

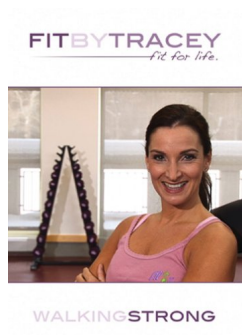
Tracey Staehle: Walking Strong Treadmill (Laufband)

Written by Christin

Sunday, 14 August 2016 16:27 - Last Updated Sunday, 21 August 2016 11:01

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on



DVD



Language:

English

Dauer:

60 Min.

Kind:

Aerobic/Cardio/Toning

Workout:

60 Min.

Each of the following segments lasts
about 5 min.

Warm up:

Upper Body

Lower Body

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Cardio/Walking

Upper Body

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Cardio/Walking
Lower Body
Cardio/Walking
Upper Body
Cardio/Walking
Stretching

Equipment:

Treadmill, Dumbbells

Effectiveness:



Instruction:



Motivation:



[here available](#) + [Trailer](#)

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I was curious to get this DVD, because of the combination of treadmill training and dumbbells.

This workout is lead by Tracy Staehle. She works together with her sister and another companion who show three different level. One of them works without and Tracey and her sister with the treadmill. Tracey is responsible for the advanced part, quicker pace and more intense incline, her sister undertakes the moderate part. Which speed and incline the treadmill of Tracey and her sister has, is indicated at the bottom of the TV screen.

Besides the stretch and the warm up, there are nine different intervals, each of them last about 5 minutes. The exercises in the first upper body interval are front raise and side raise for the shoulders. In the second one bicep and hammer curls as well es triceps extensions etc. In the third and last interval, rows and other back exercises, etc.

The three exercises of the legs are always the same. Deep lunge forward, lunge back with extended legs and side squat. The side squat is a little be tricky. It takes the time to find the rhythm.

The cardio segment consists of 60 sec. walking and 30 sec. active rests.

For me, the speed and the incline are only a guideline. I must choose a faster pace and a higher incline otherwise the cardio segment would not have been challenging enough for me. I like the combination of cardio and strength. Time goes by very fast, and you are not alone on the treadmill.

Of course, you can make this workout more challenging, instead of walking you can sprint.

I can not recommend this DVD for people who do not possess a treadmill. For those people, the workout is too boring. There are many, many other DVDs which are more varied.

Tracey has a very pleasant manner, and the DVD is fun. 

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