



BODY FX[®]

FREE WORKOUTS

Fitness (Cardio & Toning) Schedule:

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

Dance & Music Based Training Schedule:

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