

- How do I decide between BurstFit vs. BurstFit Fire?

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Both DVDs feature high-intensity bursts of activity followed by short rest periods.

BurstFit Fire is typically considered to be more difficult in that there are shorter recovery times between bursts that are longer and are specifically targeted to exhaust muscle groups. The BurstFit Fire also contains additional warm-up and cool-down footage not included on the original BurstFit DVD.

Please consult your physician before beginning any fitness routine.
