New On Video & DVD

The Fugitive This classic 1960s television series QM Productions and United Artists Television that aired on ABC from 1963-1967. David Janssen starred as Dr. Richard Kimble, an innocent man from the fictional town of Stafford, Indiana, who was falsely convicted of his wife's murder and given the death penalty. En route to death row, Kimble's train derailed and crashed, allowing him to escape and begin a cross-country search for the real killer, a "one-armed man" (played by Bill Raisch). At the same time, Dr. Kimble was hounded by the authorities, most notably by Stafford Police lieutenant Philip Gerard (Barry Morse). Widely considered a groundbreaking television series with an engaging storyline and excellent direction, this release will be sure to please fans of the show, both old and new. Disc 1 disc includes the following episodes: "Fear in a Desert City," "The Witch" and "The Other Side of the Mountain." Additional Actors: Vera Miles, Brian Keith, Harry Townes, Dabbs Greer, Pat Crowley, Madeleine Sherwood, Arch Johnson, Sandy Dennis, Bruce Dern, Frank Sutton. Disc 2 includes the following episodes: "Never Wave Goodbye (Part 1)," "Never Wave Goodbye (Part 2)," "Decision in The Ring" and "Smoke Screen." Additional Actors: Robert Duvall, Susan Oliver, Lee Philips, Bert Remsen, Bill Zuckert, Ruby Dee, James Edwards, James Dunn, Beverly Garland, Alejandro Rey. Disc 3 includes the following episodes: "See Hollywood and Die," "Ticket to Alaska," "Fatso" and "Nightmare at Northoak." Additional Actors: Brenda Vaccaro, Jimmy Hawkins, Melinda Plowman, Geraldine Brooks, Murray Matheson, Jack Weston, Burt Brinckerhoff, Glenda Farrell, Frank Overton, Paul Carr. Disc 4 includes the following episodes: "Glass Tightrope," "Terror at High Point," "The Girl From Little Egypt" and "Home Is the Hunted." Additional Actors: Leslie Nielsen, Ed Binns, Diana Van der Vlis, Jack Klugman, Elizabeth Allen, James Best, Diane Brewster, Ed Nelson, Pamela Tiffin, Andrew Prine, Jacqueline Scott, Robert Keith, Bill Mumy, Clint Howard, James S

Disturbia Part teenage romantic comedy, part horror flick, Disturbia stars LaBeouf as the troubled Kale, who is confined to his home under house arrest after he punches out his Spanish teacher in the middle of class. Kale's array of available diversions dwindle considerably after his mom shuts off his X-Box and his i-Tunes, and he turns to voyeurism instead, carefully noting the daily activities of his neighbors. These include the swimming schedule of the hot girl who just moved in next door, Ashley, whom he ogles with his best friend, the class clown, Ronnie. When Ashley unexpectedly shows up and wants to know what the boys are doing behind their binoculars, they concoct a story about their neighbor, Mr. Turner (David Morse), and their suspicions that he is the serial killer currently on the loose. The teens' subsequent stakeout makes them increasingly convinced that this is in fact the case, and their creepy interactions with Turner bring them ever closer to learning the dark secret that lies inside his impenetrable suburban existence. Despite a slight identity crisis and distracting product placements, Disturbia is carried by the strong performance of its lead character, and manages to charm with its portrayal of young love. Paramount

love. Paramount

I Think I Love My Wife Saturday Night Live alum Chris Rock writes, directs, and stars in I Think I Love My Wife. Rock's film is a remake of the 1972 Eric Rohmer film, Chloe In The Afternoon, which explores a married man's common struggle with extramarital temptations. Richard Cooper (Rock) has it all: a beautiful wife, Brenda adorable kids; a successful investment banking career--and complete boredom! He has become obsessed with other women, and a visit from an old friend's former flame, sexy and flirtatious Nikki, has him staring the possibility of infidelity in the face. Nikki pursues a friendship that provides Richard some much-needed excitement, but also lands him in all kinds of trouble. He jeopardizes his reputation at work, causes fights at home, and rapidly loses sight of what he has built his life around. At some point he must choose between his affair-fantasy and remaining the faithful husband and father he's always been. I Think I Love My Wife provides an entertaining and at times thought-provoking modern version of a classic tale, injecting lighthearted humor into a sensitive and all-too-familiar subject that plagues the marriage culture. Rock perfectly channels the suburban, career-climbing family man, while Torres and Washington are convincing as the angel versus devil on his shoulders. Fox

