

weightwatchers

PointsPlus® fitness series with jennifer cohen

This workout DVD series was specifically created for Weight Watchers members. These 5 DVDs contain easy-to-follow routines for every fitness level! Each DVD has a 10-minute Beginner Workout, 15 minute Express Workout and Full-length Workout. There are so many options, you'll never get bored!

fitness series includes

- Disc 1 – Total Body Cardio Stretch
- Disc 2 – Upper body Boot Camp
- Disc 3 – Lower Body Interval Training
- Disc 4 – Core Cardio
- Disc 5 – Cardio Basic



fitness