

Mindy Mylrea: Explode

Written by Eva

Sunday, 24 July 2011 10:44 - Last Updated Friday, 20 July 2012 13:28



DVD

Language: English

run time: about 70 min.

Kind: Cardio/Bosu
Strength/Body-bar
Interval Workout

Warm up: 7 min.

Bosu Training: 60 min.

Stretch: 4 min.

Auxiliary devices:

Bosu, Body-bar

[here available](#)

[here you can find a trailer](#)

Mindy Mylrea's DVD contains a very demanding total body training. Unlike most of the other interval workouts every strength exercise is directly followed by a short cardio section.

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Mindy and one of her participants use a bosu, a third person is training without. You get three different levels. Because of the wobbly condition of the bosu (be careful in case of knee problems) the core muscles are extremely involved and you need a good sense of balance.

The bosu is not only used in the cardio section but also during the strength training. Mindy encourages you the whole time not to give up. She herself displays a security on the bosu like she had never done anything else before. Her participant, however, has also some difficulties in keeping her balance. That is encouraging too.

The menu allows to choose individual training sections, so you have the possibility to work with this DVD step by step.

The workout should be suitable für intermediates to advanced. But in my opinion it is more suitable for the advanced. Intermediates could be frustrated and overwhelmed. That would be a pity.

A good DVD. 4 points.