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The extras vary widely in quality. The fitness tips from certified strength and conditioning specialist Andy Troy are good, solid, all-purpose advice regarding cardiovascular activity and aerobic workouts; viewers who are just starting a fitness regime, or who have not been very active, should definitely check out Troy's sensible pointers on judging their level of exertion before beginning an aerobic exercise regimen. The welcome from Jehan is a page of text that describes the workout and gets you jazzed about bellydance; it also recommends Jehan's instructional program Sacred Bellydance for those who need to learn the moves that will be used in this workout. The "Ultimate Cast" extra is nothing but a two-minute clip sequence showing the dancers getting ready to film the workout—sheer fluff. Likewise, the "Body Prayer" is a dance sequence by the entire cast that lasts less than one minute and is partially obscured by the giant workout logo, which is present the entire time.