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303-938-6865
info@bodybar.com

BODY BARS & STORAGE RACKS 1/1/2023

To learn more about each product category, click on the applicable Tab below

| Product | SKU P/N | Product Description | Height x Width x Length (in) | wgt | MSRP 2023 (US Dollars) |
|--------------------------|----------------|---|------------------------------|--------|------------------------|
| Classic Body Bars | BB03 | Body Bar Classic, 3 lb, 48" | 1.03 x 1.03 x 48 | 3 lbs | \$40.99 |
| | BB04 | Body Bar Classic, 4 lb, 48" | 1.13 x 1.13 x 48 | 4 lbs | \$42.99 |
| | BB06 | Body Bar Classic, 6 lb, 48" | 1.25 x 1.25 x 48 | 6 lbs | \$49.99 |
| | BB09 | Body Bar Classic, 9 lb, 48" | 1.36 x 1.36 x 48 | 9 lbs | \$60.99 |
| | BB12 | Body Bar Classic, 12 lb, 48" | 1.36 x 1.36 x 48 | 12 lbs | \$71.99 |
| | BB15 | Body Bar Classic, 15 lb, 48" | 1.69 x 1.69 x 48 | 15 lbs | \$79.99 |
| | BB18 | Body Bar Classic, 18 lb, 48" | 1.81 x 1.81 x 48 | 18 lbs | \$90.99 |
| | BB24 | Body Bar Classic, 24 lb, 48" | 2.01 x 2.01 x 48 | 24 lbs | \$118.99 |
| | BB30 | Body Bar Classic, 30 lb, 60" | 2.01 x 2.01 x 60 | 30 lbs | \$151.99 |
| | BB36 | Body Bar Classic, 36 lb, 72" | 2.01 x 2.01 x 72 | 36 lbs | \$181.99 |
| Mini Body Bars | MB04 | Mini Body Bar, 4 lb, 24" | 1.36 x 1.36 x 24 | 4 lbs | \$42.99 |
| | MB06 | Mini Body Bar, 6 lb, 24" | 1.58 x 1.58 x 24 | 6 lbs | \$44.99 |
| | MB09 | Mini Body Bar, 9 lb, 24" | 1.81 x 1.81 x 24 | 9 lbs | \$62.99 |
| Micro Bars | MMB02 | Micro Bar, 2 lb, 12" <i>(set of two bars)</i> | 1.36 x 1.36 x 12 | 2 lbs | \$48.99 |
| | MMB03 | Micro Bar, 3 lb, 12" <i>(set of two bars)</i> | 1.69 x 1.69 x 12 | 3 lbs | \$58.99 |
| | MMB04 | Micro Bar, 4 lb, 12" <i>(set of two bars)</i> | 1.81 x 1.81 x 12 | 4 lbs | \$63.99 |
| | MMB06 | Micro Bar, 6 lb, 12" <i>(set of two bars)</i> | 2.01 x 2.01 x 12 | 6 lbs | \$76.99 |
| Racks | MMBR1 | Storage Rack for Micro Bars | 26 x 24 x 14 | 30 lbs | \$253.99 |
| | SR30-PS | Storage Rack for Classic Body Bars | 41 x 25 x 19 | 35 lbs | \$148.99 |

All pricing is FOB Olathe, KS (metro Kansas City)

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info@bodybar.com**DVD'S & mp4's**