Super Friends The Legendary Super Powers Show An idea cooked-up to unite the powers of a number of superheroes paid dividends for ABC when it came up with the Superfriends formula. Combining the

while Torres and Washington are convincing as the angel versus devil on his shoulders. Fox Super Friends The Legendary Super Powers Show An idea cooked-up to unite the powers of a number of superheroes paid dividends for ABC when it came up with the Superfriends formula. Combining the talents of Superman, Batman, Robin, Aquaman, Wonder Woman, Zan, and Jayna, the Superfriends are an all-powerful elite force who traverse the Universe to ensure that justice is done. Warner Number 23 In Joel Schumacher's psychological thriller The Number 23, Jim Carrey takes on another dramatic role. Carrey's portrays an average man thrust into quite extraordinary situations after a series of strange events cause him to question everything he's ever taken for granted. On his birthday, Walter Sparrow is given a mysterious and tattered book called The Number 23 by his loving wife, Agatha (Virginia Madsen). As Walter reads the book, he quickly notices its alarming similarities to his own life. Rather than stop reading, he continues, unknowingly inviting the book to take over his life. The deeper Walter gets into the plot, the more he sees himself in its protagonist, Fingerling, whom we see through highly stylized sequences in which Carrey appears as the seedy detective character. Madsen is also present in these scenes, cast as Fingerling's pain-loving girlfriend Fabrizia. As Fingerling and Fabrizia's love affair inches towards its fiery conclusion, we learn the role the number 23 has played in their story and will play in Walter's future if he cannot keep his growing obsession with it at bay. While Carrey and Madsen are adept at playing a man gone mad and a headstrong wife in crisis, they are most fascinating as their dark counterparts, and Schumacher succeeds in creating a truly intoxicating noirish underworld of sex and death through those sequences. New Line

Rome - Second Season The second season of HBO/BBC series ROME takes place in 44 BC, eight years

sex and death through those sequences. New Line

Rome - Second Season The second season of HBO/BBC series ROME takes place in 44 BC, eight years after the period covered in the first season. The show continues to revolve around the plight of two Roman soldiers, Lucius Vorenus (Kevin McKidd) and Titus Pullo (Ray Stevenson), who find themselves caught up in a civil war after Caesar is assassinated. As powerful leadership battles play out between historic figures such as Octavian and Marc Antony, Lucius's life is marred by personal misfortune. The complete second season of the show is included here. Disc I disc includes the following episodes: "Passover" and "Son of Hades," Additional Actors: Ian McNeice, Guy Henry, Tim Barlow, Zuleikha Robinson, Daniel Cerqueira, Nigel Lindsay. Disc 2 includes the following episodes: "These Being the Words of Marcus Tullius Cicero" and "Testudo Et Lepus (The Tortoise And the Hare)." Additional Actors: Daniel Cerqueira, Camilla Rutherford, Allen Leech , Alex Wyndham, Manfredi Aliquo, Andy Linden. Disc 3 includes the following episodes: "Heroes of the Republic" and "Philippi." Additional Actors: Cosimo Fusco, Ian McNeice, Alex Wyndham, Zuleikha Robinson, Vernon Dobtcheff, Nicholas Woodeson, Chris Anderson. Disc 4 includes the following episodes: "Death Mask" and "A Necessary Fiction." Additional Actors: Anne Lambton, René Zagger, Max Baldry, Cosimo Fusco. Disc 5 includes the following episodes: "Death Mask" and "A Necessary Fiction." Additional Actors: As a company of the passon of the senimated series, presented here in its entirety. In its landmark tenth season, the show showed no signs of slowing down. The Simpsons—ineffectual (but lovable) patriarch Homer, voice-of-reason mother Marge, rebellious son Bart, brilliant daughter Lisa, and quiet baby Maggie—live in the city of Springfield, surrounded by both the regular cast of characters and the stellar guest stars fans have come to expect. Alec Baldwin, Jerry Springer, and Hank Azaria are just a few of many featured guests. Disc 1

