



DVD



Language: German
Run Time: 75 min.

Kind: Cardio/Toning

Warm up: 7 min.
Section I Easy Punches: 15 min.
Section II Fatburner intensive: 15 min.
Section III: Cardio Booster: 15 min.
Section IV: Core Power pure: 15 min.

Equipment: Stretch: 8 min.
none

Effectiveness:



[here available:](#)

Instruction:



[here you can find a trailer:](#)

Motivation:



This fitness workout is carried out by Daniel Aminati and Nina Winkler a German fitness instructor. The focus, however, lies on Daniel Aminati, a German television moderator. The workout comes across very well owing to his artless and likeable nature. Both train in front of a white, almost sterile background. In my opinion this is not bad in case the workout is effective.

The menu is very good. You can customize your own program or do the complete workout. In addition to this you can select "special programs". That is a cut-together from the total program consisting of one 45-minute and two 30-minute workouts. So beginners have the chance to improve their fitness-level step by step.

All 4 sections require full physical exertion but the third section is most demanding. Kickbox elements and punches are combined with other exercises and this makes the workout very varied.

The abs training consists of cardio elements and exercises which are carried out on a mat. These are very effective but a lot of shoulder work is required. People with shoulder problems or weak shoulder muscles could get problems to carry them out (e.g. [here](#)). Another part of the mat exercises are traditional like crunches etc.

I miss personally an fitness instructor who gives early enough cues and who encourages me not to give up. Unfortunatley there is only an impersonal voice in the background which gives the instructions. That is the reason why the change from one exercise to the other partly comes too late.

It is a good, varied and challenging DVD. Suitable for beginners to advanced. I subtract one point for the missing instructor and 1 point because of the abs training with the extreme shoulder work.