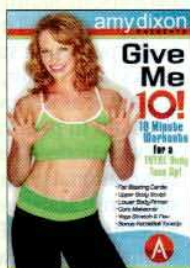


Spotlight on Fitness

Amy Dixon: Give Me 10! ★★★1/2

(2009) 61 min. DVD: \$19.99. Amy Dixon (avail. from www.amydixonfitness.com).

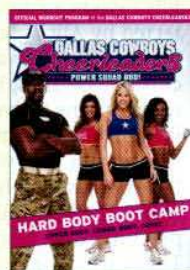
Although viewers might want to stretch first, master trainer Amy Dixon jumps right into this high-energy exercise program comprised of six 10-minute workouts, including "Fat Blasting Cardio" (with skater step, bounce/pass, and criss-cross jumping jacks), "Upper Body Sculpt" (featuring upper cuts, lateral raises, and push-ups), "Lower Body Firmer" (using dumbbells), "Core Makeover" (pikes, flutter kicks, and crunches), and the lower-intensity "Yoga Stretch & Flex." Viewers who want to take it a little easier will appreciate the fact that modified moves are also shown. A bonus "Kettlebell Tune Up" segment spotlights equipment that Dixon says "will change your body, trust me." A seriously rigorous workout designed to tone the body and burn fat, the intense but focused *Give Me 10!* is highly recommended. Aud: P. (J. Williams-Wood)



Dallas Cowboys Cheerleaders—Power Squad Bod! Hard Body Boot Camp ★★★

(2009) 60 min. DVD: \$16.99. Paramount Home Entertainment (avail. from most distributors). ISBN: 1-4157-4919-1.

Retired master sergeant and official trainer Jay Johnson proves that the Dallas Cowboys Cheerleaders (DCC) work hard to be game day eye candy in this hour-long program from the *Power Squad Bod* series. DCC members (with some demonstrating beginner, intermediate, and challenging moves) get right to work in this program that includes a warm-up featuring mountain climbers, and offers both low- and high-impact routines broken into three parts: lower body, upper body, and core. From oblique crunches, calf raises, and the "folding chair," to side and split squats, timed push-ups, bicep curls, and the abs twist, Johnson barks directions to the ladies while making sure they correctly execute techniques and count off repetitions in cadence chants. "It's never too late to be who you want to be...or who you can be," says



Johnson. DVD extras include bonus abs and arms routines, instructor guided position breakdowns, and an intro to yoga featuring DCC instructor Kurt Johnson. Definitely recommended. [Note: *Dallas Cowboys Cheerleaders—Power Squad Bod!* *Calorie Blasting Dance* and *Dallas Cowboys Cheerleaders—Power Squad Bod! Body Slimming Yoga* are also available.] Aud: P. (J. Williams-Wood)

Dance a GoGo: Sexy Nightclub Workout ★★★

(2009) 3 discs. 90 min. DVD: \$35.95. MVD Visual (avail. from most distributors).

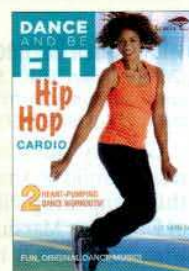
Choreographer Andrea Lin is featured in this dance-packed three-disc set, which includes the workout routines "Music Video," "Latin Groove," and "Nightclub Fun." All with the exception of "Nightclub Fun" (which is more of a freestyle) offer a breakdown of the moves, a back-view dance-along, and a flashy demo segment featuring Lin and costumed dancers in what looks like a warehouse (with the option of having upcoming moves flashed onscreen). Boasting techniques such as the hip swing, booty pop, sexy walk, figure 8, "Asian silk," and cowgirl walk, the program is sure to be appreciated by anyone wanting to perfect their skills for becoming a "video vixen." However, it's a serious stretch to label this set a "workout" compilation. DVD extras include tips about dressing sexy and posture, behind-the-scenes segments, production stills, and a weblink to a free download from the saucy soundtrack. Not a necessary purchase. Aud: P. (J. Williams-Wood)



Dance and Be Fit: Hip Hop Cardio ★★★1/2

(2009) 50 min. DVD: \$14.99. Acacia (avail. from most distributors).

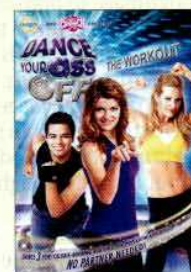
Instructor Sarita Lou goes solo for this hour-shy cardio program featuring two hip hop routines performed on a cityscape blacktop-style set. Prefacing the workouts with a brief but unnecessary description of hip hop culture (including graffiti art, breakdancing, and rapping), Lou segues into warm up stretches before tackling the routines: "Old School," which features the toe tapping rock steady move, knee sweep, hip swing, skate slide, and the cabbage patch dance; and "Sexy Sculpt," which includes body rolls, chest pulls,



grape vine, and "get low." Encouraging viewers to add freestyle and attitude, *Dance and Be Fit: Hip Hop Cardio* also includes DVD extras such as a bonus performance and a bio of Lou. Although fairly run-of-the-mill, this should be considered a strong optional purchase for larger fitness collections. [Note: other recent Acacia fitness titles also available include *Exhale: Core Fusion—Pure Abs & Arms*, *Tai Chi for Beginners*, and *Himalaya: Bollywood Dance Blast*.] Aud: P. (J. Williams-Wood)

Dance Your Ass Off: The Workout ★★★

(2009) 46 min. DVD: \$16.98. Anchor Bay Entertainment (avail. from most distributors). Closed captioned.



Inspired by the titular Oxygen network reality show competition, this program from the *Crunch* workout series features three routines specifically designed for weight-loss. *Dance Your Ass Off* season one winner Ruben—who not only took home the \$100,000 grand prize but lost 75 pounds by the time of taping—participates along with choreographer Lisa Ligon and a pair of professional dancers who guide viewers through "Disco" (including the hip sit and roll and dip moves), "Hip Hop" (with strut and step, cool glide, and dig back moves), and the cha-cha-influenced "Latin" segments, all of which require no extra equipment. "Have fun...strut what we got" seems to be the apt mantra here, with the low-impact moves reflecting the same style used in the show. Recommended. [Note: other recent Anchor Bay fitness titles also available include *Dance Off the Inches: Dance It Off and Firm Up!*, *Element: Prenatal & Postnatal Yoga*, *Element: Slim & Tone Pilates*, and *Element: Yoga for Weight Loss*.] Aud: P. (J. Williams-Wood)

Debra Mazda's Shapely Girl: Walking Fit and Fabulous! ★★★

(2009) 88 min. DVD: \$19.99. BayView Entertainment (avail. from most distributors).

"Fitness comes in many sizes...not just a size 2," says instructor Debra Mazda, a plus-size shapely woman herself (see review of *Debra Mazda: Let's Get Stepping* in VL-11/09). Twenty-five years ago Mazda weighed over 300 pounds, so she knows firsthand how difficult it is