

Keli Roberts: Bosu Burn

Written by Eva

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DVD



Language: English

Running Time: 60 min.

Kind: Strengthening/Toning

Warm up: 17 min.

Workout: 36 min.

Stretch: 6 min.

Equipment:

Bosu, Body Bar

Effectiveness:



Instruction:



[available here](#) plus

Motivation:



[trailer](#)

This fitness workout is carried out by Keli Roberts and two training partners. Her partners show the easier part of the exercises, and one of them train completely without a bosu. So three different level are available.

The 17-minute warm-up includes a cardio training in which you work up a good sweat. You need a certain degree of balance, because of the wobbly bosu. Keli Roberts, herself shows uncertainties slightly by working with it. Especially people who have knee problems should be

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careful as you can see in the trailer. The warm up is followed by a total body workout. By the combination of boss and body bar, all muscle groups are trained effectively as well as your endurance and your balance.

The menu allows either to do the complete workout or to customize your program.

A good fitness workout, rather suitable for the advanced.