



Richard Simmons Official Site and Clubhouse: Weight Loss and Fitness Tools and Motivation

Richard Simmons Store

SuperSweatin': Party Off the Pounds DVD

\$14.95

Think all workouts are boring? Well, Iâ€™m here to tell you that they donâ€™t have to be. To lose weight and get in shape, you can Party Off the Pounds with me and my amazing cast of peopleâ€”just like youâ€”who want to get in shape, keep in shape and live long, healthy lives. To help motivate you, Iâ€™ll take you on a journey to my very own fabulous mall, where weâ€™ll have a ball with a workout set to new, pumped-up versions of your favorite â€™80s tunes. Make a decision now for a new and healthier you....

Letâ€™s Party Off the Pounds!

(Great for all fitness levels)

Look at all these GREAT TRACKS:

1. I Wanna Dance with Somebody (Warm-up)
2. Letâ€™s Hear It For the Boy (Stretch)
3. True Colors
4. Like A Virgin
5. Hit Me With Your Best Shot
6. Mickey
7. If I Could Turn Back Time
8. Shake It Up
9. New Attitude
10. Lean on Me (Cool Down)

FEATURING ALL-NEW Workouts and ALL-NEW Music!

RUNNING TIME: OVER 50 MINUTES

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