



# Fitness Video Vibes

The **10 Hottest**  
**Workout Videos**  
You Can Learn From

You Can Learn From  
**Workout Videos**  
The **10 Hottest**

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# Foreword

Everyone knows that they need to stay in shape. One of the best ways to do that is with fitness videos. Get all the info you need here.



## ***Fitness Video Vibes***

The 10 Hottest Workout Videos You Can Learn From

# Chapter 1:

## *The Pit Work Out*

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### Synopsis

These videos are put together to give you a wider range of choices. Whatever your goals are - weight loss, strength building, a toned body – you will surely find a suitable routine from the 10 videos that are presented here.



## **The Basics**

### **The Pit Workout**

The Pit workout is the first of ten fitness video vibes that can help you lose weight and become fit.

This workout presented in two DVDs features John Hackelman who is the trainer of Chuck Liddell, the current UFC LHW Champion. It is, as you can guess, primarily for fitness and strength building and thus involves full body, upper body, and lower body exercises.

### **Upper Body Routine**

Like other workouts, the Pit workout for upper body strengthening starts with short stretching – elephants, jumping jacks, chain breakers, punching techniques and arm rotations. After this warm-up Hackelman leads you to the first routine- 30 seconds of shadow boxing followed by 30 seconds of burpees, then back. The routine covers 5 minutes. A water break lasting 45 seconds ends the first round.

The second round is still the burpees/shadow boxing routine, but this time the switch from burpees to shadow boxing is every 20 seconds. The second round is also five minutes and it ends with the 45 minute break.

The next stop is the pushup/punching drill, the longest of the upper body workout routines. Each set is 30 seconds and during that time you have to complete 20 push-ups or as many as you are able.

In between sets, you stand upright throwing punches related to the push-up you have just done. There various kinds of sit-ups you are to perform. Hackelman will guide you through them.

Next routine is the kicking drill consisting of high, middle and high roundhouse kicks. After the usual water break, Hackelman guides you through a one minute Freestyle Jump Rope and Clap Pushups.

The upper workout is concluded by a shadow boxing session to cool your body down.

### **Lower Body Routine**

The Lower Body workout warm-up is pretty much the same as the upper body warm-up but you add side bends, body twists, etc ... and eliminate the punching.

The workout proper begins with the 3 minute combined squat/knee bends and straight kicks routine. You do the squat/knee bends and you straighten up you throw the kick, alternating right and left at each set.

Next is a one minute drill composed of jumps into left and right sidekicks, followed by another 3 minutes of the squat/knee bends, straight kicks routine but this time the squat is deeper.

The one minute high straight kicks exercise is followed by the catcher drill (3 minutes) then you take a break.

The succeeding sets are basically the same as the previous ones though with more combinations, a sprint is incorporated for example, to ensure all the principal muscle groups in the lower portion of the body are thoroughly used.

### **The Full Body Workout**

The usual warm-up starts off the full body workout with other exercises like explosive leaps, shadow/sprawling drills added.

The drill that follows the warm-up combines the shadow boxing/sprawl with leaps and lasts 10 to 12 minutes.

The pit blackjack, Heckerman's most favored routine, is next in line after the customary break. This is a mix of squat thrusts and pushups. Each set is made up of 21 reps beginning with one squat thrust and 20 push-ups, then two squats and 19 push-ups until you reach 20 squats and one push-up.

The rest of the routine include a punch drill, jumps, sprints, bends, and bicycles designed to give the main muscle groups an invigorating work-out.

For fitness and strength building has no equal and you get abs, too.

### **The Other Workout Programs in the 10 Fitness Video Vibes**

The second workout in the video vibes Is Aerospace- Savage And Serene, a workout that sheds extra weight and tones your body at the same time.

The third workout is Tony Horton's P90X, a 90 day fitness program featuring intense and revolutionary workout routines.

The fourth is Turbo Fire, a 90 program featuring extreme cardio workouts that promotes rapid weight loss and fitness.

The fifth is The Strength Building Yoga featuring traditional Yoga exercises.

