

DVD





Language: English

Kind: Cardio + Total Body Training

Running Time incl. Warm up5uMircool down/stretch.

Effectiveness:



Instruction:





Motivation:





Equipment:

BootCamp Body Tube

<u>available here</u> <u>here you can find a trailer</u>

Billy Blanks: Ultimate BootCamp

Written by Eva

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

Billy Blank's ultimate bootcamp DVD lives up to its name. That's how a 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