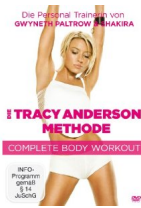


Tracy Anderson: Complete Body Workout

Written by Eva

Sunday, 04 March 2012 15:58 - Last Updated Sunday, 30 October 2016 13:01



DVD



Language: English
Running Time: 58 Min.

Kind: Toning

Warm up: 6 Min.
Standing Leg Work: 15 Min.
Standing Core Work: 4 Min.
Arms without weights: 8 Min.
Arms with weights: 8 Min.
Legs on the mat: 7 Min.
Core on the mat: 6 Min.
Cool down: 4 Min.

Equipment:

Dumbbells, Chairl

Effektivitiness:



Instruction:

[here available](#)

[Trailer](#)

Motivation:



I must admit that it was very hard for me to review this DVD. I worked with many, many Fitness DVDs and therefore it is for me a secret that so many VIPs swear by this "method". Maybe Tracy works with the VIPs in a different way.

In summary: There are hardly instructions how to carry out the exercises correctly. The exercises of the standing leg work (chair) and on the mat are partly well-known (leg extension etc.) In my opinion, some of these exercises seem to be risky, because you have to take care not to wrench your hip.

The standing core training is rather a dance performance than a real training. It should be for the obliques. Tracy moves left and right, back and forth without giving any instruction what should be done. You may try to find your own rhythm or you leave it.

The arm work without weights is very exhausting. You have to swing your extended arms non-stop for 8 minutes. As Tracy claims, this should be effective for the triceps. Also the arm

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work with weights is carried out without a break. Tracy gives the hint that the dumbbells should not be heavier than 3 lbs. Despite she doesn't give any explanation which muscles are trained, in my opinion, this is the best segment.

The core segment mainly consists of different kind of crunches. I don't like this segment because you have to carry out these exercises with extended legs, which is not the best for your back. I modified this segment to relieve my back.

I liked the menu. You can either choose the whole program or you can customize it by yourself.

I can not recommend any level because I can not assess for which level this DVD should be suited.