The sixth is Men's Health-15 Minutes Workout which uses a 15 minute daily workout to improve the metabolism, allowing 24/7 fat burning.

The seventh is the Insanity, a 60 day Total body conditioning program consisting of intense aerobic and anaerobic interval training.

The eighth is Billy Blank's Taebo T3, a program consisting of several techniques including mind and body training as well as six types of power workouts lasting 10 minutes each.

The ninth is Brazil Butt Lift consisting of a six step routine: squat arabesques, scissor jumps, Capoeira squats, side squats and leg lifts.

The tenth is Jari Love's get Ripped Series that uses intense cardio and strength exercises to reduce weight and achieve a ripped body.



# **Chapter 2:**

## *Aerospace- Savage and Serene*

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### **Synopsis**

Weight loss is all about perseverance, consistency and continuous challenge. It entails a series of tasks that should be taken to great lengths in order to provide significant weight loss.

The good news is, you do not have to make a huge effort to do it all on your own. There are numerous available fitness videos that you can rely on even from the comfort of your home.

The only thing to consider is if a particular fitness video matches your fitness goal. Furthermore, there should be a lot of time checking out a fitness video to know if it suits your interest. This is important so you are able to maintain a healthy weight for a long time.

## **The New Fitness Video in NYC**

Fortunately, there is a particular fitness video that can combine both your interest and weight management. This is called the Aerospace - Savage and Serene which was created in New York City by the holders of Aerospace fitness center. This is one of the sought-after workout video as informed by the AskMen.com.

This video is made holistically to develop your shape with powerful moves that is sure to challenge every muscle in your body. The Aerospace - Savage and Serene provides an expert-level workout to help you burn more calories than before while building lean body mass. There is a video called fat-loss wherein it features a 30-minutes stretching for an intense workout to lessen the chance of injury.

### **The Program Defined**

There are two complimenting workout sessions in this famous workout video. One is the Aerobox Savage which is an expert-grade type of boxing regimen which can be done in about an hour, 57 minutes to be exact. The second one is called the Yoaero-Serene, an intense stretching session that is performed for 30 minutes or so. Along with these, the series of movements are made to specifically target your fitness goals.

**The programs include:**

- A rapid-fire shadow boxing and stretching workout that is said to be rejuvenating.
- An intense core strengthening program that is good as a cardiac session.
- The development of upper, lower and core body – a workout that can strengthen the upper part of your body.
- Elongation of muscles with a series of moves.
- Combinations of different aerobic music that will keep you interested
- Airflow music that is created specially to assist you with stretching

These are the programs in the Aerospace - Savage and Serene video and there are more benefits that it can offer, besides strengthening and cardio workout. This is executed and conceived by a world renowned boxer, Michael Olajide Jr, to sculpt the body in perfect shape. The combination of each session will truly develop all the muscles with series of jumps, squats and lunges.

So whenever you feel tired of your old routine, try this fitness video and see how it can be both challenging and fun. For more information, you can visit your fitness trainer to know more about it and see how it can work you and for your health.

# Chapter 3:

*Tony Horton's P90X*

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## Synopsis

The P90 X program is a revolutionary exercise program developed by the world renowned fitness guru Tony Horton. It rips/tones muscles, and burns fats and cellulite in the quickest time possible. Each exercise in the program hits multiple muscles groups simultaneously to maximize results and minimize the time needed to see amazing outcomes in your physique.



## **How P90x Works**

There are three phases to the program and the entire course can be finished in 90 days hence the 90 in P90x. Total workout can be finished in about an hour every day, but if you want to pace yourself, it can take about an hour and a half. Because of the high intensity, you're pushing your body's limits to achieve maximum results.

The exercises are designed to combat plateaus or muscles becoming too comfortable so that they stop responding to the stress. Tony Horton and the product designers recognized this and tweaked it after the first batches of the beta testers to arrive at a consistently challenging and intense workout that not only shows physical observable results in the physique, but also improvements in endurance, and strength.

