

Kelly Coffey: 30 minute to Fitness: Bootcamp

Written by Eva

Wednesday, 31 July 2013 17:26 - Last Updated Saturday, 18 February 2017 12:54



DVD



Language: Englisch

Running Time: 60 Min.

Workout I

Warm up: 4 Min.
Workout: 25 Min.
Cool Down: 1 Min. (Stretch)

Workout II

Warm up: 4 Min.
Workout: 25 Min.
Cool Down: 1 Min. (Stretch)

Equipment:

Beginner: 0,5 bis 2,5 kg Dumbbells
Intermediate: 1,5 bis 3,5 kg Dumbbells

Bonus Stretch

18 Min.



Advanced: 2 bis 5 kg Dumbbells



Motivation:



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[Here available plus Trailer](#)

This Dvd consists of two 30-minute workouts as well as 4 Premixes, which are as followed:

Both Workouts:	55 Min.
Only Strength:	30 Min.
Only Cardio:	30 Min.
Stretch:	22 Min.

The 30-minute workouts consist of cardio segments which alternate with strength exercises, each o

The cardio segments are not only jumping jacks or running in place but rather little step sequences,

In the strength segment, the muscles of the upper and lower body are simultaneously trained. That

All exercises are carried out slowly and in a controlled manner so you can concentrate on your mus

A background instructor shows modifications. Kelly`s explanations how to carry out the exercises co

The DVD is well su  for the intermediate and the advanced.