

FIRM Workouts

Abbrev. Min.* Cat.

FIRM Basics			
Abs, Buns, & Thighs	ABT	45	S
Fat Burning	BFB	45	C
Sculpting with Weights	SwW	45	S
FIRM Classics			
Vol. 1 Body Sculpting Basics	Vol 1	60	C/S
Vol. 2 Low Impact Aerobics	Vol 2	65	C/S
Vol. 3 Aerobic Interval Training	Vol 3	62	C/S
Vol. 4 Time Crunch Workout	Vol 4	44	C/S
Vol. 5 Abs, Hips & Thighs Sculpting	Vol 5	46	C/S
Vol. 6 Complete Aerobic Weight Training formerly Boomers	Vol 6	52	C/S
FIRM Body Sculpting System 1			
Ab Sculpt	ASc	25	Abs
Body Sculpt	BSc	48	S
Cardio Sculpt	CSc	57	C/S
Body Sculpt Blaster	BScB	30	S
Cardio Sculpt Blaster	CScB	31	C
Lower Body Sculpt 1	LBSc1	31	S
Lower Body Sculpt 2	LBSc2	32	S
Super Body Sculpt	SBSc	42	S
Super Cardio Sculpt	SCSc	40	C
FIRM Body Sculpting System 2			
Complete Aerobics & Weight Training	CAWT	58	C/S
Maximum Cardio Burn	MCB	51	C
Total Sculpt plus Abs	TSc	55	S
Calorie Killer	CK1	39	C
FIRM Abs	FA	30	Abs
Upper Body Sculpt	UBSc	35	S
FIRM Body Sculpting System 3			
Advanced Cardio Blast	ACB	30	C
Complete Body Sculpting	CBSc	46	C/S
Express Cardio	XC	30	C
Express Total Body Shaping	XTBS	30	C/S
Fat Blasting Cardio	FBC	30	C
Hips, Thighs & Abs	HTA	30	S
Power Yoga	PY	33	Str
Total Muscle Shaping	TMSH	46	S
FIRM Body Sculpting System 4			
Aerobic Body Shaping + Bonus Lower Body Workout	ABSh	54/8	C/S
Supercharged Sculpting + Bonus Stretch	SChSc	36/8	S
Ultimate Calorie Blaster + Bonus Abs Workout	UCB	45/8	C
Jiggle Free Abs	JFAbs	23	Abs
Jiggle Free Arms	JFArms	31	S
Jiggle Free Buns	JFBuns	30	S
Cross Trainers			
FIRM Cardio formerly StrongHeart	FC/SH	58	C/S
FIRM Strength formerly StrongBody	FS/SB	58	S
The Hare	Hare	62	C/S
The Tortoise	Tort	62	C/S
FIRMCARDIO			
Cardio Burn	CB	48	C
Maximum Cardio	MC	46	C

Power Cardio aka Calorie Killer 2	PC/CK2	43	C
FIRM Parts			
Core Cardio 1	CC1	47	C
Core Cardio 2	CC2	46	C
5 Day Abs	5DA	37	Abs
5 Day Stretch	5DS	27	Str
More 5 Day Abs	M5DA	28	Abs
Ballroom Aerobics	BA	45	C
Boot Camp 3-In-1 Mix	BC	71	C/S
Bust & Butt	B&B	43	S
Cardio Split I	CS1	51	C/S
Cardio Step Mix	CSM	62	C
Lower Body Sculpting formerly Floor Legs	LBSc/FL	29	S
Lower Body Split	LBSp	70	S
Not-So Tough Aerobics formerly Light Aerobic Mix	NSTA/LAM	42	C/S
Sculpted Buns, Hips, & Thighs formerly Lie Down and Workout	SBHT/LDWO	34	S
Standing Legs	SL	45	S
Total Body Shaping Mix	TBSM	67	C/S
Tough Cardio Mix	TCM	44	C
Tough Aerobic Mix	TAM	47	C
Tough Tape	TT/TT1	42	S
Tough Tape 2	TT2	45	C/S
Upper Body	UB	40	S
Upper Body Split	UBSp	62	S
Super Shapers			
Super Cardio aka Super Cardio Mix (DVD)	SC/SCM	61	C
Super Sculpting	SS	49	S
Prime Power			
Lower Body Shaping	LBSH/PPLB	42	S
Prime Power Total Body formerly Prime Power Fat Burning	PPTB/PPFB	46	C/S
Total Body			
Better Body & Buns formerly Better Buns	BBB/BB	45	S
Fat Blaster	FB	45	C
Maximum Body Shaping formerly All Weights or Maximum Body Sculpting	MBS	45	S
Gaiam Releases			
Beginner's Yoga	BYoga	31	Str
Body Sculpting Ball	BScBall	32	S
Cardio Dance Slim Down	CDSD	40	C
Core Stability Ball	CSBall	30	S
Maximum Calorie Burn	MCBurn	50	C/S
Pilates Band	Pband	30	S
Resistance Cord	Rcord	30	S
Ultimate Fat Burning	UFB	40	C
68 Total FIRM Titles			

Category Key:

Abs = Abdominal

S = Sculpt

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*Workout Length is approximate.