The next levels are initially undoable without acquiring the baseline strengths and improvements from the first months etc. The exercises are compounding and add a layer of challenge, plus the variation week after week, all to ensure consistent results!

### **Parts Included In P90x**

The whole P90 X system includes a 90-day workout plan, nutritional guide, proper documentation and a planner to keep track of results and educate the user on how it works, the DVDs that you follow too, and may optionally include the basic equipment needed for the exercises. You can literally do these exercises wherever you are and it

does not require heavy, bulky equipment. Some exercises don't require any gadgets at all.

### **Personal Experience while Undergoing the Program**

Having personally gone through the program, I can tell you that it is unlike anything else in terms of intensity. It really pushes your physical boundaries in each and every workout, not unlike going through an intense boot camp. By the end of the program, you should see ripped muscles and abs, and low body fat levels.

### **Nutritional Aspect of P90x**

The diet tries to minimize intake of calories, carbohydrates and of course fats. Generally, you can eat as much vegetables and fruits as you want but the other food groups are limited.

You can eat a lot of protein and that is really how you get satisfaction food wise. The program is intense and does require a high protein intake, for the body to recuperate properly. On top of the natural diet, you may also use recommended supplements to speed up or maximize your results.

For fitness enthusiasts who have the foundational muscles in place, or want to get ripped or have a higher definition and tone to their muscles, this is a highly recommended system that promises results!

It's almost impossible not to lose fats and get ripped.

For the individual who is too thin, he may do better if he tries to gain some mass first. So postpone this program for a later date, if that is the case.

After graduation from the program you can further continue your physical evolution by going into the next step which is P90 X plus.



# Chapter 4:

## *Turbo Fire*

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### **Synopsis**

Turbo Fire is yet another workout video that will get your heart pumping and your body burning calories in the quickest and safest way possible.

The system behind Turbo Fire was developed by Chalene Johnson and requires you to complete a high-intensity cardio conditioning program in ninety days.

The thing that truly makes the system unique is its one-minute Fire Drill workouts where you have to work out as hard as you can. Afterwards, you'll enjoy a short rest to give your metabolism time to recover and work again in the next set. With Turbo Fire, you can expect to shed calories nine times faster than your regular workout.

## **What You Get from the Turbo Fire Challenge Pack**

This 12-DVD set includes the following types of workouts:

10-minute class on Abs

10-minute class on Stretches

Core 20 Workout

Tone 30 Workout

Sculpt 0 Workout

30-minute and one-hour videos on Advanced HIIT Workouts

20 and 25-minute videos on Low HIIT Workouts

15, 20, and 25-minute videos on Extreme HIIT Workouts

Fire Starter Workout

30, 40, 45, and 55-minute videos on Fire HIIT Workouts

Also included in the set are some thigh-firming bands and resistance bands which you can use during sculpting and toning exercises. You have the option as well of following the 5 Day Inferno Plan, which is aimed to help you lose as much as ten pounds in just five days!

### **Class Schedules**

Those who have successfully completed the program consider its excellent workout music and its equally wonderful trainer Chalene Johnson as two of the greatest strengths of Turbo Fire. Of course, it also helps if you follow the Class Schedule provided by the system as well.

You are strongly advised to start your schedule on a Monday, as this is likely to achieve the best and speediest results. If you take a glance at the program's recommended schedule, one day of the week – Wednesday to be specific – is set aside for rest. This is just as essential to follow as your body needs proper time to recover. Without sufficient rest, your body might be forced to burn off muscles instead of excess fat.

### **Fuel the Fire Nutrition Guide**

Working out is just one half of your journey if you want to burn as much calories as you can in the shortest time possible. The other half consists of your diet or nutrition. It's not just a matter of reducing your daily intake but it's also about knowing what to eat and when best to eat. You will know more about this with the nutrition guide provided with your Turbo Fire pack.

Similar to other workout videos and weight loss systems, Turbo Fire is often accompanied with a recommendation for health supplements. There's nothing wrong with giving those a try either. After all, you have much to gain if those supplements work for you!

