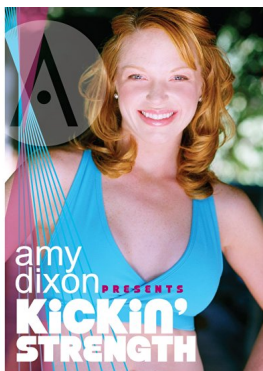


Amy Dixon: Kickin' Strength

Written by Christin

Tuesday, 13 September 2016 17:57 - Last Updated Monday, 26 September 2016 14:17



DVD



Language:	English
Running Time:	57 Min.
Kind:	Kickboxing/Strength

Workout

Warm up:	5 Min.
Workout Strength I	
Cardio Kickboxing I	6 Min.
6 Min.	
Workout Strength II	11,5 Min.
Cardio Kickboxing II	10 Min.
Core + Stretch	15 Min.
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Equipmentl:

Dumbbells

Effektiviness::



Instruction:



Motivation:



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The workout consists of two parts of strength training, which alternate with two cardio-kickboxing combinations. Amy works with two background instructors. One of them shows the easier modifications.

The strength training is similar to that of the "Super Fit Bod". Here she also starts with a basic exercise, which she extends step by step. At the end, several muscle groups are simultaneously trained (twisted squats with bicep curls, reverse fly with front lunge with rotation and shoulder press, squats with dropping and picking up the dumbbells from the floor plus shoulder press, plie squats with back exercises, back lunges with shoulder exercises etc.) This part is ok. There are some interesting combinations.

In my opinion, the cardio part is disappointing.

1. The title of the DVD is somewhat misleading. I thought it would be a kickboxing DVD. Unfortunately, it is only to a certain extent.

2. Although the steps are easy to follow, Amy is not able to teach them in that way, that I could manage the combos without problems. I often had to rewind. Besides, I hardly got into a sweat and this time I found her comments annoying and the music poor.

The core segment mainly consists of traditional exercises. crunches, crunches with knee, reverse crunch, crunch and reverse crunch combined, back exercises in all-fours position etc.

This DVD is not my favorite. I am happy that this was my second one otherwise it would have been my last. Now I don't throw in the towel and start a new attempt.

This workout is suitable for the intermediate.