Cathe Workouts

Abbrev. Min.* Cat.

Hardcore Series (2005)			
Hardcore Extreme			
Workout #1 – Interval/Circuit Training	CF:HE1	68	C/S
Workout #2 – High/Low Impact Intervals	CF:HE2	73	C
Workout #3 – Interval/High Impact/Leg Conditioning Drills	CF:HE3	73	C/S
High Step Challenge	CF:HSC	69.5	S
<i>Premix: Timesaver #1</i>	CF:HSC-TS1	50.5	S
<i>Premix: Timesaver #2</i>	CF:HSC-TS1	31.5	S
Kick Max	CF:KM	73	C
<i>Premix: Low Impact Kick Box</i>	CF:KM-KB	58	C
<i>Premix: Low Impact Timesaver</i>	CF:KM-TS	48	C
<i>Premix: Kickbox/Bootcamp Challenge</i>	CF:KM-KB	50	C
<i>Premix: Cardio Leg Sculpt</i>	CF:KM-CL	51	C/S
Muscle Max	CF:MM	69	S
<i>Premix: Upper Body</i>	CF:MM-UB	43	S
<i>Premix: Upper Body/Push Pull</i>	CF:MM-UP	33.5	S
<i>Premix: Lower Body</i>	CF:MM-LB	23	S
<i>Premix: Timesaver</i>	CF:MM-TS	56	S
Step Company Workouts (2004)			
Basic Step + Body Fusion – 1 DVD			
Basic Step	CF:BS	30	C
Body Fusion	CF:BF	51	C/S
Lower Body Sculpt	CF:LBS	20	S
Upper Body Sculpt	CF:UBS	20	S
Stability Ball Abdominal Workout	CF:SBA	10	Abs
High Step Training – Advanced	CF:HST	61	S
Warmup	CF:HST-WU	5	C
All 5 Cardio Sections	CF:HST-AC	12	C
Cardio and LB Only	CF:HST-CLB	26	C/S
Cardio and UB Only	CF:HST-CUB	35	C/S
L and UB only	CF:HST-LUB	38	S
UB Only	CF:HST-UB	21	S
Stretch	CF:HST-Str	13	Str
Body Blast Series (2003)			
Timesaver DVD			
Workout #1	CF:TS1	37	C/S
Workout #2	CF:TS2	39	C/S
Workout #3	CF:TS3	44	C/S
Workout #4	CF:TS4	42	C
Workout #5	CF:TS5	48	C/S
Intensity Series (2003)			
Boot Camp	CF:BC	59.5	C/S
<i>Premix: Cardio Only</i>	CF:BC-CA	18	C
<i>Premix: Core Only</i>	CF:BC-CO	10.5	Abs
<i>Premix: Kickbox Only</i>	CF:BC-KO	6.5	C
<i>Premix: Upper Body Only</i>	CF:BC-UB	10	S
<i>Premix: Lower Body Only</i>	CF:BC-LB	10	S
<i>Premix: Lower and Upper Body Only</i>	CF:BC-LUB	23.5	S
<i>Premix: Cardio and Lower Body Only</i>	CF:BC-CLB	47	C/S
<i>Premix: Everything but Core</i>	CF:BC-EBC	47	C/S
<i>Premix: Bonus combo (segments from ME and BC)</i>	CF:BC-BC	66	C/S
Muscle Endurance	CF:ME	64	S
<i>Premix: Express Workout</i>	CF:ME-EW	53	S

