



FUSION
FIRE

FITNESS GUIDE

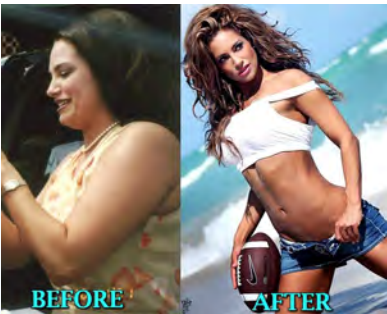


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Jennifer Nicole Lee

Jennifer has become an icon for women in over 110 countries with her amazing 80-pound plus weight loss success story. Jennifer was not always an incredible fitness mogul. She started out as a fat and frumpy mom who was unhappy and miserable with herself every day. It all changed for her one day when she saw herself in the infamous pink bikini. She picked up the weights and started perfecting what we now know today as Fusion Fire! Jennifer is a true role model for anyone who is looking to become sleek and sexy.



Jennifer has been featured on multiple major national talk shows and has graced the cover of over 45 magazines including Oxygen, Fitness Rx, and Powerhouse Gym.




Dear Fusion Fire Fitness Friend!

Congratulations on taking control of your health and fitness future by using my Fusion Fire Workout Method! You have made a smart and powerful investment in your well-being! I know what it feels like, firsthand, to be overweight and out of shape. This frustration fueled my fitness passion to create a super effective training method that is efficient and challenging, yet also extremely fun and rewarding! As a busy mom and wife myself, with a strong desire to maintain my fitness level, I can tell you that Fusion Fire does work! All you have to do is press play! I'll be your VIP Celebrity Fitness Coach, training you all the way to your utmost weight loss success! I'll show you all of my methods for creating an award-winning, super sexy, strong, sleek physique all in the comfort of your own home! So whether you want to lose a little or a lot of weight, tone up a bit, or increase your endurance level, you can achieve all of your fitness goals with Fusion Fire, as it's functional training at its best. I applaud you for making the personal choice to better yourself with my Fusion Fire workout program. Remember, if I can do it, you can do it, too! I am always here rooting for your weight loss and body transformation success! And as I always say, *"strong is the new skinny"* and *"never give up, never give in, and always train to WIN!"*

I believe in YOU!

JENNIFER NICOLE LEE

Believe!



*“Sexy, healthy, fit
bodies come in all
shapes and sizes.
Celebrate YOUR
body by loving it
through fitness!”*

– Jennifer

What is Fusion Fire?

Fusion Fire is a fitness revolution created by International Fitness Celebrity Jennifer Nicole Lee. JNL is a busy mom and wife, knowing firsthand what it is like to not have enough time to work out. So, she created the Fusion Fire Workout Method to give you maximum results in minimum time. She also understands that you don't have to have an expensive gym membership, or trainer, to get amazing, jaw-dropping results. Fusion Fire is a mix of the most efficient exercise types including kickboxing, karate, plyometric training, and body sculpting. It will give you a sizzling hot body with results that are immediately noticeable. This program works so well because of the *fusion* of weights combined with quick bursts of cardio to create this ground-breaking method! With Fusion, you will not get big and bulky. You will get TNT--tight and tiny! The Fusion Fire method not only makes you look and feel better, but also makes you both mentally and physically stronger by challenging you in new and innovative ways that people of all fitness levels can enjoy. Remember, "strong is the new skinny"! With Fusion Fire, your body will get the attention and respect it demands!

“With the Fusion Fire Method, you can expect to not only lose weight, but also gain energy, stamina, and endurance.”

– Jennifer



What can I expect?

Fusion Fire is unlike any other exercise program in the world, with a total of 12 unique workouts to get your body strong and sexy. Since no workout lasts longer than forty-five minutes, you will get maximum results in a minimum amount of time with Fusion Fire.

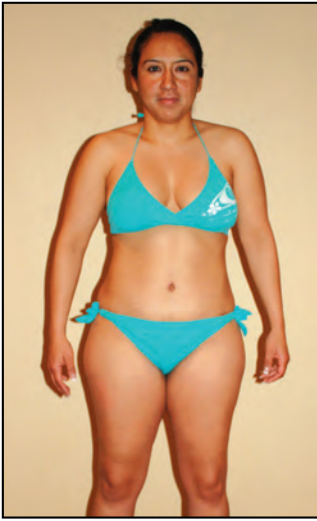
We know that not everyone is created alike and that is a good thing. This fitness revolution is designed to work for everybody, no matter what your fitness level.

Each section is broken down into thirty-second intervals. We know you can do absolutely anything for thirty seconds and that is why this program will work for you. The cardio blasts are one of the signature characteristics that make Fusion Fire so powerful. Right after thirty seconds of strength training, you transition with speed and agility to your cardio blast, forcing your heart rate back into the fat burning zone. From alternating strength and cardio, you will build sleek, sexy muscle tone, which will burn off ugly fat long after you are done working out.