1/1/2023

To learn more about each title, click on the 'Video Content' Tab below

| Product | SKU P/N | Product Description | Height x Width x Length | wgt | MSRP 2023 (US Dollars) |
|-------------------------|-------------|---|-------------------------|---------|---------------------------|
| DVD's | DVD-ASG | currently out of stock | | | |
| | DVD-B | B.U.R.N | 7.48 x 0.59 x 5.32 | 0.20 lb | \$14.99 |
| | DVD-BBBB | Body Bar & Ball Basics | 7.48 x 0.59 x 5.32 | 0.20 lb | \$14.99 |
| | DVD-BBBC | currently out of stock | | | |
| | DVD-BLS | currently out of stock | | | |
| | DVD-DD | Deep Definition | 7.48 x 0.59 x 5.32 | 0.20 lb | \$14.99 |
| | DVD-EAC | Energy Action Circuit | 7.48 x 0.59 x 5.32 | 0.20 lb | \$14.99 |
| | DVD-EQ | Equanimity | 7.48 x 0.59 x 5.32 | 0.20 lb | \$14.99 |
| | DVD-EX | currently out of stock | | | |
| | DVD-OTB | currently out of stock | | | |
| | DVD-PG | Power & Grace | 7.48 x 0.59 x 5.32 | 0.20 lb | \$14.99 |
| | DVD-PS | Pilates Strength | 7.48 x 0.59 x 5.32 | 0.20 lb | \$14.99 |
| | DVD-R | Ripple | 7.48 x 0.59 x 5.32 | 0.20 lb | \$14.99 |
| | DVD-RSSS | Ready Set SuperSet | 7.48 x 0.59 x 5.32 | 0.20 lb | \$14.99 |
| | DVD-SC | Strength & Conditioning | 7.48 x 0.59 x 5.32 | 0.20 lb | \$24.99 |
| | DVD-SR | Strength Resolutions | 7.48 x 0.59 x 5.32 | 0.20 lb | \$14.99 |
| | DVD-SS | Strong Step | 7.48 x 0.59 x 5.32 | 0.20 lb | \$14.99 |
| | DVD-SZ | Sport Zone | 7.48 x 0.59 x 5.32 | 0.20 lb | \$14.99 |
| | DVD-TBE | Total Body Express | 7.48 x 0.59 x 5.32 | 0.20 lb | \$24.99 |
| | DVD-YS | Yoga Strength | 7.48 x 0.59 x 5.32 | 0.20 lb | \$14.99 |
| Micro Bar Videos | mp4-MMBAA3P | Micro Bar Video 3-Pack for Active Aging | 5 x 0.15 x 5 | 0.15 lb | \$11.99 |
| | mp4-MMBAS | Micro Bar Active Strength | 5 x 0.15 x 5 | 0.15 lb | \$9.99 |
| | mp4-MMBCE | Micro Bar Core Essentials | 5 x 0.15 x 5 | 0.15 lb | \$9.99 |
| | mp4-MMBFS | Micro Bar Flowing Strong | 5 x 0.15 x 5 | 0.15 lb | \$9.99 |
| | mp4-MMBHSM | Micro Bar Heart Smart Moves | 5 x 0.15 x 5 | 0.15 lb | \$9.99 |
| | mp4-MMBY3P | Micro Bar Video 3-Pack for Yoga | 5 x 0.15 x 5 | 0.15 lb | \$11.99 |
| | mp4-MMBYS | Micro Bar Yoga Strong | 5 x 0.15 x 5 | 0.15 lb | \$9.99 |

