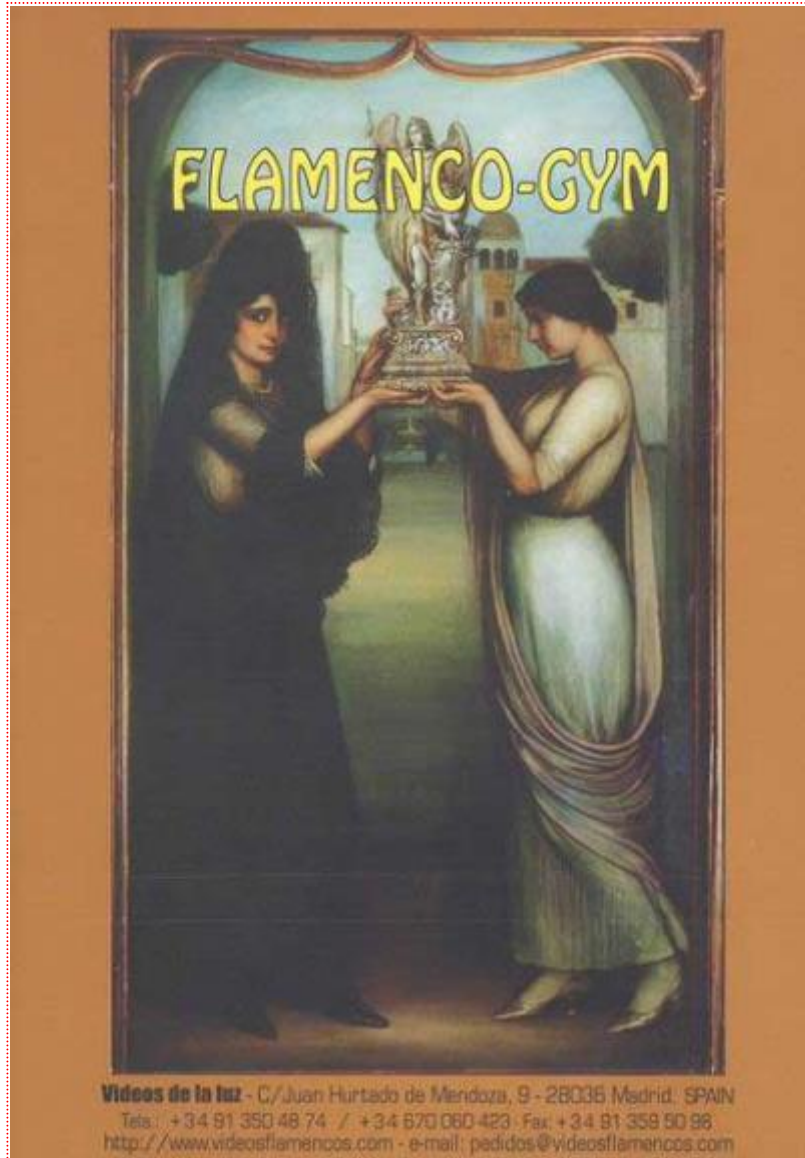




## Flamenco gym - Dvd



**4.90 €**  
5.34 USD

■ **Learning level:** Beginners

Smart and fun gymnastics to Sevillana and Rumba rhythms that improves your body and mind. The gym teacher beside the Spanish dancer will show us the Flamenco touch given to the exercises. This muscle toning gym and stretching exercises are perfect for any age, even for people with back problems. The video contains: Warm - up to Rumbas. Abdominal exercises to Sevillanas. Stretching to Soleá, etc... and ends with step by step exercise explanations.

Duration: 64 mn. approx.

Languages: Spanish, English, German, Japanese.

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