

# Review: ZEN•GA Power & Strength



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PJ leads this 53 minute flowing pilates routine in a pilates-type studio. She works out with 2 backgrounders. You will need a yoga block & strap for this workout.

After a flowing warmup, exercises include: squats & pliets adding knee ups & balance challenges, standing leg raise series, pushup/ plank/ reverse plank series, curtsy squats, side lying tri pushups adding a leg raise, bridge series, bicycle variations, low back scorpions, crab swing throughs and ends w/ a cooldown & stretch.

This w/o is a low intermediate workout that has plenty of variety to keep you interested. A lot of different exercises with fewer reps of each keep your body guessing and keep your mind engaged. PJ does a great job of providing form pointers. I received this dvd to review.

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