To further improve your results, you should also take advantage of all the other free resources that come with your pack. These include private access to online sites or social networking groups where you can check out how other individuals are doing as well

# **Chapter 5:**

## ***Strength Building Yoga***

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### **Synopsis**

Though it has only gained popularity in the past decade, yoga has actually been practiced centuries ago in Ancient India. It started more than 5,000 years ago. It is used in religions such as Hinduism and Buddhism as a form of Spiritual pursuit. These days, it is most commonly used as a form of mind-body fitness and therapeutic purposes.

What makes yoga different is that it is very low-impact and it has meditative components added. Unlike other cardio exercises that require faster movements of the body to speed the heart rate, yoga focuses on the breathing technique.

A lot of people might not be aware of this, but yoga is also used to strengthen the body. Can yoga replace popular types of strength training such as lifting weights? As a matter of fact, yes. The biggest misconception about this exercise is that it's only functionality is focused on meditation and relaxation. That is not the case.

# Yoga

There are styles of yoga that are designed to teach the body how to move in ways that develops balance, flexibility and most importantly, strength. We will discuss the different yoga movements that will help build muscles in different parts of your body. There's no need to lift weights, instead; lift your own body weight!

## **What are the different yoga positions that help tone your body?**

For the core, Plank Pose is the simplest and the best way to tighten the core muscles. It is done by going on all fours. Starting with the arms and knees in table pose then straightening the legs to form a line between your shoulders and your heels. This pose will have you balancing your body weight on your hands and toes. This pose will help tone your abdomen.

For strengthening the entire core, the Dolphin Plank Pose is like a step higher from the regular plank pose. The only difference in the position is that the elbows are dropped down and your palms are together.

The Chair Pose is for strengthening the thighs and ankles. It also reduces the abdominal fat. It is called chair pose for a reason. You will literally shape your body as if you are sitting in an imaginary chair but with your arms stretched up high. The challenging part is

holding the position for a few seconds to minutes. For a more challenging move, every time you exhale sit deeper down into your chair pose.

For toning most parts of the body in one pose, Virabhadrasana or the Warrior Pose is perfect. It hits the thighs, shoulders, arms, abs, ankles and neck are all getting toned. There are three different levels of the Warrior pose, each getting a bit harder but strengthening each muscle more.

To do the warrior pose, take a large step forward then bend that knee forward, making a lunge position. Then bring your hands over your head. You can keep your palms separated or join them together like a prayer.

All of these poses are good for the entire body. However, if you have no prior experience doing yoga it is best to learn with a teacher to avoid any injuries.

# Chapter 6:

## *Men's Health 15-Minute Workout*

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### **Synopsis**

Some of the workout videos discussed here may not appeal to you because of the sheer amount of time required from you to exercise every day. If that's what's holding you back, then the quick but effective workouts listed in Men's Health Big Book of 15-Minute Workouts would likely appeal to you the most. In fact, it can very well be the miraculous answer to your prayers!

Studies show that workouts lasting as short as eleven minutes can already help in speeding up your metabolism and enabling you to burn fat each day. The European Journal of Applied Physiology also recently shared a study wherein 15-minute resistance training has been proven to be just as effective as a 35-minute weightlifting workout.

Ultimately, it all boils down to intensity. The amount of time that you spend working out is not as important as how hard you work out and ensuring that every second you exercise is actively doing something for your body! Revving up the intensity of your workout will also help stimulate muscle growth as well as improve your aerobic endurance

# **The Workouts**

## **The Dumbbell Workout**

Here is an example of one of the fifteen-minute workouts recommended by Men's Health. Four different dumbbell exercises are included in this workout. Remember to rest for ninety seconds after each circuit. That means resting only when you have completed all four!

### **Incline Bench Press**

- Lie back on a bench (approximately 15 to 30 degrees incline).
- Hold a dumbbell with each arm and lift up with thumbs facing each other. Slowly lower your arms back until your dumbbells are at the same level as your upper chest.
- One set is equal to 10 to 12 repetitions.

