

Language: English Run Time: 55 min.

Kind: Cardio/Strength

Workout: 3 x 15 min. Home Walking

Stretch.: 10 min.

Equipment: Effectiveness:



Dumbbells, Chair Instruction:



Motivation:



here available here you can find a trailer

Denise Austin's DVD is divided into three walking programs with different level. Each program lasts 15 min. and goes over a distance of 1 mile. It is a good idea to walk inside, so one is independent of poor weather conditions.

- 1. Easy Walk: The moves in this workout are simple but definitely demanding for beginners.
- 2. Fat blast intervals: In this routine, there is a change in slow and quick movements and the arms are much more involved.

## Denise Austin: Blast away the pounds / indoor walk

Written by Eva Sunday, 24 July 2011 18:54 - Last Updated Sunday, 21 August 2016 12:23

- 3. Power Walk und Tone: The first two workouts are without any equipment. In the third routine, lighter weights are used. This let the heart rate goes up and makes it varied. Not only the endurance is trained but also the strength.
  - 4. Stretch

All three programs are suitable for beginners to intermediates because also beginners will improve their level sooner or later. However, one has to mention that the third workout is the most demanding.

A negative point is, Denise Austin very often gives her instructions for the exercise modification too late. Also in these workouts, she is very annoying by trying to motivate the people and in contrast to her other DVDs this menu doesn't allow to hide her instructions.

Apart from this, the menu is right. You can either carry out the entire workout or customize your program.

These workouts are not challenging enough for the advanced. 
This DVD is not too bad