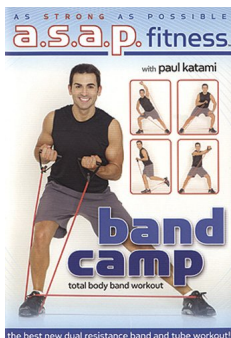


Paul Katami: Band Camp

Written by Christin

Wednesday, 17 August 2016 09:19 - Last Updated Saturday, 22 July 2017 13:01



DVD



Language:	English
Duration:	45 min.
Kind:	Strength/Toning
Warm up:	2 Min.
Workout:	35 Min.
Stretch:	2 Min.

Equipment:

Effectivity:



Tube, Miniband/Loop

Instruction:



Motivation:



[here available plus Trailer](#)

People who have fun to work not only with weights can get a good alternative with this DVD. In this workout, only a tube and a miniband/loop are used. It is a pure strength workout, no cardio intervals.

It starts with the tube. It is partly a combination of upper- and lower body exercises (lunges with shoulder press, side-lunges with bicep-curls e.g.). At first, all is performed with the right leg then the whole is repeated with the other leg. In this part, the balance is trained too.

Then the miniband is used (walking from side to side, leg extensions, knee-lifts....). Afterwards, Paul combines both, miniband and tube. Upper- and lower body is trained at the same time (hamstring curls with bicep curls, front raise with leg extensions...). All is executed with the right leg then with the other.

Before going on the mat some standing core exercises are done (golf swing, oblique crunch....)

The seated back exercises consist of different kind of rows.

For the core work, Paul uses the tube as well as the miniband (crunches with leg abduction, side-crunches with pulling up the legs, side plank...)

The complete workout is performed without haste so that you have enough time to change the equipment. All important muscles are trained, not too much but sufficient, except the biceps. Many repetitions take place. Bicep curls with the hand grips in the right and left hand, then both hand grips in one hand. That let the muscle burn, but positively.

A co-trainer shows the easier modifications. Paul himself is a pleasant and encouraging instructor. He gives good cues and the workout is well-structured with variety.

Unfortunately, the warm-up and the stretch are a little bit too short, with only 2 minutes each.

Not only intermediate people can work with this DVD but also advanced people because they can use tubes and miniband in different strength.

Good DVD.

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