

Cathe Friedrich: Total body Trisets

Written by Christin

Tuesday, 23 August 2016 17:33 - Last Updated Monday, 26 September 2016 14:44



DVD



Language:

English

Running time:

95 Min.

Kind:

Toning/Strength

Workout I

Warm up:

4 Min.

Lower Body Workout

31 Min.

Cool Down:

4 Min. (Stretch)

Workout II

Warm up:

4 Min.

Upper Body Workout:

48 Min.

Cool Down:

4 Min. (Stretch)

Equipment:

Many Premixes

Dumbbells, Stability Ball, Dixie Cups, high Step (optional)

Effektivität:



Instruction:



Motivation:



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On this DVD you get 2 Workouts. One for butt and legs and one for the upper body. You can do a split training, one day the lower body and the other day the upper body.

The workout for the lower body consists of 3 sets of 3 exercises each, which are performed twice. For better understanding, the first set consists of wall squats with the stability ball, lunges with dixie cups (put them down and take them up) as well as side-lunges with dixie cups (put down, take up). Then these 3 exercises are repeated. Afterwards, you go on to the next set of 3 new exercises etc. The other sets include e.g. lunges with the step, step ups, dumbbell squats, deadlifts, hamstring roll in with the ball. The exercises are really tough, the glute and leg muscles burn.

The upper body workout has the same structure as the lower body, however, it is additionally divided in muscle groups

Chest/Shoulder/Tricep

and

Back/Bicep/Core

For this reason, the upper body workout is considerably longer with 48 minutes and of course no less demanding. In my opinion, it is more exhausting (leg crossed-over push-ups, triceps extensions in the plank position, chest flies on the ball, arm rows, stability ball exchange from leg to arm, crunches on the ball with a dumbbell etc.)

In this workout, you find some unusual exercises with fancy equipment, as above described, exercises with plastic cups / paper cups. Besides the use of the ball is not found in many workouts. Because of the variety of the exercises, the workouts are not boring and, although it is a strength training, the heart rate goes up.

That is mainly due to the selection of exercises and because Cathe does not permit to pause for breath. If you do not like split training choose a total body training from the premisses, that is a mixture from the upper and lower body workouts.

A great, varied and demanding DVD. Suitable for the advanced.

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