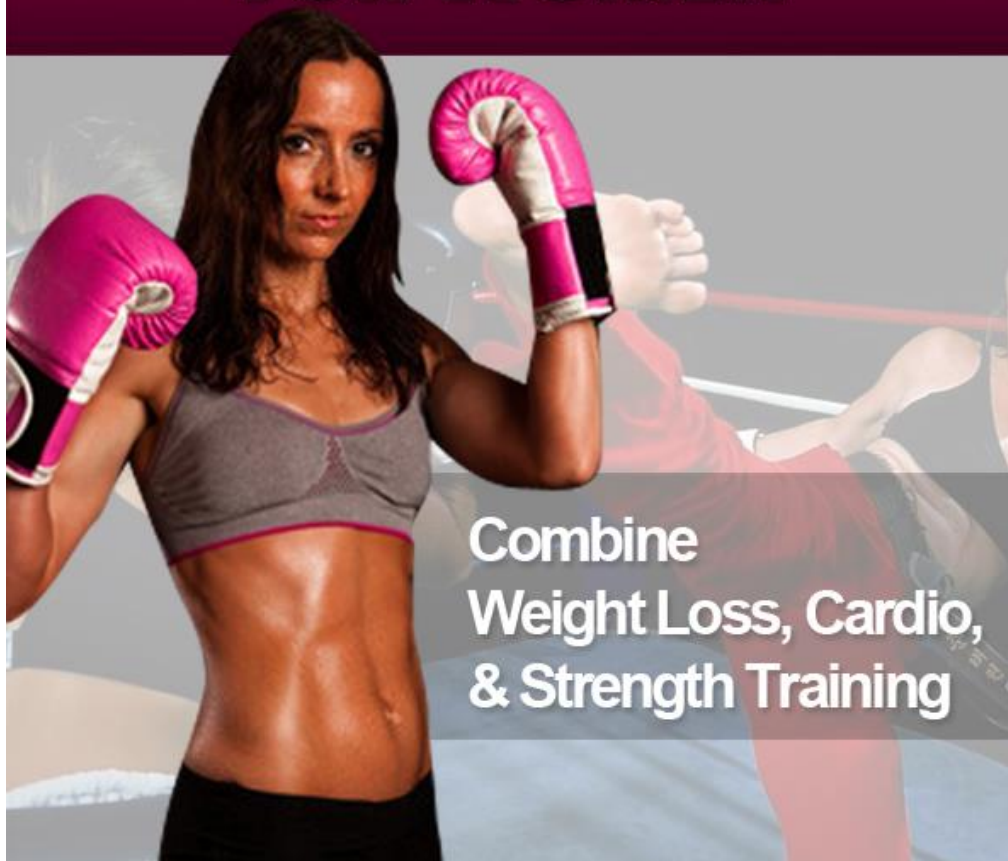


# **TOP KICKBOXING DVDS - FOR WOMEN -**



**Combine  
Weight Loss, Cardio,  
& Strength Training**

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# **BEST KICKBOXING FITNESS DVDS**

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**by**

**Your Name/Company**

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## **BEST KICKBOXING FITNESS DVDS**

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If you do not feel like enrolling in a class but you want to try the martial art badly, you can just purchase a kickboxing DVD so you can break out a sweat even when you are at home. Here are some of the best kickboxing fitness DVDs to choose from (in no particular order):

### **Cathe Friedrich's Kick Max DVD**

People love this DVD workout video because of the cardio blasts, but be prepared to work your muscles as well. Cathe Friedrich's Kick Max workout is highly recommended by the editors of Fitness magazine as the best exercise DVD for burning calories. You are going to burn a lot of calories while improving your balance and strength. The DVD contains three targeted workout segments. You can do one for the first couple of weeks and once you feel a lot stronger, you can do all three of them. The 70-minute workout finishes off with some kickboxing toning exercises for the lower body.

### **10 Minute Solution - Kickbox Bootcamp**

This is the perfect workout DVD for those who cannot squeeze in exercise into their daily routine. The routines are presented in 10-minute increments and each one targets a specific body part. The 10 Minute Solution - Kickbox Bootcamp offers 5 bootcamp-style kickboxing workouts that increase progressively in intensity. The instructor, Keli Roberts, does each move slowly before really getting into it. This workout DVD is great for beginners.

### **Tae Bo Amped**

This workout is geared toward advanced Tae Bo exercisers. The set includes five Tae Bo workouts with a collapsible weighted bar that measures 24 to 30 inches. The bar is constructed to be used for kickboxing which means that your movements will not be restricted. The Tae Bo Amped is a great way to lose weight and tone your muscles.

### **Quick Fix: Total Cardio Kick**

This workout DVD by Janis Saffell is similar to the 10 Minute Solution - Kickbox Bootcamp. The routines are divided into 10-minute segments. Each segment focuses on a specific part of the body. It is completely up to you how to organize your workouts. You can do upper body exercises for a specific day. Choose among the different 10-minute routines that target the arms, chest and shoulders.

### **Kickbox FastFix**

This workout DVD by Jillian Michaels is one of the best-selling fitness DVDs today. The full body workout will fix your problem areas fast. The routines are quick-paced and you get a good combination of cardio and muscle-toning exercises. The DVD consists of three 20-minute kickboxing routines that will target your upper body, lower body and abs.

