



DVD



Sprache:

English

Dauer:

ca. 60 Min.

Art:

Cardio/Aerobic/Boxing

Workout I

about 30 Min.

Workout II

about 30 Min.

5 verschiedene Premixes all with Warm-up and Stretch

Equipment:

None

Effektiviness:



Instruction:



Motivation:



[available here plus Trailer](#) or
[here plus Trailer](#)

In contrast to Kelly's other DVDs, this one is a live recording with an audience, who work together with Kelly. The workout lasts 60 minutes. These 60 minutes are divided into two 30 minutes workouts, according to her well-known motto.

They are cardio workouts with boxing and aerobic elements which are interrupted by short drills, which means aerobic boxing combos, drills, aerobic boxing combos, drills etc. Both workouts consist of 8 combos and 5 drills. The first workout seems to be longer and is more intensive than the second one. The main reason is, that the second one has only 2 drills but a longer cool down. Therefore the real workout time in the second one is only 25 minutes. If you want to try to push yourself to your limits you have to choose one of Kelly's premixes, in which both workouts are put together. '

You get 5 premixes:

1. Both Workouts
2. Both Workouts without Drills
3. Workout I without Drills
4. Workout II without Drills
5. All Drills

The choreography of the combos is easy to follow. The drills consist of e.g. plank with pulling in the knee, wide jumps, quick [double leg butt kicks](#), [jumping into the plank with jumping jacks](#) etc. One of her companions always shows modifications.

The music is thrilling (in my opinion). To me the whole atmosphere is great. You realize at once how much fun it is for Kelly and the for the audience. Kelly presents a great workout. Both workouts are really varied because of the awesome choreography.

It is a great DVD. Suited for the intermediate and for the advanced. The advanced can increase the intensity of the drills or sometimes there are days in which you don't want to exhaust yourself too much. 🍌

