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Best Sport For Weight Loss

One of my favourite fitness DVD's at the moment, is a Kickboxing workout routine.

Lead by instructor Keli Roberts, this 54 minute DVD is broken down into five 10-minute segments, each of which are designed to help burn calories and sculpt the body. The 10-minute segments allow you to choose how long your workout will be each time. This is especially helpful if you are pressed for time and cannot complete the total 50-minute workout. I often find myself picking two segments for a quick, but intense 20-minute workout. Even with just a 20-minute workout, I am sweating by the time I am done.

Segment One - Basic Training

In this segment Keli goes over the basic punches, jab, cross, hook, and upper. She demonstrates the proper stance to form each punch, while giving pointers on movement and posture. You perform the boxer shuffle and simulate jumping rope. This segment gets you warmed up for the other segments.

Segment Two - Ultimate Buns and Thighs

While holding hand weights you perform front and side lunges to get the lower part of your body limbered up for front and sidekicks. This routine works your lower body, including the buttocks, thighs, and legs.

Segment Three - Arms and Shoulders Sculptor

With the use of lightweights, (I use two-pound hand weights), Keli takes you through the punches learned in the first segment. She reinstates the proper procedure for pivoting when following through on a punch.

Segment Four - Fat Burning Blast

This is by far, to me, the hardest segment of the workout. The first exercise, a stand to a squat to a plank and then back up again, starts slowly but then speeds up. There is some jumping and sliding side to side. This segment will get the heart pumping and your metabolism burning fat.

Segment Five -Washboard Abs

Crunches that work the upper and lower abs and obliques are incorporated along with some Pilate moves for a routine that will help you obtain that washboard look.

Another thing I like about this DVD is that you can mix the different segments so that you exercise different parts of your body on different days. Mondays and Wednesdays would be Basic Training with Ultimate Buns and Thighs, while Tuesdays and Thursdays would be Arms and Shoulders Sculptor, and Washboard Abs.

Note: Light hand weights are required (I use two pounders), and a floor mat. Each segment has about a minute warm up and cool down that includes stretching and breathing movements.

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