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REPLACEMENT PARTS 1/1/2023

NOTE: 1 label and end cap on each end, 2 per bar

| Product | SKU P/N | Product Description | Color | MSRP 2023 (US Dollars) |
|------------------------|------------|-----------------------------|----------------------------|------------------------|
| Labels | EL-BB03 | Label for BB03 | Pantone 321 C Forest Green | \$0.80 |
| | EL-BB04 | Label for BB04 | Pantone 485 C Red | \$0.80 |
| | EL-BB06 | Label for BB06 | Pantone 021 C Orange | \$0.80 |
| | EL-BB09 | Label for BB09 | Pantone Rhodamine Red C | \$0.80 |
| | EL-BB12 | Label for BB12 | Pantone 3005 C Blue | \$0.80 |
| | EL-BB15 | Label for BB15 | Pantone Green C | \$0.80 |
| | EL-BB18 | Label for BB18 | Pantone 012 C Yellow | \$0.80 |
| | EL-BB24 | Label for BB24 | Pantone Process Black C | \$0.80 |
| | EL-BB30 | Label for BB30 | Paontone Process 429 C | \$0.80 |
| | EL-BB36 | Label for BB36 | Pantone 2935 C Blue | \$0.80 |
| | EL-MB04 | Label for MB04 | Pantone 485 C Red | \$0.80 |
| | EL-MB06 | Label for MB06 | Pantone 021 C Orange | \$0.80 |
| | EL-MB09 | Label for MB09 | Pantone Rhodamine Red C | \$0.80 |
| | EL-MMB02 | Label for MMB02 | Pantone Process Black C | \$0.80 |
| | EL-MMB03 | Label for MMB03 | Pantone 814 C Green | \$0.80 |
| | EL-MMB04 | Label for MMB04 | Pantone 814 C Lime Green | \$0.80 |
| | EL-MMB06 | Label for MMB06 | Pantone 804 C Orange | \$0.80 |
| End Caps | EC-BB03 | End Cap for BB03 | | \$3.20 |
| | EC-BB04 | End Cap for BB04 | | \$3.40 |
| | EC-BB06 | End Cap for BB06 | | \$3.60 |
| | EC-BB09 | End Cap for BB09 | | \$4.00 |
| | EC-BB12 | End Cap for BB12 | | \$4.10 |
| | EC-BB15 | End Cap for BB15 | | \$4.40 |
| | EC-BB18 | End Cap for BB18 | | \$4.60 |
| | EC-BB24 | End Cap for BB24-BB30-BB36 | | \$4.80 |
| | EC-BB09 | End Cap for MB04 | | \$4.00 |
| | EC-BB12 | End Cap for MB06 | | \$4.10 |
| | EC-BB18 | End Cap for MB09 | | \$4.40 |
| | EC-BB09 | End Cap for MMB02 | | \$4.00 |
| | EC-BB15 | End Cap for MMB03 | | \$4.40 |
| | EC-BB18 | End Cap for MMB04 | | \$4.60 |
| | EC-BB24 | End Cap for MMB06 | | \$4.80 |
| End Cap + Label | EC+EL-BB03 | End Cap plus Label for BB03 | | \$3.85 |
| | EC+EL-BB04 | End Cap plus Label for BB03 | | \$4.05 |
| | EC+EL-BB06 | End Cap plus Label for BB03 | | \$4.25 |
| | EC+EL-BB09 | End Cap plus Label for BB03 | | \$4.65 |
| | EC+EL-BB12 | End Cap plus Label for BB03 | | \$4.75 |
| | EC+EL-BB15 | End Cap plus Label for BB03 | | \$5.05 |
| | EC+EL-BB18 | End Cap plus Label for BB03 | | \$5.25 |
| | EC+EL-BB24 | End Cap plus Label for BB03 | | \$5.45 |
| | EC+EL-BB30 | End Cap plus Label for BB03 | | \$5.45 |
| | EC+EL-BB36 | End Cap plus Label for BB03 | | \$5.45 |

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DVD & mp4 PROGRAMMING 1/1/2023

