

ACTIVE100

DVD ONE

A decorative background of several overlapping, wavy lines in shades of orange, blue, and purple, creating a sense of motion and energy.

ACTIVE INDEX

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ACTIVE100

DVD TWO

A decorative background of several overlapping, wavy lines in shades of blue, orange, and purple.

MID BACK

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DVD THREE

A series of overlapping, wavy lines in shades of orange, teal, and blue, creating a dynamic, flowing pattern across the bottom half of the disc.

HIPS

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DVD FOUR



SHOULDER BLADES

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DVD FIVE

A series of overlapping, wavy lines in shades of blue, orange, and purple that sweep across the bottom half of the disc.

LOW BACK

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DVD SIX

DVD



NECK

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DVD SEVEN

A series of overlapping, wavy lines in shades of blue, orange, and purple, creating a dynamic, abstract background for the title.

SHOULDERS

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DVD EIGHT

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LEGS

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DVD NINE

A series of overlapping, wavy lines in shades of orange, teal, and blue, creating a dynamic, flowing background for the word "ARMS".

ARMS

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BONUS DVD

A series of overlapping, wavy lines in shades of blue, orange, and purple that sweep across the bottom half of the disc.

ACTIVE

ESSENTIALS

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