

Suzanne Bowen: 10 Minute Solution: Blast off Belly Fat

Written by Britta

Friday, 07 October 2011 17:16 - Last Updated Sunday, 21 August 2016 12:41



DVD

Language:	English
Run Time:	50 min.
Kind:	Strengthen/Toning abdominals
Workout:	5 a´10 Minuten

Equipment:

Towel

[here available plus trailer](#)

Suzanne Bowen´s fitness DVD contains 5 different ab workouts each 10 minutes long.

1. Abs special: It is an effective and demanding abs training. 2/3 of this workout, however, consists of exercises which requires many shoulder work (e.g. [here](#)). People with shoulder problems or weak shoulder muscles could have difficulties to carry them out. In this workout no crunches occur.

2. Pilates. In this workout you have not only Pilates abs exercises but also your back is trained.

3. Fatburner: This entire workout is standing ab work. It is a light cardio training using the ab muscles. The main focus lies on knee lifts and kicks. Although it isn´t a fast cardio program your heart rate gets up.

4. Power Workout: One half of this workout consists of exercises with shoulder work and the other half of different crunch variations.

5. Six Pack: In this workout traditional exercises are performed. It is targeted at the front and the side abdominal muscles with classic crunches etc.

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All 5 workouts are varied and partly demanding due to the different kinds of workouts. Suzanne Bowen is pleasant without being annoying. She gives precise instructions to perform the exercises properly. In my opinion this workout is rather suitable for intermediates.

A good DVD 4 points