

When exercise is a blast

These days, it's not just the professionals who want to maximise their rugby league potential and performance. A new series of DVDs from fitness fx aims to show everyone how - and *Forty-20* has a couple to give away!

If fitness DVDs to you means a blend of cheesy celebrities and even cheesier pop tunes then it's time to think again.

The good folk at fitness fx have just released a brand new series of DVDs for 2013, featuring a range of modern dynamic work-outs created by leading health and fitness experts. Each aims to get you fit using current, effective training methods.

"We have listened to the public and know that people would rather be taught by exercise professionals than celebrities," said fx spokesman Steele Williams. "And while music is an important source of motivation, exercisers don't necessarily want to perform choreographed dance moves."

Pointing to Team GB Olympic gold medalist Jessica Ennis - recently voted 'best female body' - fitness fx insist that athletic rather than 'skinny' bodies are increasingly aspired to by women, while men use fitness DVDs too. And in this busy modern world, effective use of time and choice of work-out style are of paramount importance to both.

"Our DVDs pair great music with



dynamic moves by experts who train fitness instructors around the globe," said Williams. "These work-outs cut straight to the point with effective regimes to get you in shape quickly and effectively."

The range includes:

- *jump fx* - aerobic and interval training, to accelerate fat loss and maximise gains.
- *fight fx* - punch and kick your way into knockout shape; martial arts-inspired.
- *stomp fx* - basic, athletic step routines designed for maximum calorie burn.
- *groove fx* - dance into shape with hip-hop, Latin, disco and club routines.
- *pump fx* - resistance work-out with bar and weight plates to chart and club anthems.
- *blast fx* - bodyweight conditioning routines to shred fat and boost fitness... fast.

Win a fitness fx DVD

Here at *Forty-20*, in association with fitness fx, we have two DVDs from the 'blast fx' series to give away. To win a copy, simply answer the following question:

Q Which current Wales international Super League player - also busily carving a reputation as a club DJ - appeared on the hit Saturday night ITV series *Take Me Out* with comedian Paddy McGuinness, late in 2012?



Send your answer on a postcard or sealed-down envelope to fitness fx competition, *Forty-20*, PO Box 534, Keighley, West Yorkshire. BD21 9DH by January 31.

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