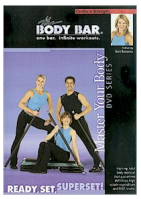


**DVD**

| | |
|---|---|
| Language: | English |
| Run Time: | about 50 min. |
| Kind: | Intervaltraining |
| Strength/Endurance | |
| Warm up: | 7 min. |
| Cardio/Strength | 32 min. |
| Abs: | 5 min. |
| Cool Down | 6 min. |

**Equipment:**

Stepboard, Body bar

**Effectiveness:**

**Instruction:**

**Motivation:**

here available for purchase