



Violet Zaki

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Crunch Cardio Sculpt

In this 30-minute action-packed workout, Crunch fitness instructor Violet Zaki takes you through five segments of cardio and muscle toning. *"You'll train your body from head to toe and you won't stop sweating. With Zaki's easy-to-follow instructions, each combination flows easily into the next. All you need are two sets of dumbbells. An excellent, well-rounded workout for the intermediate to advanced participant."*

