

Amy Bento: 10 Minute Solution Hot Body Workout

Written by Petra352

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DVD



Language: English
Run Time: 50 min.

Kind: Cardio/Strengthening

Workouts: 5 a´10 minutes

Effectiveness:



Instruction:



Motivation:



Equipment:

Dumbbells

[available here plus trailer](#)

I have already trained after a series of fitness DVDs, but this does not belong to my favorites. It contains five 10-minute workouts. The fifth workout, however, is pure stretching. 4 workouts begin with a short warm-up and end with a short stretch.

Workout I: Is a pure cardio program. The exercises are badly explained and you have to watch the exercises several times before you can follow Amy Bento. Workout II: Abs training. The ab training is carried out with weights. Unfortunately, there are not enough repetitions and the transition from one exercise to the other is too hectic. After the workout, you have not the feeling of a trained belly.

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Workout III: Buttocks and thigh. Two to three exercises are ok, the rest, however, is unconvincing.

Workout IV: Aims at the coordination, strength and endurance. There are too quick changes from one exercise to another. The weight section is too short to be effective.

Workout V: Stretching

In all four workouts, there are hardly precise instructions for the correct execution of the exercises. The weight training has not enough repetitions and the cardio segments are too short.

The DVD is suitable for intermediates and advanced. There are better fitness DVDs. 2 points