## **BUILD CONFIDENCE AND STRENGTH**

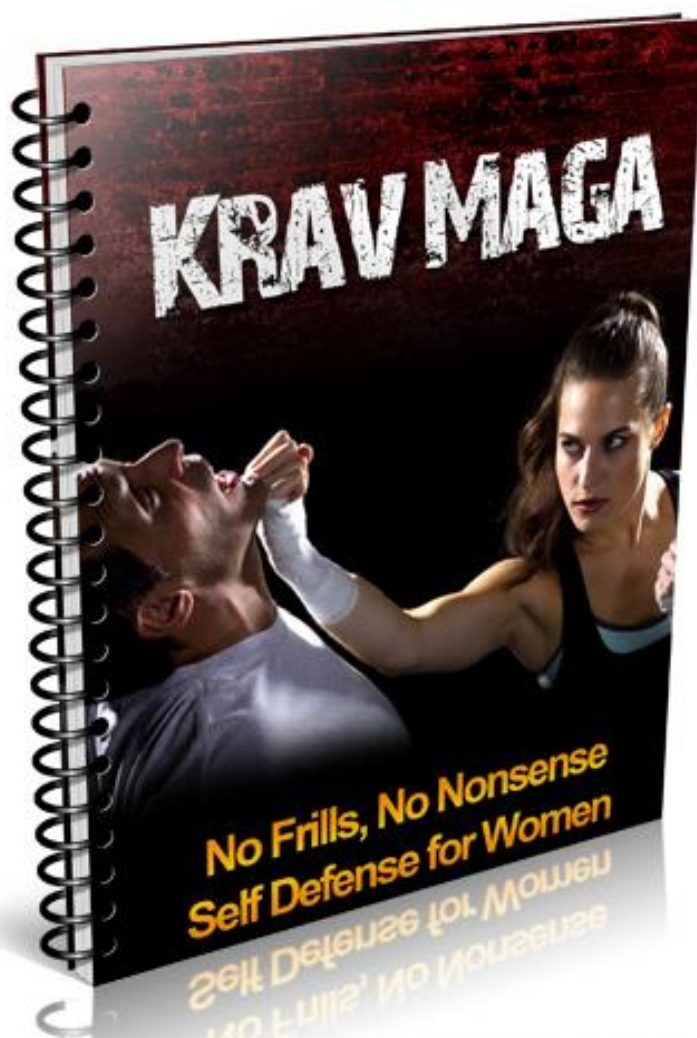
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We're here to help! There are more tips and techniques for self-defense and strength. You can also visit us at {[www.yourwebsite.com](http://www.yourwebsite.com)}

{Inserting your picture and signature is also good for building trust}

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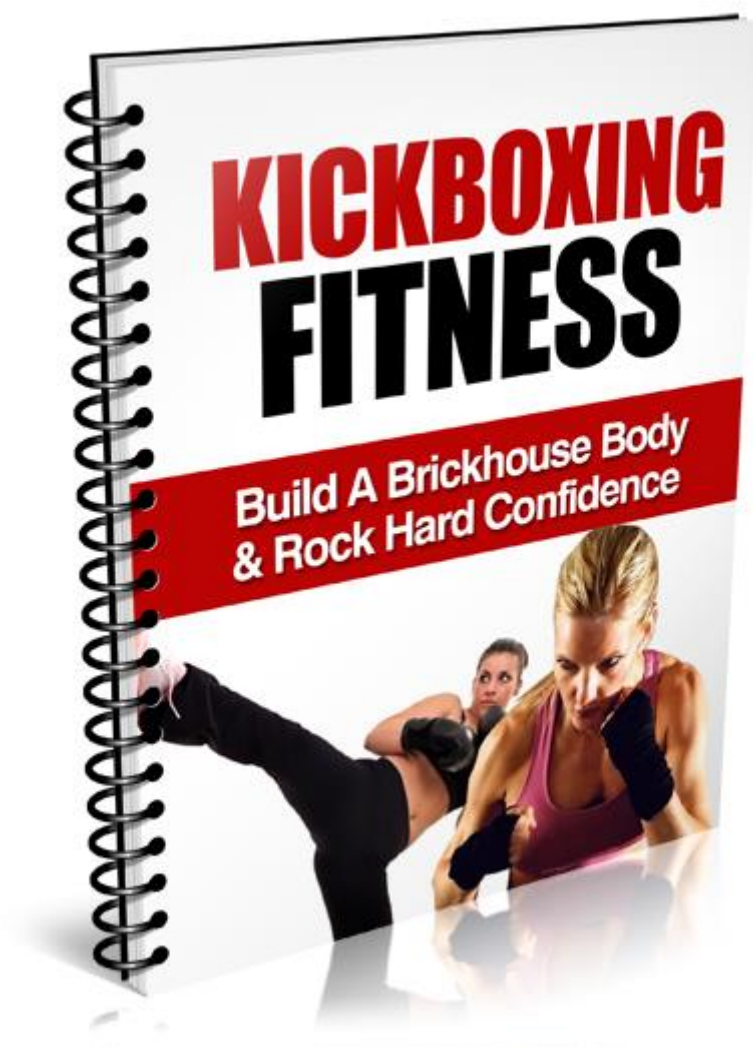


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