

DVD

Language: English
Run Time: 75 min.

Kind: Abs toning

Workouts: 7 programs about 10 min
two of them are Pilates and one Yoga

Effectiveness:

Equipment: **Instruction:**

Stability Ball **Motivation:**

her available
here you can find a trailer

Denise Austin´s fitness DVD contains seven 10-minute ab workouts. It is a cut-together of different other of her training programms. Two of them are pilates-based routines and one yoga-based.

In every workout she explains exactly how to carry out the exercises properly and shows

different levels. She also informs which muscles are being trained. In my opinion there are too many exercises in every routine. More repetitions and less exercises would be more comfortable, because you permanently have to change the position.

There are many exercises which are repeated in almost every routine. This doesn´t make it varied. Especially those where shoulder work is required (e.g here). These exercises are effective and demanding but be careful in case of shoulder problems.

All workouts take place in a nice environment. On the beach, in the studio or at Denise Austin´s home. She tries to motivate people in her specific manner. Not everyone like this. But you have the chance to switch off her instructions and do the workouts only with music in the background. This DVD is suitable for beginners to intermediates.

All in all 3 points