### **One-Arm Snatch**

- Stand with your feet apart and hold one dumbbell with an overhand grip.
- Bend your knees until you can place your dumbbell on the ground.
- In one swift movement – described as a high pull – bend your elbow as you snatch your dumbbell from the ground and pulling it up while straightening back up to your feet.

You should end on your tiptoes with your elbow in the air as you pull your dumbbell up.

- Lift your dumbbell over your head while dropping your weight back to your feet.
- Repeat ten times for each arm.

### **Seated Calf Raise**

- Sit at the edge of a bench and place your feet on top of a step board. Hold a dumbbell in each hand and place them vertically on your knees.
- Lift your heels up and push off by using the balls of your feet at the same time.

### **Chest-Supported Row**

- Lie on a low-incline bench chest down and with one dumbbell on each hand, palms facing each other and with both arms hanging down from your shoulders.
- Pull the weights up while keeping your body still. Maintain position for a bit before returning to your original stance.
- Repeat ten to twelve times.

These workouts may only take a few minutes of your time, but they will also be one of the toughest you've ever tried. However, a short but intense workout also means more free time to enjoy the rest of your day as you see fit. All in all, it's a "fitting" exchange, isn't it?

# Chapter 7:

## *Insanity: 60 Day Total Body Conditioning Program*

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### Synopsis

It is all the rave in the fitness industry. More and more people are talking about the Insanity workout. But what exactly is it? Is it effective or just one of the fads that will eventually die down? Here, you will learn more about the workout and its benefits.

From the same makers of the very popular P90X, Insanity workout is a fitness program in a DVD. There are 10 Insanity workout discs with the everyday workout. All 60 days of crazy training that intensifies each time.

The best thing about this workout is that there are no weights needed and everything can be done in the comforts of your own home where you can focus on all the moves to be done without the fear of embarrassment.



## **What exactly is this Program?**

The DVD follows a 60-day cardio workout. This is not a normal workout though. Take it from the name itself, Insanity. It will drive you insane and push you to the limits. Expect the first few days to be the extremely difficult because your body will be adjusting to all the hard work but Shaun T, your Personal Trainer, will push you and help you achieve the weight loss the program is promising.

The whole program is having 3 full minutes of high intensity workout then a 30 seconds rest time. Every workout keeps you challenged. 30 seconds is not nearly enough to recover from the breathtaking anaerobic and aerobic intervals that are performed at your maximum level.

Insanity is divided into two stages. The first 30 days is focused on 6 cardio workouts a week and the last 30 days the workouts intensifies and increases. Though this Intensity program has proven a lot of good results, it's not necessarily so for everybody.

Fitness blogger Marissa Brassfield said that it reminded her of her training days as an athlete. If you are someone who prefers low-key exercise, then this program might not be appealing to you, which would mean that you'll likely quit in no time.

But it is still worth a shot. It will kick your butt, no doubt about that. If you are patient and you work hard until the end, then your once

flabby body will turn rock hard. Inches off your waist and pounds off your weight.

### **Here are Some of the Workouts You Will Encounter on the DVD**

Jumping jacks - this is an exercise move that almost everyone is familiar with. It's physically jumping with your legs spread wide and hands touching over head repeatedly. The intensity can be increased by jumping faster.

Heisman- this cardio exercise targets the legs and the butt. By standing with your feet together and torso a bit forward, you raise your right knee above your navel then jump to the left knee and lift it above your navel. This is done repeatedly.

Mountain climbers - this aerobics exercise is particularly challenging. Place both hands on the floor and do a plank pose. Then position one leg forward bent under body and extend other leg back. Alternate leg positions. It would seem sort of like you are climbing up a mountain but done in a faster pace.

# Chapter 8:

## *Billy Blank's Taebo T3*

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### Synopsis

Taebo is one of the favorite sports because of its intensity that is lighter than an actual boxing regimen. This is usually recommended as a good workout program especially when you want to improve your cardiovascular system.

