer intervals, shorter intervals – so many options and so little time. Yes, that's right: so little time. When intensity is in the mix, workout time is shorter and rewards are greater. Trust Mindy Mylrea to hold your hand and guide you through these amazing HIIT workouts. You'll experience research-based strategic HIIT training in less time yielding greater strength and fitness gains than ever before. Choose one 10 minute workout and walk away assured you have done enough for the day. Or challenge yourself to put together a few workouts for an over-the-top Intensity Overload. This DVD includes six varied workouts of between 10 to 20 minutes to either stand alone or mix & match for and unlimited intensity cardio and strength variety.



Studio:	BayView Entertainment
Item #:	BAY2621
UPC:	812073026210
Order Date:	4/2/2019
Street Date:	4/30/2019
SRP:	\$14.99
Rating:	NR
Screen Format:	WS
Language:	English
Subtitles:	n/a
# of Discs / Runtime:	1 disc / 91 mins.
Genre:	Fitness

All Marketing, Art and Bonus Features are subject to change