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**Fit At 40 Plus** (Special Interest/Exercise)

Picture: C Sound: C Extras: C- Programs: C+

Exercise video lives on DVD and the new **Fit At 40 Plus** series is aimed at women, but could also include men. Eloise DeJoria and Janice Nichols host and perform all the exercises over four DVDs meant for different levels of activity. The four volumes are:

- 1) *Beginner Workout*
- 2) *Beginner/Intermediate Workout*
- 3) *Intermediate/Advanced Workout*
- 4) *10 Minute-Full Body + 32 Minute-Advanced Workout*

These are easy, competent and pleasant works, if not the most exciting, spectacular and amazing ever offered. Each runs about 46 minutes and is fine for what it is. The volumes are sold separately.

The full frame 1.33 x 1 color image has some digititis from being shot on professional NTSC video, then being transferred with some trouble. The PCM 2.0 16Bit/48kHz Stereo is also limited and had echo, with the instructor's voices being too far away for this type of program. Extras on each DVD are a brief explanation of the hosts and what Pilates are, plus recommendations for the other three volumes.

- Nicholas Sheffo

## CURRENT REVIEWS

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- >Caravan – The 35th Anniversary Concert – Live At The Bloomsbury Theater – London
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- >The Tomorrow People - Set Two
- >The Sound Of Music - 40th Anniversary Edition
- >Go West - The King Of Wishful Thinking Live
- >Goodnight Mister Tom (Telefilm)
- >Doggy Daycare (Special Interest)
- >Aeon Flux - The Complete Animated Series
- >Live At The Renaissance Center (Country Music DVD Concert Series) – Lynn Anderson, Freddie Fender, Ray Price, Pam Tillis
- >Chicken Shack - I'd Rather Go Live
- >Beavis & Butt-Head - The Mike Judge Collection: Volume One
- >Andy Andrews - The Seven Decisions

### IN STORES NOW

- >Where Is The Chesterfield King? (Rock Music)
- >Lifeboat (Alfred Hitchcock)
- >Dead & Breakfast
- >Land Of The Dead - Unrated Director's Cut
- >In Living Color - Season Four
- >Weekend (1967)
- >Star Trek Enterprise - The Complete Fourth Season
- >Kids In The Hall - Complete Season Two
- >The Bob Newhart Show - The Complete Second Season
- >DEVO Live 1980 (Dual Disc)
- >Lili (1953/Limited CD)

MARKET PLACE

- >The Machinist
- >Tarzan - Special Edition (Disney)
- >The Pixies Sell Out: 2004 Reunion Tour
- >Sonic Youth - Goo (Deluxe Edition CD Set)



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