

[Manuals.plus](#) /

› [Fluidity](#) /

› Fluidity: Fitness Evolved DVD Instruction Manual

Fluidity Fitness Evolved DVD (B01GWDCEFM)

Fluidity: Fitness Evolved DVD Instruction Manual

Brand: Fluidity

PRODUCT OVERVIEW

The Fluidity: Fitness Evolved DVD offers a comprehensive fitness program designed to cater to various skill levels, from beginner to advanced. This DVD features three distinct workouts led by Michelle Austin, focusing on core strength, flexibility, and overall body toning. It is intended to be used in conjunction with a Fluidity barre system, providing structured exercises to enhance your fitness journey.

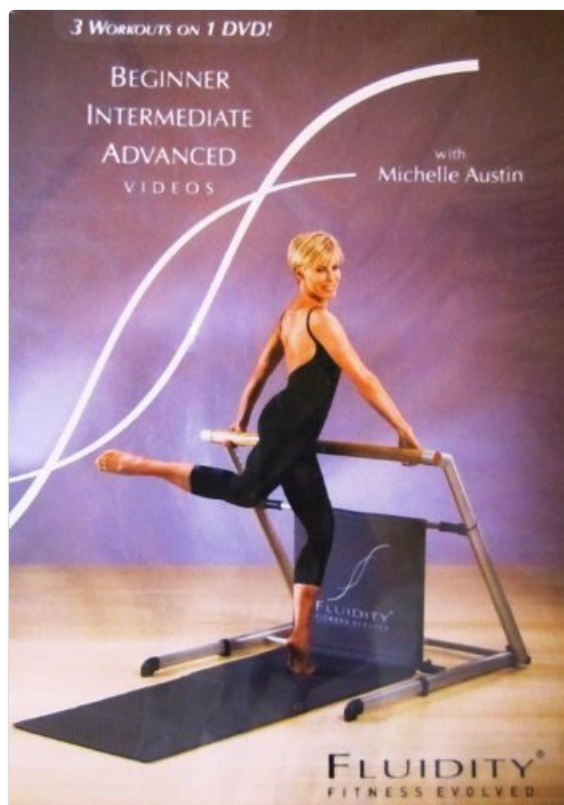


Image: The Fluidity Fitness Evolved DVD cover, featuring fitness instructor Michelle Austin performing a barre exercise. The cover highlights that the DVD includes Beginner, Intermediate, and Advanced workouts.

SETUP AND PREPARATION

Before beginning your workout, ensure you have adequately prepared your space and equipment.

1. **Space Requirements:** Clear an area large enough to comfortably perform exercises, allowing for full range of motion around your Fluidity barre.

2. **Equipment Assembly:** If you are using a Fluidity barre, ensure it is correctly assembled and stable according to its own instruction manual.
3. **DVD Player Setup:** Insert the Fluidity: Fitness Evolved DVD into a compatible DVD player connected to a television or monitor.
4. **Comfort and Safety:** Wear comfortable athletic attire and ensure you have adequate hydration nearby. Consider using a mat for floor exercises.

USING YOUR FLUIDITY FITNESS EVOLVED DVD

Follow these steps to navigate and utilize the workout programs on your DVD:

1. **Power On:** Turn on your DVD player and television/monitor.
2. **Insert DVD:** Place the Fluidity: Fitness Evolved DVD into the DVD player's disc tray.
3. **Menu Navigation:** Once the DVD loads, the main menu will appear. Use your DVD player's remote control to navigate the menu options.
4. **Select Workout:** Choose from the 'Beginner', 'Intermediate', or 'Advanced' workout options. Select the level appropriate for your current fitness ability.
5. **Start Workout:** Select 'Play' or the corresponding option to begin the chosen workout.
6. **Follow Instructions:** Pay close attention to Michelle Austin's instructions and demonstrations throughout the workout. Maintain proper form to maximize effectiveness and prevent injury.
7. **Pause/Stop:** Use your remote to pause or stop the workout at any time.

CARE AND MAINTENANCE

Proper care of your DVD will ensure its longevity and optimal performance.

- **Handling:** Always hold the DVD by its edges to avoid touching the playable surface.
- **Cleaning:** If the DVD becomes dirty or smudged, gently wipe the playable surface with a soft, lint-free cloth, moving from the center outwards. Do not use abrasive cleaners or solvents.
- **Storage:** Store the DVD in its original case in a cool, dry place away from direct sunlight and extreme temperatures.
- **Avoid Scratches:** Do not bend the DVD or expose it to sharp objects that could scratch the surface.

TROUBLESHOOTING

If you encounter issues while using your Fluidity: Fitness Evolved DVD, refer to the following common problems and solutions:

- **DVD Not Playing:**
 - Ensure the DVD is inserted correctly with the label side facing up.
 - Check if the DVD surface is clean and free of scratches or smudges. Clean if necessary.
 - Verify that your DVD player is functioning correctly by trying another known-good DVD.
 - Ensure your DVD player is compatible with standard DVD format.
- **No Audio/Video:**
 - Check all audio and video cables connecting your DVD player to your television/monitor.
 - Ensure the television/monitor input is set to the correct source (e.g., HDMI 1, AV).
 - Adjust the volume on your television or audio receiver.
- **Skipping or Freezing:**
 - Clean the DVD surface thoroughly.

- Check for deep scratches on the DVD. Significant damage may prevent proper playback.

PRODUCT SPECIFICATIONS

Feature	Detail
Product Dimensions	7.56 x 5.55 x 0.47 inches
Item Weight	3.36 ounces
Media Format	DVD
ASIN	B01GWDCEFM
Genre	Exercise & Fitness
UPC	792266066257

WARRANTY AND SUPPORT INFORMATION

As this product is a fitness DVD, specific warranty details are typically not provided in the same manner as electronic devices. For any questions regarding the content of the Fluidity: Fitness Evolved program or for general support, please refer to the official Fluidity brand website or contact their customer service directly. Contact information can usually be found on the product packaging or the brand's official online channels.

© 2024 Fluidity Fitness. All rights reserved.

ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question

Open the live page

<https://manuals.plus/asin/B01GWDCEFM>

More documents and user manuals: <https://manuals.plus/>