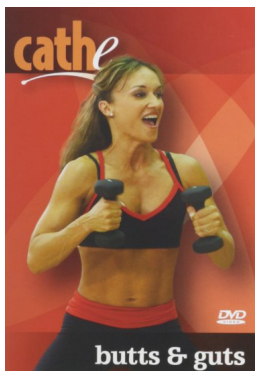


Cathe Friedrich: butts & guts

Written by Christin

Tuesday, 09 August 2016 15:41 - Last Updated Monday, 26 September 2016 14:49



DVD



Language:

English

Running Time:

64 Min.

Kind:

Lower body/Core

strength training

Workout:

78 Min.

Warm up:

6 Min.

Standing exercises:

Exercises on the mat:

Core:

Bonus Stability ball/core:

Bonus Lower body:

Stretch:

Premixes

31 Min.

19 Min.

14.Min.

15 Min.

6 Min.

8 Min.

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Equipment:

Stability ball, Stepboard, **Effectiveness:**  Resistance or Mini  d,



Dumbbells, Barbell bar, **Instruction:**  Astral weights



Motivation:



[available here plus Trailer](#)
[or here](#)

This workout is varied and very demanding. You need a lot of equipment as above mentioned. A barbell bar would be good but is not necessary. The exercises can also be performed with dumbbells. (deadlifts, squats). Maybe the weight should be heavier. The weight of Cathe's dumbbells are 5 lb. and the barbell bar is 35 lb.

What is so challenging? I would say the choice of exercises and the number of repetitions.

Ranging from "walking lunges," in which she integrates plie jumps over squats to lunges with the high step, etc. There are additional exercises without using any equipment.

A few of them are repeated twice.

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Some of the exercises are performed with the stability ball (side leg lift, bridge, etc.) or on the mat with ankle weights (leg lift for the adductors). Although many of them are "traditional" they are nevertheless very tough. The muscles burn. But from the positive point of view. The next morning you feel every single muscle.

You need ankle weights (you can do also without) and dumbbells for the first core workout which makes it even more challenging. These exercises are varied, demanding and effective. Some of them are performed without dumbbells (bicycling, bicycling with rest, plank or back work).

The bonus core is carried out with the stability ball. Exercises for the straight core and the obliques (plank, torso twists, ball exchange).

The bonus lower body: sit and stand on the high step (if not available you can choose a chair), leg press, etc.

Cathe is well-known for her tough fitness DVDs, and I like her workouts which are mainly suitable for the advanced. It is only a pity that she has not a background instructor who shows easier modifications.

For me, it is too much leg and glut work, therefore I am happy that there are premixes. So I alternate. One day I do the standing workout with core (about 50 min.) and two days later the workout on the mat with core (about 60 min.).

A great, great workout. If you integrate this DVD in your routine, soon you will see results. 🍌

