



More Fitness.  
Less Time.  
Better Results.™

**30 MINUTE  
CORE STRENGTH WORKOUT**

# BURN WITH KEARNS

## Kevin Kearns Workout

The high-intensity Burn with Kearns' 30 Minute Core Strength Workout is for the **intermediate to advanced exerciser**, seeking variety and better results.

The DVD is composed of three segments:

- Correct form and movement
- The complete Burn with Kearns workout, and
- Two bonus workouts with advanced exercises.

As a professional fitness coach for over 18 years, Kevin Kearns has worked one-on-one with hundreds of diverse individuals with a variety of needs. On this DVD, **he combines an encyclopedia-like knowledge of fitness, a results oriented focus and a down-to-earth style of instruction.**

**Kevin Kearns is the strength and conditioning coach for UFC fighter Kenny Florian and consults with many other professional mixed martial arts fighters.**

|             |                      |
|-------------|----------------------|
| Artist      | Burn With Kearns     |
| Title       | Kevin Kearns Workout |
| Selection # | KK7620               |
| UPC         | 022891762096         |
| Prebook     | 2/6/2007             |
| Street Date | 3/13/2007            |
| Retail      | \$19.95              |
| Genre       | Fitness              |
| Run Time    | 46 minutes           |
| Box Lot     | 30                   |
| Label       | QUANTUM              |
| Audio       | 5.1 Surround Sound   |
| Format      | DVD                  |



**MVDvisual**

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