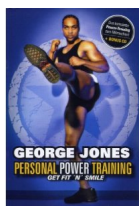


George Jones: Personal Power Training

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DVD



Language

Running Timer:

Kind:

Workout I

Workout II

Workout III

German

about 60 Min.

Cardio/Boxing/Kickboxing

G-Boxing light

G-Sports

G-Boxing High Energy

Effektiveness:



Instruction:



Equipment:

Motivation:



none

[available here plus Trailer](#)

On this DVD there are three workouts. It starts with G-boxing light. It is a good one for beginners. George Jones explains very well how the single punches are called, how to execute them, and what to look for in the footwork. This is very helpful because many other boxing DVDs require basic knowledge. Therefore, you can benefit when you work with other boxing DVDs.

It is a mixture of boxing and kickboxing. The movements are easy to follow but demanding enough that beginners get out of breath. This workout is varied and not boring due to the many different exercises.

In my opinion, the workout G-Sports is also for beginners. It consists of exercises taken from another kind of sports, e.g., volleyball (serving), basketball (dribbling), baseball (hitting), etc.

In the High Energy workout, the exercises are performed somewhat faster. It is again a mix of boxing and kickboxing with many different movements. These are suitable for the intermediate. There are modifications how to perform the movements easier. However, whoever thinks the high energy workout would be a good alternative to e.g. Billy Blanks, who is likely to be disappointed. Although it is similar in principle, you cannot compare each other. Billy Blanks' workouts are much more demanding.

All workouts have a short warm-up. George Jones is a funny guy. He makes jokes, fools around and sings, whereby the camera concentrates too much on him, and you have no chance to follow the co-instructors well. Some might find this disturbing. The music is, of course, a matter of taste, but I find it cool and inspires to participate.

It is a good DVD suitable for beginners and intermediates, nothing for the advanced.