Vew On Video & DVD

Hot Fuzz Pop culture sponges Edgar Wright, Simon Pegg, and Nick Frost team up again for Hot Fuzz, their follow-up to the surprise hit movie Shaun Of The Dead. Hot Fuzz follows a near-identical formula to its predecessor, simply replacing the various to horror movies by heaping on the adulation for action flicks such as Point Break and Bad Boys II (both of which are referenced throughout). The plot finds outstanding London-based police officer Nicholas Angel (Pegg) transplanted to a rural English village. On arrival, Angel teams up with the oaf-like PC Danny Butterman (Frost) and together they investigate a series of mysterious murders, all of which are classed as "accidents" by the increasingly strange townsfolk. Director Wright combines gory set-pieces with traditional action-movie staples: mustachioed detectives in sunglasses, corny one-liners, rapid machine-gun fire, and blood-spattered fight scenes all feature heavily. References to other movies come thick and fast throughout, and Hot Fuzz will have film fans' memories working overtime as they try to catch all the allusions to Pegg/Wright/Frost's favorite films. A veritable Who's Who of British comedy provides support, with Martin Freeman, Bill Bailey, Steve Coogan, and Olivia Colman in small roles, and there's even space in the cast for serious actors like Timothy Dalton and Paddy Considine. Hot Fuzz eases up on the humor of Shaun Of The Dead and often threatens to topple over into Chuck Norris eases up on the numor of Shaum Of the Dead and State Carloon.

territory, but Wright manages to insert enough gags to keep the balance just about perfect, providing a fitting, amusing, and occasionally touching homage to cinema's action heroes. Universal

The Woody Woodpecker and Friends Classic Cartoon Collection Featuring more than eight hours of animated antics from one of America's favorite redheads, this collection presents 75 Woody
Woodpecker cartoons in all their wacky uncut glory. Also included are behind-the-scenes footage of Woody's creator, famed cartoonist Walter Lantz, as well as classic Chilly Willy, Andy Panda and Swing Symphony cartoons, and some rare gems from Lantz's archives such as adventures starring Oswald the Lucky Rabbit. Disc Iinclude the following episodes: "Knock Knock," "Woody
Woodpecker," "The Screwdriver," "Pantry Panic," "The Hollywood Matador," "Ace in the Hole," "The Loan Stranger," "The Screwball," "The Dizzy Acrobat," "Ration Bored," "Barber of Seville," "The Beach Nut," "Ski for Two," "Chew-Chew Baby," "Woody Dines Out," "Hells Heels," "Spooks,"
"Grandma's Pet," "Confidence," "Merry Old Soul," "King Klunk," "Toyland Premere," "Hollywood Bowl," "Scrambled Eggs" and "Hysterical High Spots in American History," Disc 2 includes the following episodes: "The Dippy Diplomat," "The Loose Nut," "Who's Cookin' Who?," "Bathing Buddies," "The Reckless Driver," "Fair Weather Fiends," "Musical Moments from Chopin," "Smoked Hams," "The Coo-Coo Bird," "Well Oiled," "Solid Ivory," "Woody the Giant Killer," "The Mad Hatter," "Banquet Busters," "Wacky-Bye Baby," "Life Begins for Andy Panda," "Fish Fry," "Apple Andy," "The Bandmaster," "Scrappy Birthday," "\$21 a Day (Once a Month), "Pass the Biscuits, Mirandy!," "The Greatest Man in Siam," "Abou Ben Boogie" and "Pied Piper of Basin Street." Disc 3 includes the following episodes: "Wet Blanket Policy," "Wild and Woody," "Drooler's Delight," "Puny Express," "Sleep Happy," "Wicket Wacky," "Slingshot 6 7/8," "The Redwood Sap," "The Woody Woodpecker territory, but Wright manages to insert enough gags to keep the balance just about perfect, providing a fitting, amusing, and occasionally touching homage to cinema's action heroes. *Universal*

aspiring rock star and car fanatic who finds herself caught up in illegal drag races organized by a bunch of bored billionaires. Featuring its producer's exotic car collection (which includes a Phantom

Rolls Royce and a rare Enzo Ferrari, which star Eddie Griffin accidentally crashed on set), Redline co-stars Nadia Bjorlin, Angus Macfadyen and Tim Matheson. *Weinstein/Genius Jackie Chan Crime Story* When a ruthless gang kidnaps a wealthy businessman, seasoned cop Eddie Chan (Jackie Chan) is assigned the case. Working with him is the respected Detective Hung (Kent Cheng), but as they follow the clues, Chan begins to suspect that Hung may not be on the up-and-up. Jackie's signature gravity-defying martial arts action highlights this dark, gritty police thriller from Kirk Wong, inspired by a true story. *Weinstein/Genius* Kirk Wong, inspired by a true story. Weinstein/Genius

