Keli Roberts und Sherry Catlin: Strength & Conditioning

Written by Eva Sunday, 24 July 2011 20:02 - Last Updated Sunday, 21 August 2016 12:30



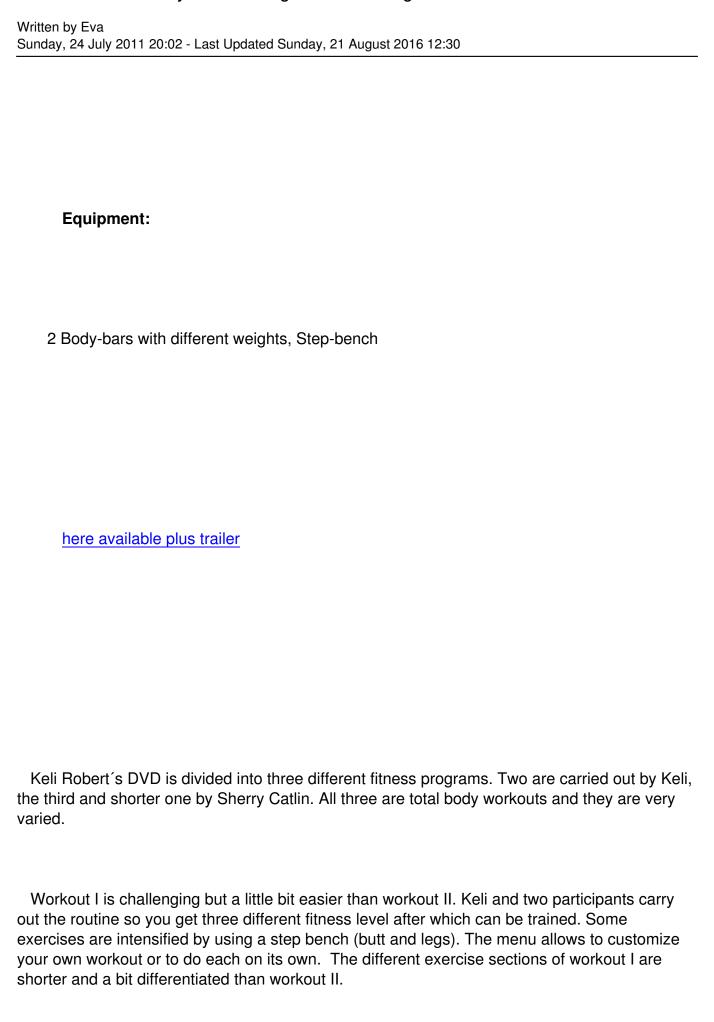
Stretch:

Language	English		
Run Time:	about 140 min.		
		Workout I	Workout II
		vvoikout i	vvoikout ii
Warm up:		5 min.	7 min.
standing shaping:		26 min.	18 min.
Floor shaping:		18 min.	16 min.

7 min.

11 min.

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Workout II is carried out without a step bench, nevertheless it is even more demanding. You can also train on three different fitness level. The training sections are longer and several muscle groups are combined in these sections. After every section an additional stretch takes place.

Both workouts are very effective. Keli gives detailed instructions how to perform the exercises correctly and this in a very motivating way.

Workout 3 with Sherry Catlin is not so demanding such as those of Keli but nevertheless it is also effective. You receive a total body workout within 30 minutes. This is helpful if you have not enough time.

In my opinion workout I and II is more suitable for the advanced but Sherry Catlin's workout could be also used by the intermediates.

Great DVD