With that, fitness gyms and other sports facilities began offering this workout program, even hiring an expert to teach the beginners.

Now, taebo has evolved into ways that can be convenient. There are now available workout programs that can be done in the comfort of your own place. The most talked-about taebo workout program to date is Billy Blank's Taebo T3.

Billy Blank is a famous fitness trainer who gained reputation upon launching his program. Let us find out more about it and how it can target your fitness goals.

## **There is more to Billy Blank's Taebo T3**

You may probably wonder what T3 stands for. Well, it is short for 'Total Transformation Training' where it focuses to transform your body any way you want it to be. This is said to be the most challenging workout program to date and numbers of enthusiasts grow as it days progress.

The program is further divided into multiple workout sessions which includes the following:

Transformation

Acceleration

Ignition

The Blanks Sensei

Learn the Moves

Target Taebo

The Power Within Bracelet

Taebo Weight Loss Guide

Guide for Healthy Eating for People On the Go

30-Day access to Billy's Web-based Club

The entire video can be purchased at \$59.99 but the payment term is flexible so you can purchase the fitness video for \$19.99 for 3 payments. The program also adds a special ergonomic hand weight (1 pound) specifically design for Billy Blank's Taebo T3.

### **The Good Review**

After its launch, health buffs and fitness experts began testing and reviewing this workout program. The good thing about this is that it comes with a healthy diet program to ensure that you are getting the right weight loss. It also enables physical activity for you to become fitter than before. The DVD's can be purchased as a set or can be bought separately. This is one thing that makes it affordable and therefore, can be done by everyone.

### **The Consideration**

Since this is an intense activity, some people may not be able to perform the session. It also does not allow any supplement that can be combined along with every workout program. For beginners, they may not be able to tolerate both the workout and diet program and so it has to be taken gradually. There is also no money-back guarantee to ensure the would-be buyers that the actual program is really effective.

### **The Verdict**

People who are into boxing and taebo can find this video interesting but the series of moves and other workout programs are pretty similar to the old traditional taebo. For those who are still learning to do taebo, this can be a convenient way for you to learn the fitness activity and be able to target your fitness goal. This video is also good for dieters to shed more unwanted pounds.

# Chapter 9:

## *Brazil Butt Lift*

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### **Synopsis**

Brazil Butt Lift is known to develop glutes with series of distinct moves. This regimen is the newest kind that targets buttocks, hips and thighs providing a shapely figure each woman want to have.

Created by Leandro Carvalho, a fitness trainer who is famous among Hollywood stars, the effectiveness and reliability of this workout programs has earned him to be one of the credible trainers to date.

This exercise program is a combination of lifts, squats and jumps to target your glutes. Here are the things you need to know about Brazil Butt Lift and how you can perform it to maximize your fitness goals.



## **The Concept Behind the Lift**

It has been said that this workout programs is based on angles and is defined to be a “TriAngle Training” where it target three muscles around your buttocks: the maximus, medius and minimus.

It is done by series combination which includes capoeira squats, different leg lifts, squat arabesques, scissor jumps and side squats. It is different than other programs because it will actually slim your thighs down instead of bulking you up with muscles.

Added to that, it will also help you lose the unwanted pounds with a low-impact routine perfect to both have fun while sweating all the calories out.

### **The Uniqueness of the Program**

As compared to Zumba and Booty Slide, Brazil Butt Lift is has its own way to target your hips, buttocks and thighs. There are six workouts available wherein each one has different parts to target. The 6 workout programs are:

- 20-Minute Basic
- 35-Minute Bum Bum (nickname for butt and pronounced ‘boom boom’)
- 35-Minute High and Tight (you may be needing resistance bands and ankle weights in this program)
- 50-Minute Sculpt

- 30-Minute Cardio Axe
- 20-Minute Tummy Tuck
- Bonus DVD: Bum Bum Rapido for another 10 minutes.

