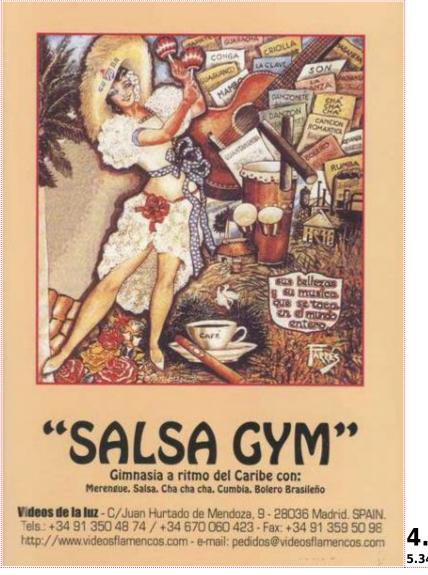
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O Salsa gym - Dvd



4.90 € 5.34 USD

Learning Beginners level:

Gym, with the Caribbean rythm with: Merengue, Salsa, Cha Cha, Cumbia, Bolero Brasileño. In case you don't like doing your exercise routine to Flamenco music here is a similar session of stretching, calesthenics, and aerobics accompanied by Salsa music. The video contains a 60-minute session and a shorter 28-minute aerobic workout, both led by the energetic Alicia Castro, who works the body muscle by muscle, while slipping in some basic steps for dancing Salsa, Merengue, Cha Cha, Bolero and Cumbia. Languages: Spanish, English, German, Japanese.

The DVD is valid and compatible for all countries (NTSC and PAL). Guaranteed.