<i>Premix: Leg Press</i>	CF:ME-LP	7	S
<i>Premix: Lower Body Split</i>	CF:ME-LBS	39	S
<i>Premix: Upper Body Split</i>	CF:ME-UBS	43	S
Misc. (2002)			
Ab Hits	CF:AH	66 Abs	
Abs Workout #1 – Traditional Abs	CF:AH1	8	Abs
Abs Workout #2 – Planks, Lower Body and Abs	CF:AH2	11	Abs
Abs Workout #3 – Planks and Abs	CF:AH3	12	Abs
Abs Workout #4 – Traditional Abs	CF:AH4	8	Abs
Abs Workout #5 – Superman and Planks	CF:AH5	7	Abs
Abs Workout #6 – Traditional Abs	CF:AH6	8	Abs
Abs Workout #7 – Traditional Abs	CF:AH7	9	Abs
Abs Workout #8 – Traditional Abs	CF:AH8	7	Abs
Abs Workout #9 – Traditional Abs	CF:AH9	6	Abs
Abs Workout #10 – Traditional Abs	CF:AH10	9	Abs
Abs Workout #11 – Traditional Abs	CF:AH11	7	Abs
Abs Workout #12 – Traditional Abs	CF:AH12	10.5	Abs
Slow & Heavy Series (2001)			
Legs & Shoulders	CF:SH-LS	63	S
Chest & Back	CF:SH-CB	59	S
Triceps & Biceps	CF:SH-TB	60	S
Misc. (2001)			
Power Hour	CF:PH	61 S	
Cross Train Xpress (CTX) (2000)			
Disc 1			
10·10·10	CF:CTX-10	45	S
All Step	CF:CTX-AS	52.5	C/S
Power Circuit	CF:CTX-PC	60	C/S
Step & Intervals	CF:CTX-SI	44.5	C/S
Disc 2			
All Abs	CF:CTX-AA	35.5	Abs
Kick Box	CF:CTX-KB	60	C
Leaner Legs	CF:CTX-LL	48	S
Upper Body Split	CF:CTX-UB	56	S
Misc. (2000)			
Cardio Kicks	CF:CK	58	C
Circuit Max	CF:CirMax	65	C/S
Pure Strength Series (1999)			
Back, Biceps & Abs	CF:PS-BBA	42	S
Chest, Shoulders & Triceps	CF:PS-CST	38	S
Strong Legs & Abs	CF:PS-SLA	64	S
Misc. (1999)			
Interval Max	CF:IMax	60	C
Misc. (1998)			
Maximum Intensity Cardio	CF:MIC	71	C
Maximum Intensity Strength	CF:MIS	72	S
Misc. (1997)			
Step Fit	CF:SF	69	C
Misc. (1996)			
Power Max	CF:PMax	60	C
Step Max	CF:SMax	57	C
Step Jam	CF:SJ	60	C
Out of Print			
Fit & Firm	CF:FF	75	S
Cardio Step Challenge	CF:CSC	67	C
88 Total Cathe Workouts including Premixes			

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WHFN Workouts

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FitPrime Series			
FlexPosture	FP:FP	54	Str
Metaboost	FP:MB	49	C/S
Lean	FP:Lean	43.5	C/S
Pump	FP:Pump	54.5	C/S
Lower Body Burn	FP:LBB	56	S
Upper Body Burn	FP:UBB	52	S
KickButt Series			
Floor Burn	KB:FB	41	S
Crunch Time	KB:CT	44	C/S
Fast Cheetah	KB:FC	49	C
Strong Bear	KB:SB	56	S
Push Pull	KB:PP	51.5	C/S
Steamin' Cardio	KB:SC	51.5	C
12 Total WHFN Titles			

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Assorted Workouts

Abbrev. Min.* Cat.

Minna Lessig			
Minna: Emergency Workout	MEW	55	C/S
Minna: Optimizer - Fat Eliminator Workout	MFE	46	C/S
Minna: Optimizer - Strength & Grace Workout	MSG	45	S
Minna: 1 Minute Workout	M1M	Varies	S
Jari Love			
Get Ripped	JL:GR	55	S
Ripped Slim & Lean	JL:SL	65	S
Ripped to the Core	JL:RC	65	S
Get Ripped 1000	JL:1000	70	S
Reebok			
Reebok: Styling & Profiling Aerobic Workout	RSP	20	C
Reebok: Sweat Factory - Rhythm Section	RSF	30	C
Reebok: Winning Body Workout	RWB	57	C/S
Taebo			
Tae-Bo Basic Workout	TBB	24	C
Tae-Bo Advanced Workout	TAW	54	C
Tae-Bo 8 Minute Workout	T8M	11	C
Tae-Bo Live - Basic Workout Vol. 1	TLB1	29	C
Tae-Bo Live - Basic Workout Vol. 2	TLB2	28	C
Tae-Bo Live - Advanced Workout Vol. 1	TLA1	50	C
Tracie Long Training			
Finding Your Core	TLT-FC	55	CS
Strength in Movement	TLT-SM	59	CS
Assorted			
Balletcise Advanced	BAL	39	S
Bun Busters: Total Body Workout	BBW	35	S
Crunch: Joy of Yoga	JOY	35	Str
Esquire Great Body: Super Stomach	ESS	28	S
FitPrime - Weights First	FP:WF	56	S
The Method: Target Specifics	MTS	55	S
Tamilee: I Want That Body!	TWTB	90	S
Tamilee: Tight on Time - Body Blast	TTTBB	40	S
Tamilee: Tight on Time - Hot Spots	TTTHS	40	S
8 Minute Abs	8MA	8	Abs
Winsor Pilates: Power Sculpting	WP:PS	20	S
Winsor Pilates: Power Sculpting Abs	WP:PSAbs	15	Abs
Yoga for Dummies	YFD	50	Str
29 Total Titles			

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