

Karen Voigth: Abdominals & Back Pilates

Written by Eva

Tuesday, 06 September 2011 17:49 - Last Updated Thursday, 11 August 2016 10:59



DVD



Language

English

Kind:
Abs & Back

Pilates

Stretch:
Toning:
Stretch:

8 min.
30 min.
5 min.

Equipment:
none

Effectiveness:



Instruction:



[available here and trailer](#)

Motivation:



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Karen Voight's DVD is for strengthening the back and abdominals. She combines effectively Pilates abs exercises with traditional crunches in the ab section. The workout is gentle with a quiet background music. The tempo is slow and there is always time enough to perform the different exercises effectively.

Enough repetitions take place, however, not too many that it becomes boring. Through Karen's empathy and her hints how to modify one or the other exercise, she motivates people to carry on. She always gives advices for the correct execution of the different exercises. Also the part for the back is very effective and might be helpful for people with back problems.

The DVD could be too demanding for beginners but quiet right for intermediates.

Great DVD