#### **About Kathy Smith**

"Kathy Smith is fitness in America." - Sports Illustrated

"The Beverly Hills Fitness Guru." - Time Magazine

"Kathy Smith and fitness are synonymous. She is simply the best!" - Chris Evert Lloyd



#### About Kathy's more advanced video. Ultimate Video Workout

"Without a doubt Smith's is the best. most comprehensive exercise video." - Voque Magazine

"Smith offers one of the best aerobics routines." - McCall's

#### FOR BEGINNERS TO MORE ADVANCED

elcome to KATHY SMITH'S BODY BASICS. This exercise program is called BODY BASICS because it really gets down to fitness basics. If you're a beginner, you'll love it. If you're more advanced (or want to be) you'll appreciate the benefits of the LOW IMPACT AEROBICS used in this program. They're easier on your body while still getting your pulse rate up to lose weight and build a stronger heart.

The program is designed to allow you to identify and concentrate on specific body problem areas, including the different muscle groups. Stomach flattening and thigh firming exemplify this technique.

Besides visual aids such as beat counts and timed heart rate checks, it's recorded in stereo with music specifically written for each section. With your VCR memory counter, you can record the number of each section on the video label for easy future reference to specific workout sections.

#### BELIEVE IN YOURSELF! STICK WITH IT! THE REWARDS ARE THERE!

#### PROGRAM\* 6. Complete Stomach Flattening

- 1. Instructional Section
- 2. Warm Up
- 3. Upper Body Workout
- 4. Low Impact Aerobics Level 1
- 5. Low Impact Aerobics Level 2
- 8. Buttocks Workout

7. Thigh and Leg Firming Workout

9. Cool Down

Workout

\* Ankle and wrist weights recommended when increasing workout intensity

#### Important Tips:

- a) Consult your doctor before beginning this or other exercise programs.
- Avoid alcohol or heavy meals for 2 hours before workout.
- c) Drink fluids (preferably water) liberally before, during and after workout.
- d) Your shoes should provide good foot support, traction and cushioning. e) Wear something comfortable that doesn't inhibit movement.
- f) Exercise approximately every other day to stimulate a significant increase in your fitness level.
- g) Get into an exercise routine by scheduling a regular time and sticking to it.

Co-producers - JCI and VLS Inc. Executive Producer - Richard Diercks Created by Kathy Smith Choreography by Kathy Smith and Leslie Chazin Music by Tim Truman Photography by Julian Baum Running time: 60 minutes

Distributed by: JCI Video 5308 Derry Avenue Agoura Hills, CA 91301

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