



BODY FX[®] FREE WORKOUTS

Fitness (Cardio & Toning) Schedule:

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Foundation: Body Weight 102 by Javi	Rhythm Fit: Boom Speed	LIVE: Nessa Core Strong	JNL Fusion: Total Upper Body by Jennifer	LIVE: Dwayne Cardio Kickboxing Inferno	Foundation: Pilates Core by Anna	UltraBand: Stretch with Rachel

Dance & Music Based Training Schedule:

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Hip Hop Bootcamp: Hip Hop Street by Jenny	LIVE: Ivy Dance Vibe	F8 Elite: Cardio Twist by Jaana	LIVE: Eddie Calle Move & Groove	LIVE: Rachel Tribal Fit	LIVE: Henry Shake It Up	DaYo: Stretch