SWEAT DVD Library

- DVDs are available to check out at the Van Pelt and Opie Library
- May check for a 3-week period

**You Are Your Own Gym**
- Level: All levels: Beginner, Intermediate, and Advanced (3 separate programs)
- Time: 15-25 minutes each workout
- Emphasis: Bodyweight strength training

**10 Minute Solution Yoga for Beginners**
- Level: Beginner to Intermediate
- Time: 10 minutes each (5 routines)
- Emphasis: Gentle yoga for balance, strength, and stress relief

**10 Minute Solution Yoga**
- Level: All levels
- Time: 10 minutes each (5 routines)
- Emphasis: Yoga for balance, strength, and stress relief

**5 Day Fit Chi**
- Level: All levels
- Time: 20-35 minutes (5 routines)
- Emphasis: Tai Chi for balance and flexibility

**Tai Chi for Beginners**
- Level: All levels
- Time: 12-30 minutes (8 routines)
- Emphasis: Tai Chi for balance and flexibility
Leslie Sansone Walk to the Hits
Level: Intermediate
Time: 46 minutes total; can be broken into 3 shorter workouts
Emphasis: HIIT mixed impact cardio (high intensity interval training)

Lisa Welchel’s Everyday Workout for the Everyday Woman
Level: Beginner to Intermediate
Time: 25-30 minutes each (2 workouts may be done together)
Emphasis: Strength training for women. Uses dumbbells.

Absolute Beginner Kettlebell 3-in-1 with Amy Bento
Level: Beginner to Intermediate
Time: 20 minutes each (2 workouts)
Emphasis: Kettlebell total body toning

Paul Katami’s Ultimate Kettlebell Workout for Beginners
Level: Intermediate
Time: 25-30 minutes each (3 workouts)
Emphasis: Kettlebell total body toning

10 Minute Solution KnockOut Body
Level: Intermediate
Time: 10 minutes each (5 workouts)
Emphasis: Kickboxing total body workout

The Biggest Loser 8 Minute Body Blasters
Level: Intermediate
Time: 8 minutes each (5 workouts)
Emphasis: Total body toning. Uses dumbbells.

Amy Dixon Give Me 10!
Level: Intermediate
Time: 10 minutes each (5 workouts)
Emphasis: Total body cardio, toning, and yoga. Uses dumbbells.

Jackie Warner 30 Day Fast Start
Level: Intermediate to Advanced
Time: 25 minutes each (2 workouts)
Emphasis: Total body toning. Uses dumbbells.

Belly Off! Workout
Level: Intermediate to Advanced
Time: 5-10 minutes each (5 workouts)
Emphasis: Total body circuit training. Uses dumbbells.