Written by Christin Friday, 05 August 2016 08:48 - Last Updated Tuesday, 09 August 2016 18:48

Some of you have probably noticed that I am focusing my attention more on fitness DVDs from the USA. In my opinion they are better than German ones, of course not all. The market for fitness DVDs is booming in the USA. Many people there have another attitude towards fitness than in Germany. Currently, Germany is lagging behind the USA. The instructors work in a very professional manner. Therefore their DVDs are really varied. It is irrelevant whether boxing, HIIT, kickboxing, aerobic, strength or endurance training. They don't need beautiful beaches and scenes. The training mostly takes place in appealing premises. One gets the feeling of being involved. Besides the instructors are really creative. It is fun working with these DVDs.

Of course, I will also continue to review German DVDs.