

Master Your Body™ DVD Series

Top professionals in the fitness industry have joined forces to create the newest, most innovative ways to use the **Body Bar®** & **Mini Body Bar®** in group & individual exercise. These safe and effective programs combine traditional moves with the latest trends to help you reach your health & fitness goals. The wide variety of Master Your Body workouts are fun & challenging. The DVD format allows you to do each workout on its own or customize your own workout by combining exercises from each. For more information on our DVD Series, please visit our website at www.bodybars.com.

STRENGTH AND CONDITIONING

Body Bar Flex Basics with Lashaun Dale
Beginner / 60 minutes (must have Body Bar Flex for this workout) Price: \$19.95

Deep Definition with Rob Glick
*BONUS **Sport Zone** with Carey Bond Lashaun Dale
Intermediate to Advanced / 120 minutes Price: \$19.95

On the Ball with Mindy Mylrea & Lashaun Dale
(**Body Bar & Ball Basics** and **Equanimity**)
Beginner to Advanced / 90 minutes Price: \$29.95

Strength & Conditioning with Keli Roberts & Sherry Catlin
(*The New Body Bar Workout, Basic Training, and Body Bar Challenge*)
Beginner to Advanced / 150 minutes Price: \$29.95

Total Body Express with Keli Roberts & Sherry Catlin
(*Body Bar Basics, Basic Training, Hard Core Abs & Back, Armed & Dangerous, and Below the Belt*)
Beginner to Advanced / 150 minutes Price: \$29.95

Smart Bell Basics with Lisa Wheeler (must have Smart Bell®)
Beginner to Intermediate / 45 minutes Price: \$19.95

Smart Bell Smart Strength with Lisa Wheeler (must have Smart Bell®)
Intermediate to Advanced / 60 minutes Price: \$19.95

CARDIO AND STRENGTH

Body Bar & BOSU® Training with Mindy Mylrea & Keli Roberts
(**BURN** and **Explode!**)
Beginner to Advanced / 120 minutes Price: \$29.95

Body Bar Power and Grace with Mindy Mylrea
Beginner to Advanced / 60 minutes (must have gliding discs) Price: \$19.95

Body Bar Ready, Set, Super Set! with Keli Roberts (must have step)
Intermediate to Advanced / 60 minutes Price: \$19.95

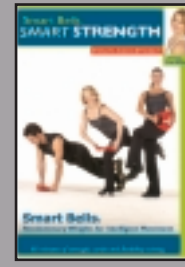
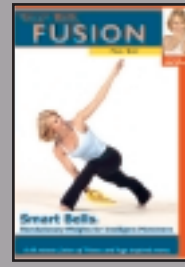
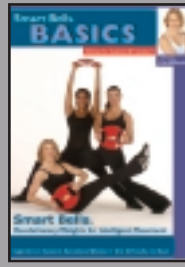
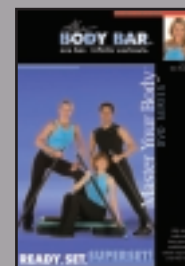
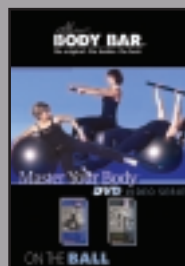
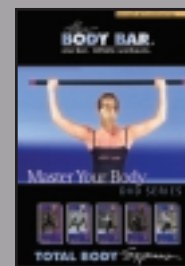
MIND/BODY INFLUENCED

PilatesStrength with Clare Dunphy (must have mini bar)
*BONUS **Innovative Stretch**
Beginner to Advanced / 80 minutes Price: \$19.95

Strength Resolutions with Lashaun Dale
*BONUS **Core Strength**
Beginner to Advanced / 90 minutes Price: \$19.95

YogaStrength with Beth Shaw (must have mini bar)
*BONUS **Yoga Sculpt** with Lashaun Dale
Beginner to Advanced / 105 minutes Price: \$19.95

Smart Bell® Fusion with Lisa Wheeler (must have Smart Bell®)
Beginner to Advanced / 60 minutes Price: \$19.95



one bar. infinite workouts.

