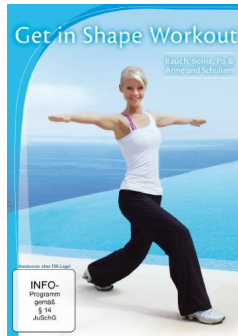


Written by Eva

Saturday, 12 November 2011 19:45 - Last Updated Thursday, 11 August 2016 11:02



DVD

Language: German
Run Time: 62 min.

Kind: Strength
Total Body Workout

Warm up: 8 min.
Workout I: Abs, Legs, Butt 11 min.
Workout II: Back+ Arms 7 min.
Workout III: Floor Exercises 31 min.
Cool down/Stretch/Relax 5 min.

Equipment:

Dumbbells

[here available](#) [plus trailer](#)

Clarissa Sobiraji's fitness dvd contains a total body workout. It is carried out in a very pleasant surrounding with palms in the background. Who, however, needs sweeping music for the training will be disappointed. For myself music and surrounding is unimportant, important is an effective and varied workout.

The first workout consists of an 11-minute standing routine, which includes exercises for the abs, legs and the buttock. By using dumbbells the the arms and shoulders are trained as well. Clarissa S. attaches importance to many repetitions.

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The following second routine for the back and arms are also carried out with dumbbells. Here your sense of balance is required but if you have problems with the execution at the beginning the exercises can be modified easily.

The floor routine mainly exists of exercises for the back, push-ups and a good abs section. The abs section is partly combined with trizeps and chest exercises. Clarissa S. also uses dumbbells during the abdominal section, so you have the chance to increase your own fitness level.

All three workout sections are demanding, effective and varied.

Clarissa Sobiraji has a very nice and motivating behaviour. The exercises are carried out quiet without any hecticness. At the end of every section a short stretching takes place. She always gives instructions how to carry out the exercises and the breathing correctly.

It is a good dvd. Rather suitable for the intermediates and the advanced. 4 points