

CHAPTER LIST

DVD 1

I - Joint Mobility Warm-ups 44:24

II - Swings 26:41

III - Clean 11:37

DVD 2

IV - Press 13:17

V - Snatch 30:18

VI - Legs 30:47

DVD 3

VII - Abdominals & Trunk 57:06

VIII - Grip/Forearm/Fingers 23:52

IX - Joint Health & Flexibility 21:05

DVD 4

X - Neck & Spine 15:20

XI - Isometrics 10:30

XII - Balance & Coordination 25:58

XIII - KB & Bodyweight Combos 14:20

XIV - KB & BOSU™ 26:10

DVD 5

XV - Pushups 30:40

XVI - Quick Hands-Juggling Basics 21:15

XVII - Explode! 33:05

DVD 6

XVIII - Steve Cotter's

Extreme Kettlebell Workout 68:00



Shihan.com
615 Fishers Run
Victor, NY 14564
1-800-899-5797

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