With the Fusion Fire Method, you can expect to not only lose weight, but also gain energy, stamina, and endurance. You will also gain a new identity as an “athlete”, as you will be treated as one when performing the workouts.

We don't like it when people waste our time, so that is why we promise not to waste yours. You have already decided to get out of your fat suit. Now get up off that couch and start achieving the sexy body of your dreams!

TESTIMONIALS



BEFORE



AFTER

Sandra

- 36-years old
- Mother of 2
- Officer in the United States Marine Corps
- Lost 20 pounds and went from a size 9 to a size 0!
- "Fusion Fire has left an indelible mark in my life, make it your life-style."

"I Lost 20 pounds and went from a size 9 to a size 0!"

Allison

- 34-years old
- Mother
 - Became a Fusion Fire Master Trainer after her success with the program
- "I lost 75 pounds doing Fusion."
- "Jennifer, I can never repay you for the gift you have given me, for the fusion method. It has completely changed my life. It has changed the way my body functions. It has added years to my life. There is no way I could ever repay you."



BEFORE



AFTER

"I lost 75 pounds doing Fusion."

Results you can count on

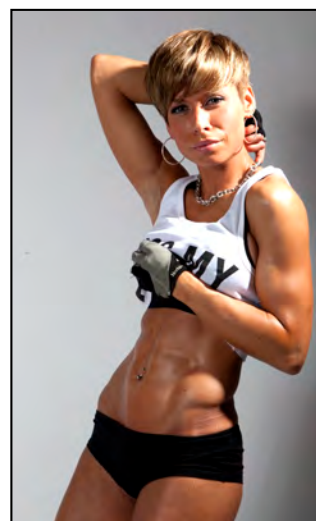
TESTIMONIALS

Marina

- Mother
- Lost 55 pounds
- Became a fitness model after doing Fusion Fire
- "I was 165, I'm 110. JNL is so revolutionary. She brings so much inspiration to all the mommies out there."



BEFORE

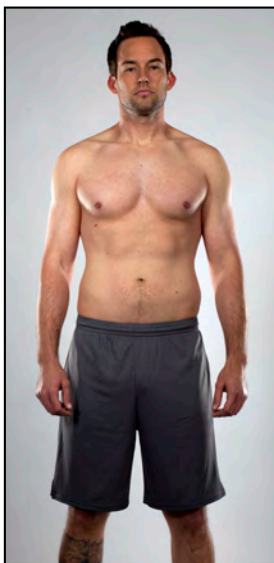


AFTER

"I was 165. I'm 110!"



BEFORE



AFTER

Bradley

- 29-years old
- Lost 10 inches
- "8 weeks later I feel awesome. JNL's program is so good. You really really feel it. It works all through your body, from head to toe. It gets you sweating. It gets you huffing and puffing immediately. I love it."

"JNL has changed my life."

TESTIMONIALS



BEFORE



AFTER

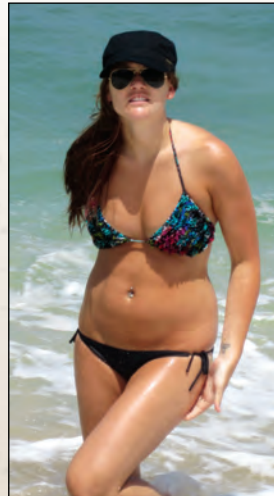
Chris

- 44-years old
- Lost 8 ½ pounds and 10% body fat in 8 weeks!
- "I am starting to get some abs, and it's been a long time since I was able to see those muscles. I am finding body parts that I even forgot existed."
- "It has given me my body back!"

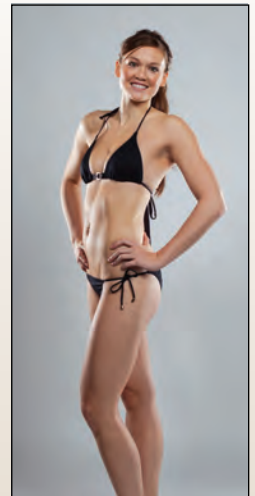
"I gained 10 pounds of muscle mass!"

Jessie

- 25-years old
- "Fusion Fire is a workout that anyone can fit into their lifestyle."
- Lost 7 ½ pounds and 15% body fat in 8 weeks
- "Fusion really works because I have a consistent sweat through the entire workout."



BEFORE



AFTER

"I lost 18 pounds of fat."

Results you can count on



*“Love your body –
by living a healthy,
fit lifestyle – and
your body will
love you back.”*

– Jennifer

THE WORKOUTS

FUSION FIRE BASIC COLLECTION



FUSION BASICS

(Total Running Time 0:09:26)

The *Fusion Basics* workout welcomes you to your new, promising, super fit future, showing you all you need to know to get started! JNL and her Fusion team of athletes show you how to use Fusion Fire to fight fat and WIN! You will melt pounds and trim inches with each workout. Before you start working out, it's essential that you first watch this video to understand the method and how it will help you achieve your fitness goals!

