Lashaun Dale: Strength Resolustions

Written by Eva

Saturday, 30 July 2011 18:52 - Last Updated Friday, 07 September 2012 20:58



DVD





Language: English

Run Time: about 60 min. Kind: Strength/Shaping

Warm up: 7 min. Workout: 51 min. Stretching. 2 min.

Equipment: Effectiveness





Step-bencht, Body-Bar (htstg)uction

Motivation







2 Body-Bars (short; equal weights) or alternatively Dumbbells

here available plus trailer

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Lashaun Dale's DVD contains a 60-minute total body training. She and two participants carry out this workout. Both participants show the easier part of the exercises so that you get three different levels after which you can train.

All exercises are effective and varied. She combines leg work (squats, lunges) with upper body exercises by using a body bar. She places equal value on both the sense of balance and the strength. During some upper body exercises Lashaun uses short body-bars. But this is not really necessary you can also use dumbbells.

The ab training contains other exercises than you usually know which makes this part very interesting.

Lashaun gives precise instructions regarding the correct posture and correct execution of the exercises and motivates you to keep on by using encouring words without being annoying.

The menu allows to customize your own workout. A good workout suitable für intermediates to advanced. 4 points