

ONDA  
Crawford

A NEW  
DIMENSION



Hostess onscreen: **CINDY CRAWFORD**  
 or **ANDREW GATWASILEK**  
 Director onscreen: **ERNEST SCHMIDT**  
 Editor onscreen: **MICHAEL STRASSER**  
 Music onscreen: **ARIZONI SOUNDZ**  
 Special thanks: **RENEE'S DIET**  
 Special thanks: **EDDIE KAYNE**  
 Special thanks: **L. MADE, D. PHILIPS**

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*"I designed A New Dimension with trainer, Kathy Archibe, another working mom, to get myself back in shape after having my first child. If all the specific concerns of new mothers are addressed in the tape, this program is really appropriate for all women who want to ease their way back into fitness. Since I don't have the time that I did in the past to devote to fitness, this tape provides the perfect workout...whether I have 10 minutes or 45."*

*Cindy Crawford*

"A New Dimension" is a breakthrough "3-in-1" fitness program which contains three total body workouts on one video. Two short and one main workout can be used in various combinations to gradually increase your fitness level. Challenge yourself and have fun at the same time.

**Workout A (12 Minutes):** A great workout that will take you back into shape. You can do this anytime/anywhere in shorts or pajamas, without shoes. Improves your flexibility and circulation with side stretching, pelvic, pelvic tilt, breathing, and lunges.

**Workout B (16 Minutes):** Increases the intensity with an added cardio section and hand-held weights. To give you strength, endurance, and stamina, includes push-ups, crunches, lunges, squats, lunges, and other total strength exercises.

**Workout C (21 Minutes):** This full body workout has cardio and strength training elements emphasizing upper and lower body. Using a bar towel it works your core, lower and abdomen in your whole body and stretches your abdominals, neck, and lower back. Three second weights, a mat, and a mat.

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# Cindy Crawford A New Dimension

**Clifford Lane**



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