

Sherry Catlin: Strong Step

Written by Eva

Sunday, 24 July 2011 20:48 - Last Updated Monday, 21 May 2012 18:33



DVD

Language: English
Run Time: 60 min.
Kind: Cardio/Step-Aerobic

Strength/Shaping

Warm up/Step/Stretch 30 min.

Equipment: Strength/Stretch 30 min.
step bench, Body-bar

[available here](#)

[here you can find a trailer](#)

Sherry Catlin's DVD consists of two 30-minute training programs. A cardio vascular workout (using a step bench) and a strength workout (with a body bar).

She works together with two other women, who show the easier versions of the routine. So you have three different workout level and you get the possibility to concentrate on that level which is suitable for you. In principle a good idea. Unfortunately Sherry is too much in focus. Her dance step sequences (the most difficult) are so complicated and partly confusing that you too easy become distracted from the woman on whom you want to concentrate on. For this reason I believe that beginners and intermediates might find it too difficult to follow the steps and motivation could get lost. People, however, who enjoy complicated dance step sequences could love it.

The strength training is carried out by using a body bar. A 30-minute total body workout takes place. All important muscle groups are trained (upper and lower body). This part is not too demanding and can also be mastered by beginners.

The cardio vascular part do not convince me, the strength part was not too bad. All in all 3 points.