NOTE: Micro Bar videos are downloadable mp4 files, all others are DVD formatting

| Product | SKU P/N | Product Description | Lead Presenter & Time | Workout Category | Description of Workout |
|-------------------------|---|---------------------|--|-------------------------|--|
| DVD's | | | | | |
| DVD-B | B.U.R.N | | Keli Roberts 60 min | Cardio & Strength | Bosu Ultimate Reactive Neuromuscular Training with the Body Bar. Gives you a high intensity total body workout that is fun to do, easy to follow and powerfully effective. Using the Body Bar and the BOSU® balance trainer, you will tone and strengthen your muscles, improve balance, refine posture and increase cardiovascular performance. Doing a series of lunges, squats and upper body lifts, as well as cutting edge abdominal work, you will see fast results. Body Bar BURN will take your fitness to the next level! |
| DVD-BBBB | Body Bar & Ball Basics | | Mindy Mylrea 60 min | Strength & Conditioning | The Body Bar and stability ball join forces to trim, tone, tighten and challenge every muscle that you own. This express workout is the perfect introduction to the skills you will need to develop strength and balance in a fun, effective and time-efficient workout. You will learn exercises to train both your upper and lower body in a user-friendly format that is perfect for the newcomer and intermediate exerciser. Clear cues and encouraging words guide you through even the toughest positions. This 30-minute workout will teach strong basic exercises for Body Bar and ball that are challenging and fun. Short and sweet! |
| DVD-DD | Deep Definition | | Rob Glick 60 min | S & C | Pushes you to a new level of fitness as it challenges you with an innovative, up-to-date body sculpt class that incorporates the latest principles in resistance training. The focus is on core strength, functional training, balance, flexibility, and symmetry. The results are total body strength, definition, endurance, and power. Develop a new body awareness and control that enhances the challenges of both sports and daily activities. Be ready to train hard and change your body in a safe, highly effective and time-efficient way. |
| DVD-EAC | Energy Action Circuit | | Mindy Mylrea 60 min | C & S | A dynamic and energy-filled body blast of a cardio/muscle training workout. Cardio and strength sections intermix to create a fast-paced and efficient routine. The athletic aerobic segments challenge agility, coordination, balance, and quick reaction time. The strength sections train each muscle group with both slow and fast twitch muscle fiber recruitment. Burn calories as you get strong, fast, and powerful. Fun! |
| DVD-EQ | Equanimity | | Lashaun Dale 60 min | S & C | Is life throwing you off balance? Add resistance, challenge and variety to your exercise program through an exciting total body workout guaranteed to achieve maximum intensity conditioning. Gain inward focus and grounding through a motivating mix of cutting edge exercises that will reshape every major muscle group in your body, fast. This time-efficient workout uses a stability ball, Body Bar, and effective and focused movements that are designed to make you look, feel and function better! |
| DVD-PG | Power & Grace - Body Bar and Gliding | | Mindy Mylrea 60 min | S & C | A strength training workout that is as challenging as it is smooth. Combine movements into flowing patterns of muscular balance and unique strength options to create a long, lean, and dynamic one. You will lengthen and strengthen from each "basic" exercise using the Body Bar to sculpt and define every muscle group with both slow and fast twitch muscle fiber recruitment. This is a total body workout experience that is unique and fresh and that challenges every muscle in your body. |
| DVD-PS | Pilates Strength | | Clare Dunphy 60 min | Mind & Body | The video you've been waiting for - true classical style Pilates matwork featuring the Mini Body Bar as a resistance tool, a balancing prop and an alignment support. Increase strength and definition while you create long, lean muscles. This is a strong intermediate workout flowing from one movement to the next, guiding you in your discovery of increased body awareness and a heightened sense of balance, control and proper alignment. Learn how to find, move and lengthen from your center as you fuse form, line and grace with the breath to achieve total mind/body harmony. Includes a Bonus: Innovative Stretch! A beautiful blend of yoga, dance and fitness stretches integrating the Mini Body Bar as a resistance, balancing and alignment tool. The routine flows from one movement to the next with balance, strength and control. This workout will clear your mind while it improves flexibility and mobility. Feel good all over! |
| DVD-R | Ripple | | Clare Dunphy 60 min | Mind & Body | Enter a new age of training that will take you beyond sets and reps. The philosophy of functional training is to integrate rotation, balance, and coordination to prepare the body for sports as well as daily life. Learn the correct techniques for rotating from your center of power to maximize movement efficiency, improve body control and increase functional strength and stamina. Ripple is a time-efficient, high-calorie burning addition to any fitness program, not only for athletes but also for those looking for a more mindful approach to their workouts. |
| DVD-RSSS | Ready Set SuperSet | | Keli Roberts 60 min | C & S | A high rep total body workout that guarantees definition, high caloric expenditure and FAST results. This challenging program is designed to improve coordinated strength, muscle balance, and core stability. You will super set upper and lower body exercises and experience both cardiovascular benefits as well as strength improvements. An energizing, choreographed warm-up gets you ready to train your entire body using the Step as a prop and just one Body Bar. The workout finishes with some concentrated abdominal exercises that will improve core strength and stability. A final relaxing stretch will leave you feeling strong and refreshed. |
| DVD-SC | Strength & Conditioning | | Keli Roberts 150 min (3 x 50) | S & C | Consists of three Body Bar workouts, each focusing on total body strength and conditioning. The DVD format allows you to do each workout on its own or customize your own workout by mixing and matching exercises from each. "Basic" exercise uses the Body Bar to sculpt and define every muscle group with both slow and fast twitch muscle fiber recruitment. "Body Bar Challenge" uses intensity training techniques such as giant setting, super setting and drop setting to increase the overall intensity of the workout in a shorter period of time. The "New Body Bar Workout" is an exciting, energetic, and educational workout using classic Body Bar moves in powerful and effective ways. |
| DVD-SR | Strength Resolutions | | Lashaun Dale 60 min | S & C | Test your resolve with the Body Bar's latest strength training workout! Compact and tough - you get upper and lower body conditioning exercises spiced with balance and agility drills that will change the shape of your body. Floor work exercises challenge your core and postural muscles for strength, endurance, and stability. Make a commitment to yourself. Set your resolution, now, to burn off those extra pounds and have more energy, more self-confidence and the best body ever! Includes a Bonus: "Core Sculpt". Uses vital strengthening and stretching to develop correct posture and movement. Faulty abdominal training, weak back musculature and muscle imbalance can create postural problems and instability. This intelligent workout focuses on the development of a strong, centered, well-coordinated trunk so that athletes and novice exercisers alike can perform activities safely and effectively with more strength, balance and control. The exercises in this program will streamline and enhance your approach to abdominal training, and efficiently create a stable and toned midsection. They also serve as preventative conditioning against injury and back problems. |
