

Now available on DVD!

The Ultimate Calorie and Fat Burning Total Body Workout For Men and Women

CARDIO ATHLETIC KICKBOX®
"No Holds Barred"



"No Holds Barred"

The Cardio Athletic Kickbox "No Holds Barred" DVD is packed with new combos for intermediate to advanced exercisers looking for challenging ideas to kick their cardio workout up a notch.

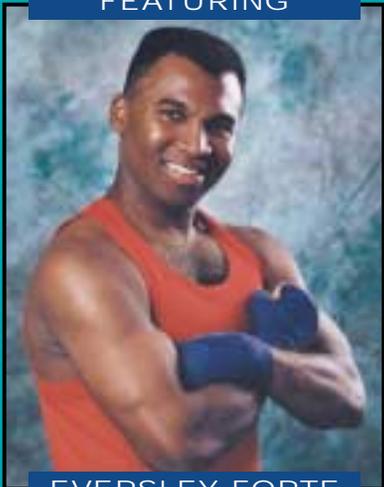
Order your copy of
"No Holds Barred" and other
Cardio Athletic Kickbox
DVDs or VHS tapes, at
www.homekickboxing.com

Eversley Forte is setting new standards for kickboxing workouts in the Cardio Athletic Kickbox® Video Series.

Throughout each video, safety tips and correct form for various kicks and punches are given, along with options for low and moderate workout intensity to accommodate all fitness levels. All combos are done from a fighting stance for a more natural feel and flow. Eversley's style is a refreshing change of pace and will motivate you to reach your goals!

CARDIO ATHLETIC KICKBOX®

FEATURING



EVERSLEY FORTE

The Ultimate Calorie & Fat Burning Total Body Workout For Men & Women

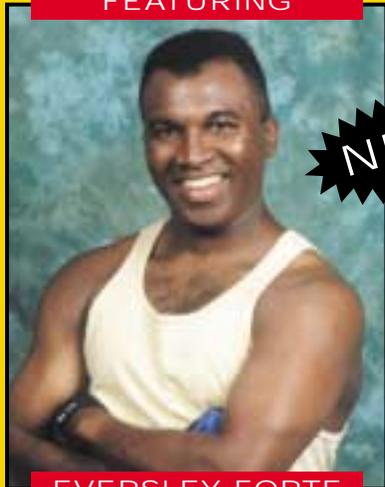
Looking for the home video workout that finally gets you results? Join Eversley and his team as they take you to a higher level. You will learn basic boxing punches and martial art kicks that not only conditions your cardiovascular system but also strengthens and tones your muscles for a total body workout.

The original Cardio Athletic Kickbox video is a fun and energizing beginner/intermediate level workout incorporating kicks, punches, elbows and knees used in martial arts, together with effective athletic drills.

CARDIO ATHLETIC KICKBOX
VHS - 55 minutes (Available in PAL format)

CARDIO ATHLETIC KICKBOX®
Instructor Series I

FEATURING



NEW!

EVERSLEY FORTE

The Ultimate Calorie & Fat Burning Total Body Workout For Men & Women

The Cardio Athletic Kickbox Instructor Series I video is geared to group fitness instructors, trainers, and advanced home exercisers looking for new challenging ideas and choreography to incorporate into their classes or personal home workouts.

The video starts with a demo of the jab, cross, hook, upper cut, front kick, round kick, side and back kicks. There is a review and demo of lateral movement footwork drills and jumps. Backed by an adrenaline pumping music soundtrack, Eversley and his team take you through a workout taught as he would instruct his real life Master Classes.

CARDIO ATHLETIC KICKBOX INSTRUCTOR SERIES I
VHS - 58 minutes (Available in PAL format).

CARDIO ATHLETIC KICKBOX® II
Play Hard, but Play Safe

FEATURING



NEW!

