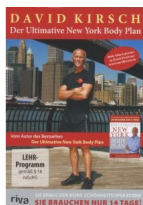


David Kirsch: Der ultimative New York Body Plan

Written by Eva

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DVD



Language:	Deutsch
Running Time:	ca 110 Min
Kind:	Total Body Training/Strength
Fitnessstest:	12 Min.
Pre-Program:	17 Min.
Main Program:	46 Min.
Exercises Upper Body	15 Min.
Exercises Lower Body	14 Min.
Cool down:	7 Min.

Equipment:

Dumbbells (light), Stabiler Boden

Effektivität:



Medicine Ball

Instruction:



Motivation:



[available here](#)
[Trailer](#)

Before starting with the workout you should do the fitness test. These are 10 exercises which also be found in the pre-program as well in the main program. It is a mixture of simple or rather easier exercises (squats, lunges etc.) and more demanding exercises([plank mit jump squats](#) und [mountain climbing](#) etc.). With this test you should assess your own fitness level. According to David Kirsch you can skip the pre-program and move on to the main program, if you are able to do all 10 exercises without difficulties. Otherwise you should do the pre-program 4 times a week for 14 days, which should lead you to the main program.

Pre-Program: These exercises are very similar to those of the fitness test, however, it is extended by dumbbell exercises for the biceps, triceps, chest, shoulder and core. But I miss preparatory exercises with the stability ball with which many exercises are executed in the main program.

Main Program: This program starts with a light warm-up. There are also easier exercises but there are mainly exercises which require much strength and balance. Especially those with the stability ball ([knee tucks](#) etc.). But you also need much strength for the exercises on the mat. Kirsch loves push-ups, which you can see in the workout. There are many of them for example [push-ups with clapping, push ups with hip extension](#) , to name just a few. In between there are cardio segments, such as jumping jacks with and without dumbbells, jogging in place etc. Most of the exercises are very demanding and without question effective. Except in case of the weight exercises. In my opinion the weights are too light.

Upper body workout: This workout includes exercises for the core and obliques as well as exercises with light weights for shoulder, triceps etc. Also in this workout you find push-ups with the stability ball.

Lower body workout: In this workout the outer and inner thighs, butt and lower back are trained.

To my mind Kirsch is lacking a motivating manner. Indeed he explains in detail which muscles are trained but there are no instructions how to perform the exercises correctly. The music is a question of taste.

In his introduction Kirsch explains, that this DVD would be suitable for everyone. I doubt that. The exercises of the pre-program as well as of the upper- and lower body program can be managed from the beginners after a short time. But I don't believe, that you can manage the

main program, if you are overweight or untrained. I think in that case you need much more than a two weeks training with 4 training sessions of the pre-program. The main program is too demanding. It would have been helpful, if a background instructor had shown easier modifications so one had the possibility to improve ones fitness level step by step.

It is an effective and demanding workout and you certainly will see success if you work with this DVD regularly especially because of the many push-ups or similar exercises which require much strength and which use many muscles. In my opinion, however, I am missing variety.

I think this DVD is suitable for the advanced intermediate or for the advanced.