Back To School This wacky comedy stars Rodney Dangerfield as self-made millionaire Thornton

Melon, who decides to get a better education and enrolls at son Jason's college. While Jason (Keith

Gordon) struggles just to fit in with his snobbish fellow students, Thornton struggles gain his son's respect -- giving way to hilarious antics. Sally Kellerman co-stars as an English professor who Bill & Ted's Excellent Adventure Whoa, dudes! San Dimas, Calif., high school underachievers Bill (Alex Winter) and Ted (Keanu Reeves) face flunking out if they don't ace a year-end history presenta-

(Alex Winter) and Ted (Keanu Reeves) race flunking out it they don't ace a year-end instory presentation. Using a time machine, they transport themselves back a few millennia and enlist the help of Genghis Khan, Abraham Lincoln, Billy the Kid and Socrates (among others). They even manage to bag a couple of medieval babes. Talk about a funky show-and-tell! Fox

Aqua Teen Hunger Force Colon Movie is a cult favorite on the Cartoon Network's late-night animation segment, Adult Swim. The show hits the big screen with the strangely titled Aqua Teen Hunger Force Colon Movie Film For Theaters, and the plot is as convoluted and nonsensical as the title.

Bored, and in hopes of attracting women, Meatwad and Master Shake assemble their second-hand workout machine, the "Insane-o-flex." Frylock steps in to help and discovers it's missing a crucial part--the power chip. They recover the chip, and upon installation launch the machine into its real purpose as a killer robot. This film will be a must-see for hardcore fans of Aqua Teen Hunger Force. as several of the sub-characters from the series appear in the film. These include the Mooninites, the Plutonians, MC Pee Pants, and Cybernetic Ghost of Christmas Past from the Future. The traits of the three main characters symbolize Freud's three-part structural theory of the psyche: the Ego, Superego, and Id and the concept works as both a feature-length film and as a fun, absurd 15-minute cartoon. Warner

toon. Warner

The Ultimate Gift The videotaped will of deceased billionaire Red Stevens (James Garner) includes the "ultimate gift" for his spoiled, sullen grandson Jason (Drew Fuller). A series of tasks meant to turn Jason from a hedonistic jerk into a compassionate human being is included in the will, but whether that's the gift or there's a fortune at the end of the rainbow is something Jason will just have to wait to find out. First, he's sent to Texas to work on the ranch of one of Red's old pals (Brian Dennehey).

Then his trust fund is cut off and he's thrown into the streets where he battles a bum for a park bench and eventually makes friends with a young girl--dying of leukemia--named Emily (Abigail Breslin). There's some romantic bonding with Emily's struggling mom (Ali Hills) and danger down in Costa Rica, where Jason winds up hostage to some drug-running thugs. Bill Cobbs and Lee Meriwether are the lawyers who monitor Jason's progress. This is a nice little movie, with a straightforward spiritual agenda. But it gets everything right, with minimum sermonizing and maximum heart. The cast is clearly into the spirit of the matter: Abigail Breslin radiates oddball charm, and the eyes of old pros

Garner, Denehey, Meriwether, and Cobbs are alight with compassion and nobility. *Fox The Salon* At the epicenter of the neighborhood is Jenny's beauty salon, where women flock to get made over and to feel at home. For owner Jenny (Vivica A. Fox) and her loyal patrons, it's more than just a business; it's a community fixture. But all this quickly comes under threat when a good-looking businessman arrives at the salon to warn Jenny of corporate sharks driving out local shops. While deeply protective of her salon, Jenny faces a predicament when she finds herself attracted to the man relaying the message. *Fox* relaying the message. Fox

Hard Boiled After a deadly shoot-out with a ruthless band of gunrunners, Inspector "Tequila" Yue (Yun Fat) is reprimanded by the police brass for excessive use of force. He soon gets himself into even more trouble by trying to arrest a gangster who is actually an undercover agent. But Yuen gets one last chance to redeem himself in the film's blood-soaked finale. Teaming up with the undercover cop, Yuen battles the mob in an apocalyptic gunfight at the city hospital. In addition to subduing the criminals, he also has to rescue a newborn baby mistakenly left behind in the flames of the burning Weinstein/Genius

