



CHERYL BURKE of “Dancing with the Stars”

Joins forces with Time Life to create a brand new dance workout,

“DISCO ABS”

Time Life is proud to announce they have teamed up with Cheryl Burke of “Dancing with the Stars” fame to create a brand new fitness program set to original dance hits of the ‘70s sung by the original artists, *Cheryl Burke presents DISCO ABS*.

Cheryl Burke has been dancing since the age of 4 and over the past 20 years has won numerous dance titles around the world. For the past six television seasons, the two-time champion of “Dancing with the Stars” has charmed audiences on America’s #1 primetime show with her unique skill, enthusiasm and accessibility.

Cheryl’s Secrets Revealed

And now Cheryl Burke and Time Life have created a 3-DVD dance workout that reveals, for the first time ever, her secrets to dancing your way into shape, the same moves she’s used to help slim and trim celebrities and everyday Americans alike.

Original Songs by Original Artists

Available exclusively from Time Life, *Cheryl Burke Presents DISCO ABS* features Cheryl and her one-of-a-kind workout moves set to original hit songs by the original artists, including: “YMCA” by The Village People, “Disco Inferno” by The Tramps, “Boogie Wonderland” by Earth Wind and Fire, “That’s The Way I Like It” by KC and The Sunshine Band and more.

“I created Disco Abs so you could have as much fun getting in shape as I do. ‘Disco Abs’ will change the way people think about exercise!” Cheryl Burke

As Cheryl knows, the way to make an exercise program work is to make it fun. And that’s just what she did. Now you can move and groove with Cheryl to some of the greatest hits of the seventies -- while simultaneously shedding unwanted pounds and

inches. By combining cardio with target area workouts, DISCO ABS is a complete exercise program.

“When Cheryl brought the idea of sharing her secret dance moves to original disco hits of the 70’s, we we’re blown away and honored to have a dance champion and award winning music in one DVD series. This is by far our best exercise DVD series ever!” Alan Rubens, Time Life Producer

Available January 30, 2009

Disco ABS will be released January 29th, 2009 via Television and Internet just in time for those New Years resolutions to take hold. To advance order *Cheryl Burke Presents DISCO ABS*, call toll free 800-225-7984 or to go to www.discoabs.com.

Cheryl Burke Presents DISCO ABS’ Workout/Song List

DVD 1 (35 min)

Workout 1 (30 min): Disco Abs (DVD 1)

YMCA

Disco Inferno

It’s Raining Men

Workout 2 (5 min): That's The Way I Like it Abs (DVD1)

That’s The Way I Like It

DVD 2 (42 min)

Workout 3 (30 min): I will Survive Cardio (DVD 2)

I will survive

Ain’t No stopping Us Now

Shining Star

Workout 4 (12 min): The Beginner Hustle (DVD 2)

Dim all the Lights

The Hustle

DVD 3 (20 min)

Workout 5 (20min): Boogie Oogie Buns & Thighs (DVD 3)

Boogie Oogie

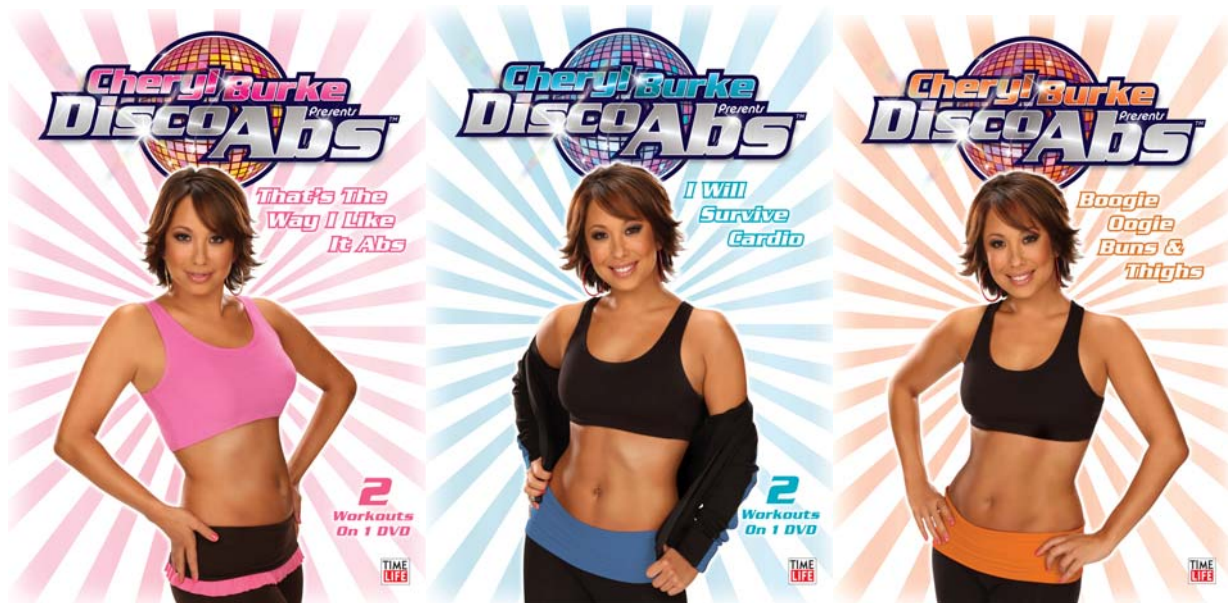
Boogie Wonderland

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