Aside from these programs, it also comes with a meal plan that is specifically made by a nutritionist in order for you to experience a total Brazilian style of working out. The entire workout also comes with 4 schedules, depending on your body type. You can do them 5-6 times a week to specifically target your needs. These are:

- The Lift and Shape Schedule
- The Slim and Lift Schedule
- The Slim and Shape Schedule
- The Classic Schedule

### **Basic Considerations**

The important thing to consider in this type of exercise is the consistency. As you have observed from the above routines, the schedule is to be done for more than 3 times a week at about 40 minutes.

If you are new to Brazil Butt Lifts, then you may need to start slow by following the programs first which usually last 20 minutes to 50 minutes. As you become used it, then you may follow the schedule to target any fitness goals you want to achieve.

### **Safety Measures**

Like every fitness routine, there has to be safety precautions done to minimize your chance of getting injuries. Consider doing warm-ups before exercise to avoid muscle cramps and other problems. You may also need to consult your doctor or fitness adviser especially when you are under medications or has history of injuries.



# Wrapping Up

## *Jari Love's get Ripped Series*

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Love is the creator of 'Get Ripped', an award-winning workout series on DVD, who has been in the business of not only teaching but also testing her best boot camp programs with her students in the gym for about three years. These tested fitness programs will now be available to all fitness enthusiasts regardless of their skill level in the comfort of their homes; it is the same program that helped one of her protégés lose over 84 pounds.

### **Benefits**

This boot camp enables users to lose excess fat in record time with research revealing that high intensity and weight training does help in building lean muscle mass, increasing the body's metabolic rate, and losing excess weight quickly. In the 'Get Extremely Ripped' version, the creator of the series mixes strength and cardio exercises in such a way that the user is always in motion, keeping their heart rate elevated aiding the latter to metabolize plenty of calories and in building muscle tissue, essential to any successful weight loss exercise routine.

Love declared that users should prepare themselves for an intense and invigorating boot camp-oriented workout program that has a series of strength, cardio tracks, and core where participants would

have to shock their bodies into blasting out of plateaus and ruts. She also added that users would have plenty of fun by challenging themselves using the new moves and that they would be amazed at how good they felt afterwards.

Love continued to say that the high energy music used in the DVDs will keep their adrenaline levels up and that the workout would rev their metabolism for hours allowing them to burn fat throughout the day. She has also includes a number of menu options on the program to ensure that the workout routines always remain not only fresh but exciting as well. Having been produced by ‘Get Ripped Inc.’, the program in the DVD offers participants versatile tailor-made workouts that mesh well with their personal schedules and fitness goals and features an hour of ‘RIPPED”, a pair of 30-minute workouts, and six 10-minute workouts.

### **Why ‘Get Extremely RIPPED’ is Unique**

Some of the modifications that make this program unique is that the only equipment user needs is dumbbells, a mat, and that any other cardio equipment the user may need can be found at home. Even though no steps are used in the program, users still get the most out of their workouts thanks to Love’s innovative new moves.

Love explains that users can enjoy the workout in a variety of ways and that every workout has cardio, abs, and weights meaning that even if participants are strapped for time, they can still exercise their entire body with just one workout.

Users also have the option of choosing between the two 30-minute workout routines or performing the entire workout where they can alternate cardio, weights, and abs for a total of 18 solid tracks. Participants can also selectively choose whether they want to do the weights, abs, or cardio such that they never get bored doing just one routine every day.

### **Does it work?**

One of Love's protégés, Shawna is testimony that the program does indeed work having signed up for Love's boot camp after gaining a considerable amount of weight due to an injury. Even though at first she seemed self-conscious and a little timid, she embarked on the weight loss exercise regime setting a goal of losing 100 pounds in just a year. After 10 months she had already lost 84 pounds decreasing her body fat from 48.9% to a lean 21.7%.

Shawna reported that she now feels physically stronger and more energetic adding that she is now an exercise addict who has prioritized her workout routine such that all her daily activities are scheduled around it. Love said that the work out was not only tough in the gym but also in the DVD as well adding that modifications can be made such that both new and advanced users can feel successful by achieving notable results.