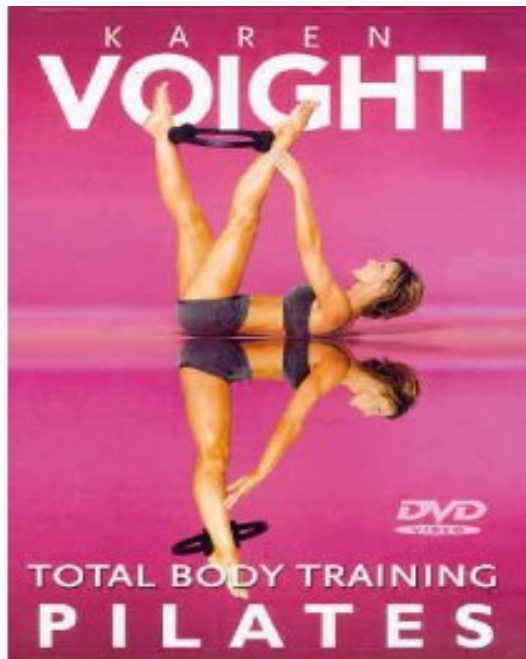


Karen Voight: Total Body Training

Written by Eva

Wednesday, 17 August 2011 19:09 - Last Updated Thursday, 11 August 2016 11:03



DVD

Language: English

Run Time: 53 min.

Kind: Total body workout

Warm up: 8 min.

Workout : 40 Min.

Stretch: 5 Min.

Effectiveness:

Instruction:

Motivation:



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benötigte Hilfsmittel:

Pilates Ring

[hier erhältlich plus Trailer](#)

The title of Karen Voight's DVD is a little bit confusing. It says that it is a total body training but the only exercise which is carried out for the upper body are push-ups.

The pilates-based routines are mainly effective for the thighs, buttocks and the abs. All exercises are performed on the floor and partly carried out with a pilates circle. The exercises are demanding and challenging. Especially people with problem areas in the thigh area can achieve great success. But also the rest of the lower body is being trained in an excellent way.

Karen Voight is a great instructor. She gives instructions how to carry out the exercises properly and motivates you not to give up.

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It is suitable for intermediates as well as for the advanced. I give ,however, not really 5 stars because of the very short upper body routine.