

Karen Voight: Firm Arms & Abs

Written by Eva

Thursday, 28 July 2011 16:36 - Last Updated Thursday, 11 August 2016 10:59



DVD



Language: English
Run Time: 40 Min.

Kind: Strength
Warm up: 6 min.
Upper body: 18 min.
Abs + back 16 min.

Equipment:

step-bench, dumbbells

Effectiveness:



Instruction:



[here available plus trailer](#)

Motivation:



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Although Karen Voight's workout is originally released on Video for the first time in the 1990s - you can see that because of the old-fashioned clothes - it is still absolutely up-to-date. On this DVD she concentrates on the upper body, abs and back.

She is an excellent instructor. She gives during the whole workout hints and instructions how to carry out the different exercises correctly, and this in a very motivating way.

During the upper body workout all important muscle groups are trained. You can work on your own fitness level by taking lighter or heavier weights. The upper body routine is followed by an effective 16-minute abs and back workout.

The upper body as well as the abs and back training take place on a step bench.

A very good DVD. In my opinion rather suitable for intermediates, but advanced can also use this DVD by choosing heavier dumbbells.

5 points