

# CRAMPED QUARTERS

*with Gin Miller*



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Cramped Quarters is a cardio strength circuit workout that can be done in small spaces. It includes a 10 minute warm-up, 8 minute cool-down and 6 individual athletic-style segments. Total time (optional) : 112 minutes

Inspired by our military's need to stay fit while serving our country in unusual environments, Gin Miller created this workout specifically to honor them. The full behind-the-scenes story can be read on Gin's blog: [www.ginmiller.com/blog](http://www.ginmiller.com/blog)

This cost-of-goods DVD has been made available at low cost as a not-for-profit gift for the members of the United States military and all those who support them. The entire workout is also available to view free online [www.ginmiller.com](http://www.ginmiller.com)

We hope that family members and supporters will share this gift with military members overseas, and that spouses and friends can enjoy the workout at home, knowing their loved ones are indeed appreciated. We also hope that all of Gin's fans and all others who might be enjoying this great workout for small spaces will be inspired in-kind by her gift of appreciation to the people who have dedicated their lives in service to our country.



## About Gin Miller

Gin is one of the industry's top professionals, with over 20 years teaching experience, and has spent the last two decades sharing her expertise and love of fitness with thousands of people at workshops and conventions world-wide. Known as the creative force behind the step revolution, she constantly strives to develop new concepts in fitness.

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## A CARDIO STRENGTH PROGRAM FOR SMALL SPACES

## DEDICATED TO MEMBERS OF THE UNITED STATES MILITARY AND THOSE WHO SUPPORT THEM



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