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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

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Chapter 1:

The Pit Work Out

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.



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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.

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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.

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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.

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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.

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The eight 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.



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Chapter 2:

Aerospace- Savage and Serene

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.

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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.

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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.

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Chapter 3:

Tony Horton's P90X

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.



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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

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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.

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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.



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