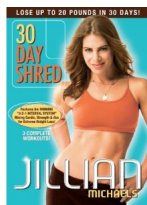


Jillian Michaels: 30 Day Shred

Written by Eva

Saturday, 24 March 2012 19:18 - Last Updated Sunday, 21 August 2016 11:24



DVD



Language:

English

Run Time:

about 60 min.

Kind:

Total Body Training/Interval

Workout Level I:

all Workouts are about

Workout Level II:

28 min. long incl.

Workout Level III:

Warm up and Cool Down

Effectiveness:



Instruction:



Equipment:

Motivation:



Dumbbells

[here available](#)

[here you can find a Trailer](#)
[here you can find a 2. Trailer](#)

Jillian Michaels' DVD consists of 3 workouts with 3 different fitness levels. It is an effective total body training that enables you to improve your own fitness level step by step and then to go on to the next level.

Every workout is an interval training and is divided in

3 x 3 min. of strength training
3 x 2 min. of cardio training
3 x 1 min. of abs exercises

The strength training of the workouts are partly carried out with dumbbells here at the same time leg and upper body work is combined. The cardio segments mainly consist of jump elements like jumping jack, joggen, skipping etc. The abs exercises are carried out on the floor.

Because there are no breaks between the strength, cardio and abs segments the heart beat goes up and you work up a sweat.

Jillian Michaels is a very good instructor. She shows and explains how the exercises have to be carried out properly, which is very helpful for the beginners to avoid injuries. Nevertheless a beginner should not believe that the first level is easy. Although one of Jillian Michaels' participants shows a lighter version you need good staying power.

Two things, however, I didn't like too much:

1. Because there are no breaks you have the feeling to rush from exercise to exercise.
2. Level three. Here you have to do many push ups or push ups in a slightly modified version.

I

like push ups but for my taste it was too much. I missed the variety.

Nevertheless it is a good DVD. Suitable for beginners and for the advanced. In any case you should watch both trailers.