New On Video & DVD

ESPN Ultimate NASCAR The Explosion NASCAR'S Rise NASCAR has taken the racing world by storm, weighing in as the nation's second-most popular sporting activity, after football. This exploration of NASCAR's early years reveals how the high-speed, high-adrenaline pursuit became a global phenomenon. In addition to tracking the steady growth of fans across the country, the program features interviews with drivers who describe what it's like to speed along at hundreds of miles per hour. Genius

ESPN Ultimate NASCAR The Dirt, The Cars, Speed & Danger Find out what it takes to get a high-powered car and its driver ready to roll in a NASCAR race. ESPN hosts this look at how teams fine-tune their vehicles to eke out every drop of speed and how the drivers handle the grueling events. The program homes in on the tracks, the fans and the dangerous crashes that make NASCAR racing much

program homes in on the tracks, the tans and the dangerous crashes that make NASCAR racing much more than just a sport. A bonus segment provides a detailed look at the paints and decals the make each car unique. *Genius*ESPN Ultimate NASCAR Greatest Drivers, Biggest Races, Hottest Rivalries Though the cars travel in a pack, at its heart, NASCAR is a solo challenge, as each driver tries to outmaneuver, outwit and outlast the others. This ESPN spotlight profiles the 20 biggest names and the hottest rivalries in the high-speed sport. With plenty of on-the-track action, the compilation shows the strategy and tactics behind some of the most expiriting reasonal reveals how these talented drivers dual all the ways to the behind some of the most exciting races and reveals how these talented drivers duel all the way to the finish line. Genius

ESPN Ultimate NASCAR 100 Defining Moments A panel of NASCAR experts, including drivers, journalists, TV commentators and historians, select the 100 most thrilling, most death-defying, most incredible moments in the high-speed sport's 60-year history. Witness the dramatic come-from-behind victories, dangerous crashes, intense rivalries and heated on-the-track duels that have made NASCAR

victories, dangerous crashes, intense rivalries and heated on-the-track duels that nave made NASCAK racing one of the most popular sporting events today. *Genius*The Best of X Games Featuring some of the biggest names in extreme sports, including Tony Hawk, Shaun "the Flying Tomato" White, Mike Metzger and Mat Hoffman, this action-packed compilation celebrates the thrills and spills from the greatest moments in X Games history. From Travis Pastrana's breathtaking double backflip and Hawk's spectacular "900" to White's utter domination of the field at the Winter X Games, this collection has it all. *Genius*Lord of the Flies Cliffsnotes Adapted from the William Golding novel. This Americanized 1990's version pits the young boys, survivors of a plane crash against nature and eventually each other. The consensus that rules should be maintained in the wilderness is soon forgotten as one boy threatens the group's coexistence and even the very lives of the individuals when he begins to draw members into a

group's coexistence and even the very lives of the individuals when he begins to draw members into a Of Mice and Men Cliffsnotes Horton Foote's adaptation of John Steinbeck's tragic tale about two

migrant farmworkers in Depression-era California. Lennie, a sweet-natured, mentally-retarded man who doesn't realize his own crushing strength, and George, his companion and protector, befriend an aging farmhand on the ranch where they work as wheat harvesters. The three men resolve to buy a farm together and escape their down-trodden existence as itinerant laborers. But their dream is shattered when the child-like Lennie accidentally strangles the flirtatious wife of the ranch owner's son and George and Lennie are forced to run for their lives. Fox

Last Hurrah for Chivalry One of the first films from director John Woo (Paycheck), Last Hurrah for Chivalry is a period samurai drama that explores the themes of honor and loyalty. Mercenary Kao (Wei Pei) finds himself in a moral quandary when he learns that the wife he purchased has been paid twice as much by a rival to murder him. To even the score, Kao hires two samurai warriors to fight on his side, but this act only deepens the complexities of the conflict. Weinstein/Genius

