

Cathe Friedrich: MMA Boxing

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DVD

Language: English
Running Time: ca. 50 Min.

Kind: Aerobic/Toning/Boxing

Warm up: 7 Min.
Boxing: 29 Min.
Toning Core 9 Min.
Bonus Heavy Bag: 20 Min.
Stretch: 5 Min.

Effektivität:



Equipment:

Instruction:



Weight gloves or
boxing gloves optional,

Motivation:



optional hand weights f. Core Work

This is a well-done shadow boxing DVD. In addition, you get a bonus of about 20-minute heavy bag training as well as a core training.

The workout consists of 3 different sections. Each section is divided into shadow boxing combinations, about 2 minutes of upper body drill, that means upper cuts, hooks etc. (great for core) as well as about 3 minutes, as Cathe called it, leg training. That means pure cardio drill (jumping, skip rope etc.)

Normally Cathe's workouts are very, very tough but not in this workout. The boxing combinations are easy to follow, let the heart rate get up, but you don't feel completely drained, at least not the advanced people. You can, however, increase your own power by using boxing gloves or weight gloves. But you need more breath for the "leg section" or better said for the cardio part. There the heart rate really goes up.

If you don't have a heavy bag you can carry out this part even without one.

The core training takes place on a mat. Cathe partly uses hand weights (5 lb.) It is effective and demanding (sit-ups with weights, reverse crunch, cycling etc.)

You can choose single chapters. The music is ok.

All in all a good DVD. Suitable not only for the intermediate but also for the advanced, because even the advanced can integrate this workout in their routine if they do not feel like working too hard.