

Chicks-n-Chickens presents:

# LULLABY EXERCISES DVD/CD Set

A fabulous new fix for fussy babies and “I want my pre-baby jeans back” mommies. Lullaby Exercises offers a new kind of workout for moms who want to take better care of themselves and their babes. The DVD features a 35-minute high-energy “groove” set and then slows it down as the “sleep” set sends the little one into slumberland. Includes an audio CD of the original soundtrack by singer/songwriter Lisa Phenix so the sets can be performed in the nursery as easily as in the living room.

Lullaby Exercises is a series of fun, easy-to-learn movements—dancing, swaying, stretching & relaxing—that are performed while holding a baby in your arms or in a baby carrier. It’s designed for new moms to share moments with their baby, put a little one to sleep, and to feel good emotionally and physically.



**Recommended by:**  
Pregnancy Magazine, Daily Candy, Cool Mom Picks,  
and groovy moms everywhere.

*“The DVD/CD’s a winner. Go! Buy!”* – Cool Mom Picks

*“Hush, little baby, don’t say a word. Mama’s going to burn a few lbs. while she rocks you to sleep.”* – Daily Candy

*“Highly recommended for any caregivers who need a little pick-me-up!”* – Playdate Café

*“It’s so unique, fun and high-end. I’ve been giving it to all my friends as they become moms. It’s a mommy lifesaver.”* – Lucy Leahy, CEO, Glow Mama

*“I was busy grooving and doing stretches before I realized my baby was asleep by the third song.”* – About.com



**chick•en** \chi-ki\ noun  
1. one of your own  
2. nickname for someone you adore



**chick** \chik\ noun  
1. groovy lady  
2. smart woman  
3. creative female

## Set Includes:

**Workout DVD** – Choose either with or without instructions.

**Soundtrack CD** – by Lisa Phenix to play anytime, anywhere.

**Genre:** Parenting / Post-Natal Fitness / Fitness

**Fullscreen Not Rated Dolby 2.0**

**Run Time:** 35+35 min (with + without instructions)

view a Trailer at: [www.seedsmangroup.com](http://www.seedsmangroup.com)

**S.R.P. \$29.99**  
**Item # C-0369**  
**UPC # 796873 036917**

To Order, Contact Your Distributor or: (805) 777-7716 / [Sales@Seedsmangroup.com](mailto:Sales@Seedsmangroup.com)

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