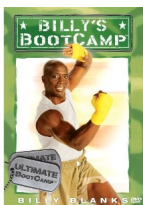


# Billy Blanks: Ultimate BootCamp

Written by Eva

Wednesday, 14 September 2011 10:37 - Last Updated Sunday, 21 August 2016 12:30

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DVD



Language: English

Kind: Cardio + Total Body Training

Running Time incl. Warm up/55 Min cool down/stretch.

**Effectiveness:**



**Instruction:**



**Motivation:**



**Equipment:**

BootCamp Body Tube

[available here](#)

[here you can find a trailer](#)

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Billy Blank's ultimate bootcamp DVD lives up to its name. That's how a boot camp training in the USA is generally imagined. I do not mean this negatively, because this DVD is great. A very effective total body training takes place.

Billy Blanks pushes the trainees to their limits. One exercise after another, without a break. Kickboxing elements, strength training and cardio are combined.

In particular the strength training with the tubes (almost 20 min.) let the muscles burn after a short time. Because of many repetitions it could be that even advanced need to take a break occasionally.

For people who want to go to their own limits it is the right DVD. A very effective, very varied and a very demanding workout.

The full score