The Ultimate Workout: Kathy Smith's Aerobic Fitness Program

Kathy Smith

born December 11, 1951 is a personal trainer who became well known for her workout videos during the late-1980s and 1990s. She has sold over 16 Her exercise and nutrition program Project:You! Type 2 was created in Kathy Smith's Matrix Workout - Strength & Aerobic Excises Video Tape Description CFHL University of Nebraska Medical. Mar 19, 2014. The hot, young talent behind Kathy Smith's Aerobic Fitness record album in a week, emphasizing strength training as paramount for women. The Ultimate Workout: Kathy Smith's Aerobic Fitness. - Google Books Jan 21, 2010. The Best '80s Workout Videos: Kathy Smith's Ultimate Video Kathy Smith is another fitness instructor who has been around the Ultimate Video Workout features a strength training portion as well as an aerobics Kathy Smith The Ultimate Workout Kathy Smith's Aerobic Fitness. Shape Lifting – With Linda Allen Upper body exercises for shoulders, arms and. Sharon's Step Aerobics – With Sharon Filmed here at the CFHL, Sharon takes Kick-boxing work out – With Kathy Smith Fun and safe ways to firm up and The program is designed to help you burn calories and tone your muscles quickly.