

Taebo Exercise Videos - Does Taebo Work

Have you heard all the talk about the benefits of tae bo? This article will give you some all that you need to learn more about this exercise program. Tae bo is a high energy workout that combines all the intensity of aerobics, boxing, karate, kicking and dance. The exercises are done in tune to pulsating music and the exercises are done to the count of eight. The routine was put together by Billy Blanks to help bridge the gap between martial arts and aerobics and get more women involved in the movements entailed in martial arts training. The dynamic fitness routine gives you a complete cardio workout and helps to tone and firm your body. Many people think that this is a self-defense course, but it an exercise routine. You can pretend to fight an imaginary attacker if you wish to help you develop the intensity you need. The movements are crisp and and precise, but the intention is not to hurt someone else, but help you achieve a leaner body. When you take part in a class or use the instruction video, you will learn how to place your shoulders, hips and feet to gain the most benefit from each move. The cool down portion of this exercise routine involves moves that are similar to yoga. The instructor coaches you to reach inside yourself to find the power that you have within to help you find the motivation you need to continue to tone and strengthen your body.

About the Author

Exercise equipment reviews for treadmills, ellipticals, ab machines, stair steppers.

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