

“CHAOS ROCKS”

—ALTERNATIVE PRESS

“LIKE JANE FONDA ON CRACK”

—BIG SHOT MAGAZINE

“BEST WORKOUT THIS SIDE OF A MOSH PIT”

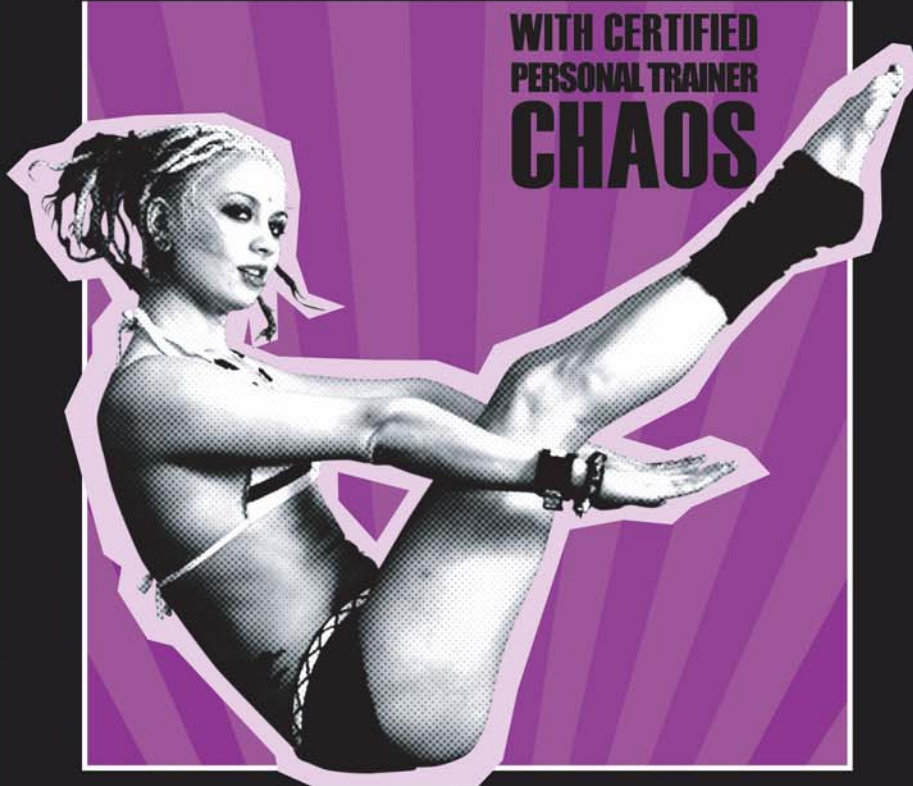
—UNITSHIFTER

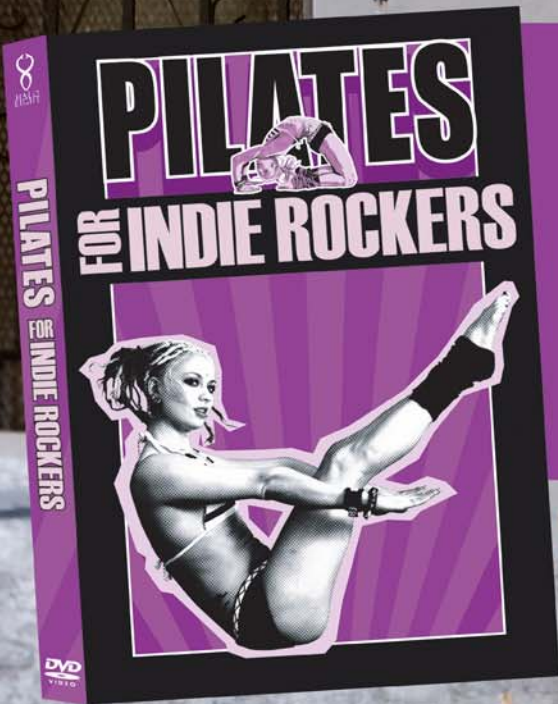
PILATES



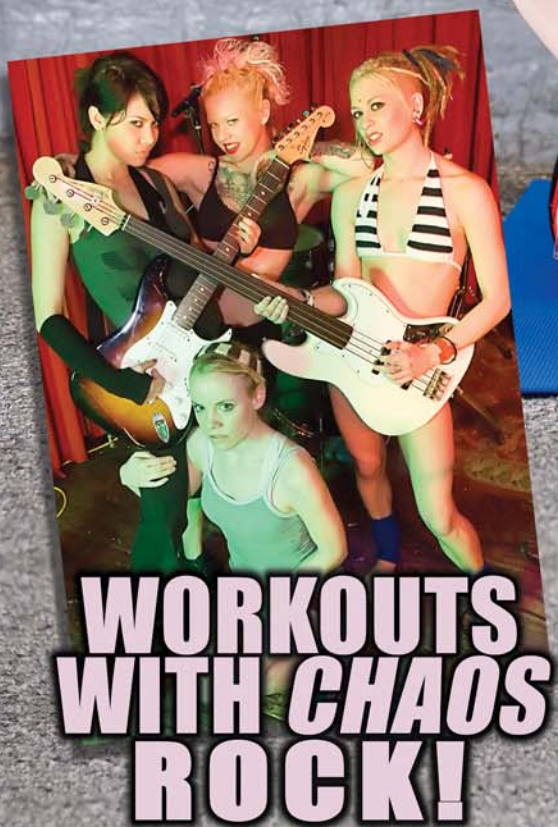
FOR INDIE ROCKERS

WITH CERTIFIED
PERSONAL TRAINER
CHAOS





Ever wonder why every exercise video seems shot on a hermetically sealed soundstage with a Stepford Wife for an instructor and some John Tesh-sounding new-age beat pulsing in the background? Well Chaos has... she's a certified personal trainer who teaches rock-n-roll hardbody fitness classes in the center of Hollywood. She thinks fitness videos can have attitude and great music and the kind of badass energy that'll psych you up to work out everyday and get in awesome shape. And who are we to argue with a drop-dead gorgeous trainer who could totally kick our asses?



- Follow along as Chaos demonstrates the advanced moves and Page demonstrates the beginner moves.
- Special *BEGINNER SESSION* for first-timers.
- Three selectable channels of music: *INDIE*, *ELECTRO*, & *POP-PUNK*... or select *No Music* & play your own.
- Featuring music from *Ladyfinger*, *Jet Lag Gemini*, *Roses Are Red*, *Criteria*, *Sorry About Dresden*, *Crash Romeo*, *2 Lone Swordsmen*, *Paulson*, & more!



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Title: Pilates For Indie Rockers
Street Date: Nov. 13, 2007
Order Date: Oct. 5, 2007
SRP: \$19.95 **Cat #** H812
Run Time: 45 min **Rating:** NR
UPC: 856594001127
Config: DVD **Box Lot:** 30
File Under: Health & Wellness
Studio: DiY-Fest / Halo-8
Region 0 | Color | 2007
www.halo8.tv

HALO  EIGHT