EVERSLEY FORTE

The Ultimate Calorie & Fat Burning Total Body Workout For Men & Women

Eversley Forte returns in "Cardio Athletic Kickbox II - Play Hard, but Play Safe," and is setting new standards for intermediate/advanced home kickboxing workouts. His contagious energy and enthusiasm will draw you into this workout. Perfect cueing and instruction allow beginners as well as more advanced exercisers to follow the challenging combinations.

Following the warmup, the video escalates into an aggressive, yet fun and entertaining workout incorporating boxing combinations, elbows, knees, multiple kicks, and athletic drills.

CARDIO ATHLETIC KICKBOX II - PLAY HARD, BUT PLAY SAFE
VHS - 57 minutes (Available in PAL format).

TO ORDER VISIT OUR WEBSITE OR CALL TOLL FREE **(5425)**
www.homekickboxing.com 1-866-321-KICK

FREE "PLAY HARD, BUT PLAY SAFE" T-SHIRT WITH ONLINE ORDERS OF TWO OR MORE VIDEOS.

Video Reviews

FitnessManagement.com

Cardio Athletic Kickbox Video review at
FitnessManagement.com - July 2001

The workout is so fun that if this video were a class, you'd go back again and again. You'll learn the basic techniques necessary to execute safe and effective kickboxing punches and kicks. Forte's cast of four females and two males is fast and fabulous at showing high- and low-impact versions for all exercises with a "play hard, play safe" philosophy. Forte's personality is charming, energetic and sincere. Newbies to boxing will discover the workout is more a privilege than a chore. The no-contact series of punches includes combinations such as jab, jab, power, hook, knee, power, interspersed by air jumping segments. Prior to hitting the floor for the abdominal work, Forte nicely cools down his crew. The abdominal core work is solid, carefully cued and well done.

Amazon.com

Written by Amazon.com
fitness reviewer Joan Price - January 2001

Cardio Athletic Kickbox® II - Play Hard, but Play Safe

"Play hard, play safe, and have a good time doing it," invites aerobic kickboxing master instructor Eversley Forte. This high-intensity, cardio kickboxing workout is aimed at the intermediate to advanced exerciser. Forte starts by introducing the basic punches and kicks, emphasizing proper body alignment and technique. Then he leads a workout that continues to climb in intensity, first doing moves in isolation, then combining them. "Jab, jab, upper, upper, front kick, side kick, shuffle," Forte commands - and that's just the first routine. It's heavy cardio, and not for the beginning exerciser, although one class participant demonstrates low-impact modifications so you can tone it down a little. Forte is an excellent instructor, a consummate professional, motivating and skillful. He explains and cues clearly, keeping the workout both challenging and manageable, and he always takes the time to make sure you understand the technique. Definitely a hot workout.

Billboard Magazine

Cardio Athletic Kickbox® Video
Reprint from June 1999 issue of Billboard Magazine

Fitness buffs caught up in the "Tae Bo" craze might appreciate this alternative cardio-kickboxing workout. A high energy routine created by fitness trainer Eversley Forte, it combines boxing punches, martial-arts kicks, and other athletic drills to tone muscles and strengthen the heart.

©1999 BPI Communications, Inc. Used with permission from Billboard®. Tae Bo® and Billy Blanks® are registered trademarks of BG Star Productions.

Fitness Magazine

As reviewed in April 2000 Fitness Magazine

Kickbox at Home: Cardio Athletic Kickbox Video -Rated: Excellent, easy-to-follow combinations. Comments: Basic Boxing-style aerobic routine; 30 minutes cardio plus abs, punch combos, kicks and power jumps.

American Library Assoc - Booklist Magazine

Issue dated May 15, 2000 -
Reviewed by James Scholtz

Move over, Billy Blanks (of Tae-Bo fame), and make room for fitness instructor Eversley Forte's superior workout video. Forte and six participants begin with moderate, low-impact moves before escalating into an aggressive workout that incorporates a wide variety of boxing punches, martial arts kicks, and other invigorating athletic moves. Backed by energetic, upbeat music, Forte's running commentary successfully combines instructions with information on proper mechanics.