Cardio Athletic KickboxTM. Color. 55 min. Eversley Forte, Behind the Scenes Fitness, 1999.

The Cardio Athletic KickboxTM method was developed by Eversley Forte—martial artist, actor, stunt performer, and certified trainer and teacher. It is obvious from his stilted delivery and line readings in the opening sequence that acting is the least of these. Where he, and the video, turn interesting and useful is when the workout begins. Forte combines fundamental aerobics principles and the basic athletic moves of kickboxing (presently a very hot sport among men and women). The participants and demonstrators here are, of course, in perfect physical form and well schooled in the technique. Forte’s expertise as an instructor is apparent: his pace, count downs, and motivations are superb. Two participants work at a low-impact level, a great advantage for most viewers. The stretches, rotations, kicks, taps, and swings are more than enough to keep the tape visually and athletically varied. The music track is appropriately familiar and underscored. This video is an interesting, authoritative alternative for any library.

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