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VIDEO REVIEWS

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Aerobics With Soul®-Kilimanjaro: The Cultural Workout
Color. 80 min. Bergh Int. Holdings, 5428 Lyndale Avenue S.,
Minneapolis, MN 55419; 800-423-9685. 1995. \$24.95; audio
cassette \$13.95. EXERCISE.

Named for Africa's highest peak, this is dance instructor Maria Nhambu Bergh's advanced aerobics workout. Based on tribal dances that have been modified for safety and effectiveness, the 65-minute workout is divided into several sections, each with its own name (Twiga: Giraffe; Pata Pata: Touch Dance; Mrembo: Showgirl; and more) and rhythmic African dance music. Each section builds progressively, from the basic foot pattern to arms, hips, shoulders, then to advanced movement and style. The moves are expressive, sexy, and fun, with lots of isolation work accentuating the drumbeats. Bergh and other instructors demonstrate clearly leveled beginner, intermediate, and advanced interpretations of each dance. Long scarves and even spears are used, and some dances show partners or groups, but none of these is essential for reaping the benefits of the workout. Filmed against the backdrop of the wilds of Tanzania, this aerobics tape is unlike any other. Highly recommended for fitness and dance collections. (*Serengeti* and *Karibu* are designed for beginner and intermediate levels, respectively) – Deborah Rollins, University of Maine Library, Orono.