

Diabetes Prevention - Strengthen Your Exercise Program

Created by MPLSTAFFPICKS



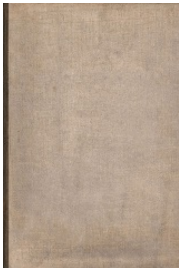
Calorie blast yoga

Gaiam Americas ; CorePower Yoga ; produced by Christie Stentz ; directed by Michael Badertscher. --



Extreme live

produced by BG Star Productions and Watch It Now Entertainment ; producer/director, Darren Capik. --



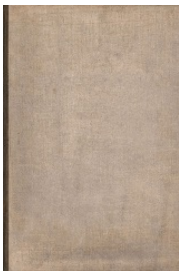
Look great naked.

LGN, Inc. ; written by Brad Schoenfeld ; produced, directed by Kevin R. Weaver.



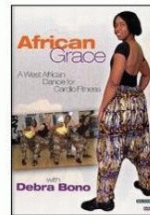
Kettlebell 3-in-1

director, Tamilee Webb.



Anna Kournikova, basic elements

Lion's Gate Home Entertainment ; produced by Marty Ehrlich ; director, David Wohlstadter.



African grace

produced by Greg Twombly. --

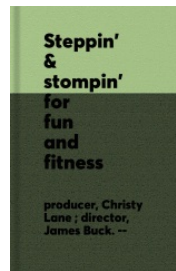
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Core fitness

produced by Anne Pringle Burnell & Vanguard Associates. --



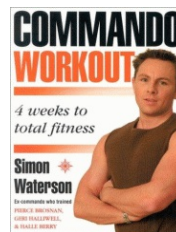
Steppin' & stompin' for fun and fitness

producer, Christy Lane ; director, James Buck. --



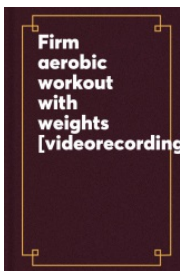
Cross training for fitness

Gaiam. --



Commando workout

Simon Waterson with Sally Brown.



The Firm super cardio mix

Firm Media.



Lifestyle #nine.

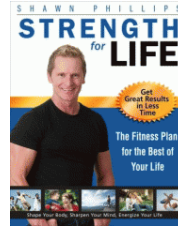
produced by Care Productions Inc., in association with Meg Media Group ; written and produced by Wendell Wilks, John Hamilton, Graham Kerr ; directed by Dale LoFranco.

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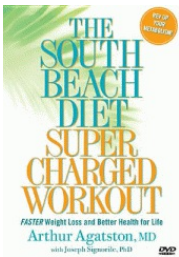
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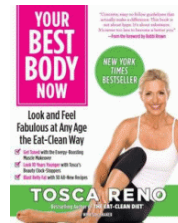
Fit mom yoga
Fit Beginnings. --



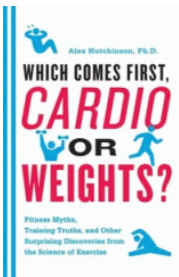
Strength for life
Shawn Phillips.



The South Beach diet super charged workout
Rodalie. --



Your best body now
Tosca Reno ; with Stacy Baker. --



Which comes first, cardio or weights?
Alex Hutchinson.