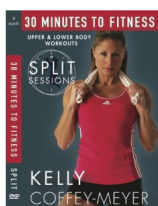


Kelly Coffey-Meyer: 30 Minutes to Fitness Split session

Written by Eva

Thursday, 26 January 2012 11:03 - Last Updated Monday, 26 September 2016 15:14



DVD



Language:	English
Dauer:	about 80 min.
Kind:	Total Body Training
Warm up:	3.30 min.
Workout I Upper Body:	33.30 min.
Workout II Lower Body:	24 min.
Bonus Workout:	16 min.

Equipment:

Dumbbells

Effectiveness:



optional:

Instruction:



Step Bench, Resistance Band

Motivation:



[here available](#)

[here you can find a trailer](#)

This Workout is an effective and varied total body training. The menu is great. You can not only choose every workout separately but Kelly Coffey also offers 8 additional pre-defined programs. It is a mixture of the two main workouts as well as the bonus workout. So you have 10 workout options.

In workout 1 all important muscles of the upper body are trained. Kelly and a co-trainer show a more difficult versions of the exercises and a third person the easier ones. They work with dumbbells and a step bench. It would be useful to have lighter and heavier dumbbells, but this is not absolutely necessary. The step bench is used for the breast and triceps exercises etc. But this is also not necessary as one of Kelly's co-trainer demonstrate. The other exercises are carried out in standing position, also those for the waist and abs (standing crunch, side crunch etc.). The workout ends with a short stretch.

Workout 2 is for the lower body. Here the resistance band is used and this is a fantastic alternation to other known exercises. A co-trainer, however, shows the exercises without the band (but it is more fun and effective with it). Then squats with inversion, lunges, leg press etc. follow. These are without the band. All exercises are in standing position, they are challenging, effective and varied. Also this workout ends with a short stretch.

In the bonus part, the resistance band is used again. All exercises of this segment are carried out on the floor and train the buttocks, the inner thigh, the front legs and the abs.

Kelly Coffey's instructions are not so detailed as those of Keli Roberts or Karen Voight for example. Although this doesn't bother me I have to deduct a half point.

Great DVD.

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