

# Keli Roberts: Step it strong

Written by Eva-Maria

Sunday, 24 July 2011 20:00 - Last Updated Sunday, 21 August 2016 12:31

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DVD



Language: English  
Run time: 77 min.

Kind: Interval Training  
Stepping/Strength

Warm up: 5 min.  
Interval Stepping with dumbbells 42 min.  
Cool down and  
2. Warm up 5 min.  
Training with heavy weights 25 min.+ Stretch

**Equipment:**

**Effectiveness:**



Step-bench, Dumbbells

**Instruction:**



**Motivation:**



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[here available](#)

[here you can find a trailer](#)

Keli Robert's DVD is divided into an interval training (stepping and dumbbells) as well as an additional weight training with an ab routine. The cool down of the interval training is at the same time the warm up of the following weight program.

The step sequences are varied and can be understood after a short time. Between every step sequence a weight training with lighter weights takes place. All important muscle groups are being trained and Keli Roberts gives during the whole workout instructions how to carry out the exercises correctly. After 42 minutes you know what your body has done.

Then an effective weight and ab training follows. The weights which are used are heavier than the of the interval program. It is good that the menu allows to customize your own program. This DVD is rather suitable for the advanced.

Great and effective DVD.