| DVD-SS | Strong Step | | Sherry Catlin 60 min | S & C | A powerful class that will take your body and give it the strength, tone and definition that you seek, combined with the calorie burning and cardiovascular benefits of Step aerobics. Step choreography moves to the next level with fun and exciting power, rhythm and travel moves. Three levels of intensity and complexity are shown simultaneously so that you may progress at your own pace. Before you can catch your breath, concise, innovative and effective Body Bar exercises for the whole body will help you achieve sleek legs, tight abdominals and a strong defined upper body. You will work your body like never before. Finish with a deep stretch. Feel the difference! |
| DVD-SZ | Sport Zone | | Lashaun Dale & Carey Bond 60 min | S & C | A dynamic Body Bar workout to build fitness skills required for sports performance. Sport Zone uses unique exercises to develop power, endurance, strength and body awareness in an easily-followed interval training format. Through repetition, controlled speed and mental focus, Sport Zone is an effective and challenging training workout. |
| DVD-TBE | Total Body Express | | Sherry Catlin 150 min (5 x 30) | S & C | Includes five 30-minute Express Body Bar workouts. To mix and match for optimal results. Learn fundamental skills and guidelines for using the Body Bar in "Body Bar Basics". Sculpt and define each muscle group in "Basic Training". Shape your entire core region in "Hard Core Abs and Back". Shape and define your arm and shoulder muscles in "Armed and Dangerous". And target all lower body muscles in "Below The Belt". Customize your workout by choosing areas you would like to tone and strengthen, while learning about proper posture and stability. |
| DVD-YS | Yoga Strength | | Beth Shaw 45 min | Mind & Body | Provides a total body workout that develops strength, cardiovascular conditioning, balance and flexibility. Using the Mini Body Bar, more strength is built into existing yoga postures enhancing body awareness, increasing physical control and facilitating body mastery. Because it involves a comprehensive and integrated approach, Yoga Strength produces a stronger, longer, leaner and more graceful physique. It also helps reduce stress, tension and fatigue through its mindfulness, dynamic movement, deep breathing and muscular focus. The postures link together in a fluid, heat-building way and the Mini Body Bar is used for much of the workout. Includes a bonus: "Yoga Sculpt". A combination of yoga-inspired movements and innovative resistance exercises using a light Body Bar increases muscular endurance. This maximal power-up session builds strength, stamina and flexibility. Combining a vigorous lunge series with extended standing balance and floor stretch moves, the routine flows from one pose to the next while working toward total mind/body harmony. |
| Micro Bar Videos | | | | | |
| mp4-MMBAA3P | Micro Bar Video 3-Pack for Active Aging | | Gay Gasper, June Kahn, Lauren Eirk 90 min (3 x 30) | Active Aging | This video three-pack includes workouts intended for the Actively Aging, but will challenge anybody! Applying the distinct functional advantages of the Micro Bar, industry professionals Gay Gasper, June Kahn, and Lauren Eirk provide a strength and endurance session, an energizing cardio workout, and a therapeutic Yoga practice: Active Strength, Heart Smart Moves, and Yoga Strong. |
| mp4-MMBAS | Micro Bar Active Strength | | Gay Gasper 30 min | AA | This strength and muscular endurance workout using the Micro Bar will tone your upper and lower body, as well as your core. Enjoy functional exercises that will help you get stronger for your daily life. Gay Gasper will give you an option to stand or sit while performing this program, with June Kahn and Lauren Eirk showing alternate movements. |
| mp4-MMBCE | Micro Bar Core Essentials | | Lauren Eirk 30 min | AA | Certified Yoga Teacher/Yoga Therapist Lauren Eirk, MS will challenge you with this core-focused Yoga practice, showcasing the Micro Bar. The bars are the perfect tool to create purposeful muscle contractions to target abdominal, hip, back, and shoulder areas that are essential for better posture and improved overall function. Using various handgrips and positioning, let the Micro Bar help you to strengthen the necessary motions of trunk extension flexion, side-bend, rotation. The Micro Bar adds many unique strategic, strength-building variations to common Yoga postures! With Core Essentials, enjoy better posture, improved respiration, and freedom of movement. |
| mp4-MMBFS | Micro Bar Flowing Strong | | Lauren Eirk 30 min | AA | Certified Yoga Teacher/Yoga Therapist Lauren Eirk, MS will guide you in this stimulating, muscle-building flow Yoga practice. Lauren uses the Micro Bar to add various strategic, strength-building variations to common Yoga postures. Hatha Yoga is a form of resistance training that, with regular practice, improves joint integrity and overall range of motion. See how the design, comfort, and versatility the Micro Bar are used to add new challenges to this already-powerful Flowing Yoga practice. Experience poses in ways that you have never felt before! Flowing Strong will improve core strength, help create better muscle contractions, improve neuromuscular communication, and sculpt the legs, arms, hips, and back. |
| mp4-MMBHSM | Micro Bar Heart Smart Moves | | June Kahn 30 min | AA | Experience low impact, energizing "smart" workout designed to improve your heart rate response. In this total body workout, which introduces you to the Micro Bar, June Kahn CPT takes you through easy-to-follow moves that include upper body conditioning with this unique and comfortable tool. Heart Smart Moves incorporates sitting and standing options, making this a workout that accommodates all levels - leaving you feeling energized, empowered, and strong! |
| mp4-MMBY3P | Micro Bar Video 3-Pack for Yoga | | Lauren Eirk 90 min (3 x 30) | AA | This video three-pack applies the functional advantages of the Micro Bar in three diverse and valuable Yoga practices that will benefit and inspire anyone! Certified Yoga Teacher/Yoga Therapist Lauren Eirk, MS leads a strength-building session, a purposeful core-focused lesson, and a stimulating Flow Yoga practice: Yoga Strength, Core Essentials, and Flowing Strong. |
| mp4-MMBYS | Micro Bar Yoga Strong | | Lauren Eirk 40 min | AA | Join Body Bar professionals for this therapeutic Yoga practice, showcasing the Micro Bar, to add various strategic, strength-building variations to familiar Yoga postures. Common with the aging process, neuromuscular issues such as joint instability, chronic pain, numbness, loss of balance, and muscular atrophy can start to develop. During the Yoga Strong flow, Certified Yoga Teacher/Yoga Therapist Lauren Eirk, along with well-known fitness educators June Kahn and Gay Gasper, show you how the design, comfort, and versatility of the Micro Bar can be used to create bone-loading and strength-building improvements to the hip, core, lower leg, and upper extremities that are not possible in traditional Yoga. You will see variations and modifications for various fitness levels, even for those who prefer to work from the chair. With improved strength and stability in the joints, improved mobility, stamina, and posture will result! |