Blue Water, White Death Renowned aquatic adventurer and filmmaker Peter Gimbel spent nine months at sea hunting for a dangerous, elusive quarry and finally captured the first footage of Carcharodon carcharias aka the great white shark in this 1971 documentary. Cameras follow Gimbel and crew as they tag along with whaling vessels in South Africa and explore shipwrecks in Sri Lanka

and crew as they tag along with whaling vessels in South Africa and explore shipwrecks in Sri Lanka before spotting the deadly predator in Australian waters. Fox Teenage Mutant Ninja Turtles Fast Forward After an unpredictable accident sends them 100 years into the future, the Teenage Mutant Ninja Turtles and Master Splinter find themselves standing next to Cody Jones, the great-grandson of their longtime friends Casey Jones and April O'Neil. Now, in the second volume of episodes from this spinoff, the turtles are duking it out with an all-new roster of villains, including Darius Dun, Sh'Okanabo, Torbin Zixx and Jammerhead. 4 Kids Casper's Scare School In the full-length cartoon movie Casper's Scare School, Casper the Friendly Ghost goes back to school to learn how to be a scary hobgoblin but returns to his goodnatured ways when he stumbles upon a diabolical plan to take over the world. This made-for-video feature boasts vibrant computer animation and the vocal talents of Jim Belushi, Bob Saget, Phyllis Diller, and Dan Castellaneta. Fox Castellaneta. Fox

Murderous Intent A murder lifts the lid on some disturbing actions among the pupils at a well-respected school in this drama. Nigel (Tom Sturridge), a student at an exclusive British private school, has been found murdered, and police detective McKenzie (Richard Roxburgh) has been assigned to investigate. Alex Forbes (Eddie Redmayne), one of Nigel's classmates who was known to have little fondness for him, is a prime suspect and has been brought in for questioning; however, he refuses to cooperate, and Sally Rowe (Toni Collette), a forensic psychiatrist working with the police, is brought in to talk to the boy. While Alex is initially no more helpful with Sally, in time she's able to find cracks in his resistance, and he begins to discuss his interest in the Knights Templar, a medieval Christian military order. As Alex shares his belief that the benefits of some actions can outweigh their wrongs, Sally learns more about the boy, and her research turns up some surprising facts – Nigel believed both he and Alex were descended from members of the Knights Templar, they may have been responsible for the death of a schoolmate in the interest of gaining mystical powers, and Alex's father (Patrick Malahide), also the headmaster at the school, has some troubling secrets of his own Weinstein/Genius

First Flower In a vivid story, blooming with beauty and scientific mystery, Nova goes hunting for the world's earliest flower. Although flowers have long been at the center of human life, gracing our gardens and expressing our emotions not to mention providing us with food, crops, and medicines—the dens and expressing our emotions not to mention providing us with food, crops, and medicines—the question of how flowers evolved has long baffled scientists. Charles Darwin called it "an abominable mystery." But now a tantalizing fossil that bloomed during the reign of the dinosaurs has surfaced in China. In First Flower, Nova probes the controversy ignited by this unique fossil, and pursues the trail through the stunning lost world of China's remote Hengduan Mountains. In this spectacular landscape dubbed the "Mother of All Gardens" lie the origins of dozens of plants we take for granted today, including forsythia, clematis, rhododendrons, dogwoods, primroses, and the regal lily. How did they reach our gardens? The detective story behind the evolution of our favorite flowers continues to unfold. Join Nova on the trail of botany's most beguiling mystery. WGBH Boston

Get A Life Funny and insightful comedy chronicles the misadventures of a gay Chicago resident as he searches for love, acceptance and happiness in all the wrong places. After he meets a charming bisexual in a sleazy adult bookstore, his life takes several unexpected turns--including a stay in a jail cellbefore he is finally able to make sense of things. Brian Cambell, Peter Marinelli, Matt Edwards star. Ariztical Entertainment

Ariztical Entertainment

10 Minute Solution Prenatal Pilates Create your own customized workout in this fitness program aimed at pregnant women. Designed to be used during all three trimesters, the routines featured in this release include Pilates for buns and thighs, standing Pilates, core Pilates, Pilates for flexibility, and total body Pilates. Also includes a postnatal segment aimed at women who want to get their pre-baby figures back. 67 min. Anchor Bay

10 Minute Solution Tone Trouble Zones Amy Benton is your host for this collection of workouts that will each only take 10 minutes of your time. Includes routines focusing on how to sculpt your arms and shoulders, blasting fat from your butt and thighs, getting sleek and sexy abs, total body toning