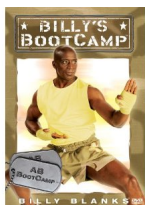


Billy Blanks: AB BootCamp

Written by Eva

Monday, 22 August 2011 10:53 - Last Updated Sunday, 13 January 2013 18:03



DVD



Language:

English

Running Time:

35 min.

Kind:

Toning/Strength

Abs/Waist:

33 min.

Stretch:

2 min.

Effectiveness:



Equipment:

Instruction:



none

Motivation:



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[here available](#)

[here you can find a Trailer](#)

Billy Blanks's DVD contains a very demanding and challenging ab workout. It is divided into a standing and into a floor routine. Unfortunately the menu doesn't allow to select one of the routine separately.

Billy Blanks is a great motivator and brings his team-mates to their limits. He attaches importance to many repetitions which let your heart-rate goes up and you will start sweating. He precisely explains how to carry out the different exercises properly and shows alternatives for those people who, at the beginning, could have difficulties to perform one or the other exercise.

Although there are shown alternatives beginners should rather refrain from doing these exercises and should start with easier abdominal dvds otherwise they could be frustrated. That would be a pity.

A great DVD for the abs and obliques. Rather suitable for the intermediates and the advanced.

5 points