PRODUCT IMAGES

| | | | | | | | | | | | |
|------|---|------|---|-------|---|---------|---|----------|--|-------------|--|
| BB03 |  | MB04 |  | MMB02 |  | SR30-US |  | DVD-B |  | DVD-MMBAASP |  |
| BB04 |  | MB06 |  | MMB03 |  | MMBR1 |  | DVD-BBBB |  | DVD-MMBAS |  |
| BB06 |  | MB09 |  | MMB04 |  | | | DVD-DD |  | DVD-MMBCE |  |
| BB09 |  | | | MMB06 |  | | | DVD-EAC |  | DVD-MMBFS |  |
| BB12 |  | | | | | | | DVD-EQ |  | DVD-MMBHSM |  |
| BB15 |  | | | | | | | DVD-PG |  | DVD-MMBY3P |  |
| BB18 |  | | | | | | | DVD-PS |  | DVD-MMBYS |  |
| BB24 |  | | | | | | | DVD-R |  | | |
| BB30 |  | | | | | | | DVD-RSSS |  | | |
| BB36 |  | | | | | | | DVD-SC |  | | |
| | | | | | | | | DVD-SR |  | | |
| | | | | | | | | DVD-SS |  | | |
| | | | | | | | | DVD-SZ |  | | |
| | | | | | | | | DVD-TBE |  | | |
| | | | | | | | | DVD-YS |  | | |