

Leah Sarago: 10 Minutes Solution Dance off Fat Fast

Written by Petra352

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DVD

Language:	English
Runining Time:	50 min.
Kind:	Cardio
Dance:	5 Workouts a´ 10 minutes

Equipment:

none

[here available plus Trailer](#)

This DVD contains five different dance workouts.

- I. Fun Dance Workout
- II. Sexy Fatburner
- III. Intensives Bodyshaping (here ballet elements are used)
- IV. Power Disco (this routine strongly reminds of moves from the 70s and 80s.
- V. Cardio Swing (with swing elements)

All workouts start without a warm up. Leah Sarago repeats the different steps several times and combines them to a choreography. Because many repetitions take place, it is very helpful for beginners and intermediates. But it is too boring and not challenging enough for the advanced. The tempo of the different routines is not too fast.

The music of all workouts, however, leave much to be desired. Hip music would be a better motivation as the sound which Leah Sarago has chosen.

The menu is right. You can select only one workout or mix and match any of the five segments to create your workout.

This dance DVD is not too bad, but there are certainly better ones. Suitable for beginners to intermediates.

3 points

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