

DVD

Language:	English
Running Time:	about 69 Min.
Kind:	Cardio-Strength-Intervals
Warm up:	about 8,5 Min.
Workout:	about 53,5Min.
Cool Down:	about 7 Min.
Bonus :	
Core/Back/Chest	about 12 Min.

Equipment:
Dumbbells, Stepboard

Effektivity:

Instruction:

[available here plus Trailer]

Motivation:





[or here]

The workout switches between cardio-step-work and training with dumbbells. (Start at first with lighter weights because the workout is sweaty work)

The cardio segments consist of steps without choreography, easy to follow. In this part, Amy works with 3 different levels of difficulty. She starts slowly with a basic step. In this part, the heart rate goes up moderately. In the second step she increases the tempo and in the third step, she gives full power (jumping on and off the step with both feet, mountain climber) etc. One background instructor shows the easier version. There are 3 cardio segments which are interrupted by weight segments.

The dumbbell segments are varied. Amy starts with basic exercises, which she develops step by step (at first only side lunge, then she added one arm row, then shoulder press with lunge forward etc.) By combining the exercises, many muscle groups are simultaneously trained. Most of the exercises are performed in a moderate speed so that you can do them correctly, unfortunately some exercises are executed too quickly, which is bad for the correct execution. I even work out in my own speed.

The bonus part is demanding too. You do rows from side to side with a dumbbell, different kind of planks on and with the step, crunches with the dumbbell etc. and exercises for the back.

The music is not too bad.

I am positively surprised. Amy is motivating during the whole workout without annoying. It's fun to work with her
.
This is my first but certainly not the last DVD from Amy.

One minus point because of some rushed exercises. 

