Kelly Coffey-Meyer's 30-Minutes to Fitness: Your Best Body

Written by Eva

Saturday, 08 September 2012 18:35 - Last Updated Monday, 26 September 2016 15:27



DVD





Language: English Running Time: 60 Min.

Kindt: Strength/Total Body

Warm up: 4 Min.
Workout I 30 Min.
Workout II 30 Min.
Yoga/Stretch: 7 Min.

Equipment:

Dumbbells (different water first well as the control of the contro





Instruction:





available here plus Trailer Motivation:





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It is a DVD with two 30 minute total body workouts. However, you get a lot of more than only 2 workouts because of the varied premixes, as you can see below.

Workout I mit Cardio rest(37:18) Workout II mit Cardio rest (39:38)

Workout I without cardio (30:04) Workout II without cardio (22:49) Workout I without legs (27:09)

Workout II without legs (27:50)

All exercises for the legs and core (34:55)

Cardio & legs (37:13)

Cardio & upper body (56:15)

Core & Yoga (21:51)

In both workouts, two upper body exercises of the same muscle-group are followed by a butt/leg exercise as well as an exercise for the core. That means side raise and front raise for the shoulder, then squats and afterward twists. Then Kelly moves on to the next muscle group. Both exercises per muscle group alternate, usually there are 5 sets of 8 reps. In my opinion a bit too long.

In Workout I all exercises are performed in standing position except the plank. In the 2. workout, however, some exercises are performed on the mat (chest press, chest flys as well as single leg bridge and supermans)

Kelly uses lighter weights for the upper body und for the legs and butt heavier weights. A background exerciser shows modifications. Kelly gives good instructions and always motivates. The music is great, but that is a matter of taste.

All exercises are effective and because of the premixes also varied. Due to the cardio rests, you also get an interval training and I like the exercises for the core in standing position. However, I am missing core work on the mat. I am also missing a good stretching. Only the second workout is followed by a short stretch.

The DVD is suitable for the intermediate but also for the advanced if they choose heavier weights.

Good DVD.

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