

VIDEO	AUDIO
<p>CLOSE UP: Shot of the cover page of (title) and image of midnight bike tour.</p> <p>CUT-IN: Anna in front of the starting point for the midnight bike tour.</p> <p>CUT-IN: Anna's midnight biking adventure. The bike ride ends.</p> <p>CUT-IN: Anna biking away from the camera.</p>	<p><u>ANNA</u> G'Day! Or I should say G'Evening! I'm Anna Petras coming to you live from Jerusalem, Israel. I'm the author of (), a guide for women where I show you how you can get fit and healthy from the comfort of your own home or when you travel. That's right! (Title) is your own personal trainer that you can take with you wherever you go. So come on... follow me as I head out on a midnight biking adventure in one of the oldest cities in the world.</p> <p><u>ANNA</u> Whew! That was an amazing bike ride through Jerusalem. Can you feel the burn? I sure can! Tomorrow, I'm traveling to Ein Gedi Nature Reserve and Flour Cave. Cheers!</p>
<p>WIDE: Shot of Ein Gedi Nature Reserve and or Flour Caves.</p> <p>CUT-IN: Anna at Ein Gedi Nature Reserve.</p> <p>CUT-IN: Anna running and working out and finishing her workout.</p> <p>CUT-IN: Anna walking away from the site.</p>	<p><u>ANNA</u> Hello, it's Anna. As you can see it's a lovely day in Israel. I'm at the Ein Gedi Nature Reserve and will travel to Flour Caves in the Negev Desert. Today, I'd like to show you how easy it is to workout while you travel. So... Come on... let's (Title) together.</p> <p><u>ANNA</u> That was an amazing workout. Tomorrow, I'm rock climbing and rappelling at Keshet Arch, and in the evening I'm spelunking in Abirim at the stalagmite/stalactite cave. Cheers!</p>

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<p>WIDE: Shot of Keshet.</p> <p>CUT-IN: Anna standing in front of Keshet Cave.</p> <p>CUT-IN: Anna gets ready for rock climbing and rappelling; she completes the adventure.</p> <p>CUT-IN: Anna walking away. Shoot footage of Rosh Hanikra.</p>	<p><u>ANNA</u> Hi there, it's Anna! Today, I'm with Israel Extreme at Keshet Arch where I'm rock climbing and rappelling. It's one of the most beautiful views in Israel because you can see the sparkling Mediterranean Sea and Galilee. PAN TO: Mediterranean Sea and Galilee. To give you a bit of history, this was once a real cave; however, the ceiling of the cave collapsed about a millenia ago, leaving only an arch which gives the site it's name today. Instead of hiking back up the trail, I'll climb up the cliff in a multi-pitch climb. Basically, I'll climb in increments, stopping to reset the ropes at stations along the way. I must confess that this is technically a beginner's level climb, but I assure it's still very thrilling. It's the one place where beginning climbers like me can experience what a professional climber feels when they conquer a big wall. Okay then. Let's get started. Come on then.</p> <p><u>ANNA</u> That was awesome! But my adventure doesn't end here. I'm also checking out Rosh Hanikra or "Head of the Grottos," which is a geological formation in Israel, located on the coast of the Mediterranean Sea in Western Galilee. It's absolutely stunning, with it's white chalk cliff face which opens up into spectacular grottos. And... tonight I'm spelunking in Abirim in a stalagmite/stalactite cave. See ya later.</p>

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<p>WIDE: Shot of cave in Abirim.</p> <p>CUT-IN: Anna standing in front of the cave.</p> <p>CUT-IN: Anna getting ready for spelunking; she begins the adventure.</p>	<p><u>ANNA</u> Good evening! Tonight, I'm spelunking or caving with Israel Extreme. They work with the government and find and map the caves of Israel. The cave I'll be spelunking in is a new, hidden cave. Israel Extreme is the ONLY tour company in Israel that knows of the location. To date, I'm one of very few people who've visited this cave. I'm honored and psyched to be here, and the best part is you get to join me because I'm wearing a headlamp, which means you'll see what I see as I explore the cave. So come on, let's go.</p> <p><u>ANNA</u> Wow! That was fantastic. I hope you're seeing how easy it is to (title) when you travel. Believe me, exploring a cave burns a lot of calories. Well, that's it for today's adventure. Tomorrow, I'm spelunking at Fox's Chimney Salt Cavern, and I'm also rappelling. See you later. Cheers!</p>
<p>WIDE: Shot of Fox's Chimney Salt Cavern, the Dead Sea, and the mountains of Moav and Edom in Jordan.</p>	

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<p>CUT-IN: Anna standing in front of Fox's Chimney Salt Cavern.</p>	<p><u>ANNA</u> Hi there, it's Anna. I'm at Fox's Chimney Salt Cavern. Isn't it gorgeous? Just look at those views of the Dead Sea and the mountains of Moav and Edom in Jordan. PAN TO: Dead Sea and mountains. This place is amazing. It's one of the only places in the world without vegetation because the mountains are made of salt. Anyway... I'm hiking the area and some parts of the hike will feel as if I'm walking on the moon! The hike ends with a steep downhill trail into a narrow canyon that ends at a gigantic mysterious hole in the ground. After that, I'll rappel down into the hole over 250 feet through a beautiful chimney of salt. I'm wearing a headlamp to explore the cave so you'll once again see what I see as I crawl through tight spots, climb into huge chambers, and see rare sights that very few humans have seen, as natural salt caverns exist in only two countries in the world -- Israel and Iran! At the end of this adventure, I'll exit at the beach of the Dead Sea. So come now... It's time to (title) with another adventure.</p>
<p>CUT-IN: Shots of Anna rappelling and spelunking (caving). Show Anna as she exits the cave to the beach of the Dead Sea.</p>	<p><u>ANNA</u> Oh my goodness! That was so, so amazing. PAN TO: beach of Dead Sea. Thank you so much for accompanying me on my journey to Israel. I've had an amazing time and hope that I've inspired you to stay fit and healthy when you travel. Remember, all you have to do is (title). Cheers!</p>
<p>CUT-IN: Anna walks away from the camera, walking on the beach.</p>	<p>(THE END)</p>