

DVDs & DVD PLAYER

to be checked out in Office of Student Life

Fitness DVDs

Houston

Games

1. Wii Just Dance - UBisoft
2. Wii Michael Jackson: The Experience – Ubisoft

Single DVD

1. Yoga for Inflexible People – Body Wisdom Media (Interactive Service)
2. Pilates for Beginners and Beyond
3. Yoga Meltdown; Jillian Michaels
4. Power Yoga
5. Shiva Rea: Daily Energy
6. Shake Weight

Sets P90 X Set of 15 DVDs

1. Chest and Back
2. Plyometric
3. Shoulders and Arms
4. Yoga X
5. Legs and Back
6. Kenpo X
7. X Stretch
8. Core Synergistic
9. Chest, Shoulders, and Triceps
10. Back and Biceps
11. Cardio X
12. Abs Ripper X
13. How to Bring It
14. Fountain of Youth
15. Mammoth UML

Extras

Training Calendar, Quickstart Guide, Fitness Guide, Nutrition Plan

Chalean Extreme Set of 8 DVDs

1. Burn Basics/Band Basics Healthy Eats & Kitchen Makeover
2. Burn Circuit 123
3. Push Circuit 123
4. Lean Circuit 123
5. Burn It Off! Recharge
6. Burn Intervals Abs Burner Extreme Abs
7. Extreme Motivation

8. Fat Burn Challenge Get Lean Intervals, I've Got Abs

Extras

Personal Body Fat Tester, Guide Book, Food Guide, Resistance Bands, Sculpting Band

Zumba Fitness Set of 4 DVDs

1. Live + Flat Abs
2. Cardio Party
3. Basics + 20 Minute Express
4. Sculpt + Tone

Extras

Body Guide, 2 Weights

Turbo Fire Set of 12 DVDs

1. Greatest Hits – Stretch, 10 class
2. Get Fire Up
3. Fire 30 class/Stretch 10 class
4. HIIT 15 class/Stretch 10 class
5. Fire 55EZ class/Stretch 10 class
6. Core 20 class/Stretch 40 class/Stretch 10 class
7. Fire 45 class/Stretch 10 class
8. HIIT 20 class/Stretch 10 class
9. Fire 45 EZ class/Stretch 10 class
10. HIIT 25 class/Stretch 10 class
11. Sculpt 30 class/Tone 30 class
12. Stretch 40 class/Stretch 10 class

LesMills Combat Set of 5 DVDs

1. The Basics
2. Combat Kick Start/Combat Power Kata
3. Extreme Cardio Fighter
4. Ultimate Warrior's Workout
5. Power HIIT 1/ Shock Plyo HIIT 2

Extras

Stay with the Fight Fitness Guide, Eat right for the Fight Nutrition Guide, Measurement Track & Measuring tape