

“CHAOS ROCKS”

—ALTERNATIVE PRESS

“BEST WORKOUT DVD I’VE EVER SEEN”

—DVD TALK

“WILL GET YOU AMPED TO BUILD A HARDER CORE”

—WOMEN’S HEALTH MAGAZINE

CARDIO FOR INDIE ROCKERS





Chaos, our favorite certified personal trainer who hardens the cores of rockstars throughout Hollywood, is back with a brand-new hardcore workout focusing on **strength and endurance** that will help you burn fat and tone muscle while you rock out to some of the coolest new music. Once again you'll be able to choose from three selectable audio tracks of music to best fit the workout you have in mind: *Indie Rock / Punk / Heavy*. Fans of the series have been demanding a fast-paced cardio workout with the *For Indie Rockers* treatment, we're happy to once again bring you the coolest workout around.

More praise for previous *For Indie Rockers* releases:

"A welcome change... calming and, dare I say it, fun!"

- *The Guardian UK*

"A refreshing change from the usual workout DVD. The option of selecting a range of available music or providing your own is great, and the exercises are challenging. This is the best workout DVD I've ever seen, and I will definitely be checking out Chaos's other DVDs in this series. If you're looking for something to spice up your home workout, *For Indie Rockers* is highly recommended."

- *DVD Talk*



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Title: Cardio For Indie Rockers
Street Date: Feb. 24, 2009
Order Date: Jan. 30, 2009
SRP: \$19.95 **Cat #** H827
Run Time: 60 min **Rating:** NR
UPC: 856594001271
Config: DVD **Box Lot:** 30
File Under: Health & Wellness
Studio: DiY-Fest / Halo-8
Region 0 | Color | 2008
www.halo8.tv

HALO  EIGHT

