

Denise Austin: 10 five-minute Target Toners

Written by Eva

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DVD



Language:	English
Run Time:	60 min.
Kind:	Strengthening/Shaping
Warm up:	5 Min.
Shoulder:	5 min.
Inner/Outer Thigh:	5 min. each
Brest:	5 min.
Back:	5 min.
Arms:	5 min.
Hip:	5 min.
Waist and Abs:	5 min. each
Buttock:	5 min
Cool down	5 min.

Equipment:

Effectiveness:



Dumbbells, Chair

Instruction:



Motivation:



[here available plus trailer](#)

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This fitness DVD contains a total body training.

Denise Austin has carried out ten 5-minute workouts for every muscle group. In these workouts there are many different exercises but not so many repetitions. I personally like it the other way round but I must admit that therefore the workouts are varied. She explains exactly how to carry out the exercises correctly and tries to motivate the people with great enthusiasm. But not everybody likes that.

The menu allows to do the whole workout or to customize your own program. Besides there are three additional programs in which Denise Austin has put together those workouts which either train the upper body, lower body or the abs.

So you can decide by yourself what kind of training you want to do.

It is an effective and varied total body workout for beginners and intermediates.

4 Points