EQUIPMENT NEEDED:

You don't need anything more than focused anticipation for this video. JNL and her Fusion athletes walk you through her signature Fusion Fire moves and ramp you up for your new fitness quest! JNL gets you mentally and physically prepared for what to expect in the hottest and most innovative training program to date!

CONTENTS:

JNL showcases the signature trademark Fusion Fire movements. She gets your energy amped up and ready for Fusion Fire, sharing her top secrets on how to perform the workouts at any level, from beginner to intermediate, and working all the way up to the advanced level!



FUSION INTRO

(Total Running Time 0:01:43)

The *Fusion Intro* is a brief welcome from Jennifer Nicole Lee, congratulating you on your wise decision to begin your fitness journey with Fusion Fire!

EQUIPMENT NEEDED:

No equipment required.

CONTENTS:

JNL briefly welcomes you to the Fusion Fire program and explains why this program is going to work for you and your fitness goals- you're going to build sleek and sexy muscle tone and burn fat with the Fusion Fire method! She explains what equipment you will need to complete the program, and describes the combination of weight training with cardio blasts that make this program unique.

THE WORKOUTS



10 MINUTE TOTAL BODY

(Total Running Time 0:10:41)

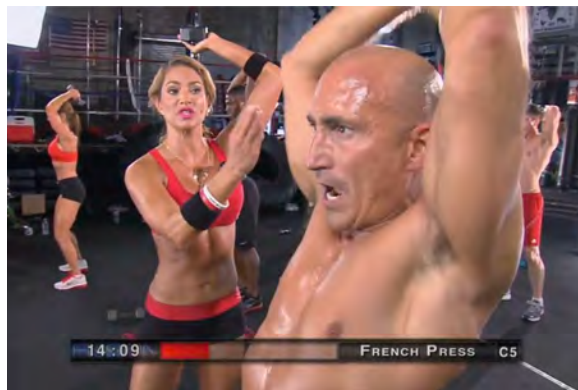
Short on time and in need of a full body tune up? In this Total Body Transformer, JNL tightens and tones you from the tip of your head to the bottom of your toes, all in under 10 minutes! JNL has designed this 10-minute workout to hit all of your major muscle groups, forcing your body to break through any plateaus.

EQUIPMENT NEEDED:

You will need medium and heavy weights or resistance bands and Cordless Cardio Ropes or a standard jump rope.

CONTENTS:

- Circuit 1: Shoulder Press
Squat with Weights
Speed Ropes
- Circuit 2: Bicep Curls
Alternating Lunges
Sexy Scissors
- Circuit 3: Tricep French Press
Romanian Deadlift
High Knees
- Circuit 4: Bentover Rows
Fusion Four
Fusion Burpees



SHOULDER SHREDDER

(Total Running Time 0:33:25)

Shred your shoulders and tighten up your triceps with this tough, yet rewarding, upper body focused workout. Add sexy muscle tone to your shoulders and get rid of that fat on the back of your arms with tried and true weight resistance exercises combined with Fusion trademark cardio bursts that keep your heart rate in the fat burning zone! This is an excellent workout to do if you are weak in the upper body and/or want to build up your sexy V-Taper. Shoulders will feel strengthened, and triceps will become tighter and more toned.

EQUIPMENT NEEDED:

You will need Cordless Cardio Ropes or a standard jump rope and a pair of medium and heavy weights or resistance bands.

CONTENTS:

- Circuit 1: Overhead Shoulder Press & Speed Rope
- Circuit 2: Side Laterals & Snatch and Grabs
- Circuit 3: Front Laterals & Plyo Plies
- Circuit 4: Bentover Rear Delts & Fusion Power Jacks

Our shoulders are now shredded and begging for a break, so let's move onto our triple tricep threat series!

- Circuit 5: Standing French Press & Fusion Hot Coals
- Circuit 6: Tricep Kickbacks & Titanium Tucks
- Circuit 7: Floor Dips & Fusion Glides
- Cool Down: Aborigine Stretch

THE WORKOUTS



TOTAL UPPER BODY

(Total Running Time 0:36:12)

JNL's upper body blast intensely firms up the muscles in your arms, back, and chest. Each one of JNL's signature moves will improve your power and appearance and increase your strength. True to the Fusion Fire method, you will engage in quick cardio bursts to keep you burning fat. Say goodbye to flabby arms, jiggly back fat, and weak biceps, and hello to tight, beautiful arms. **BONUS:** Need to de-bloat and de-puff your lower abdominal area? JNL fixes this problem area with her Fusion Titanium Tucks, an instant tummy toner.

EQUIPMENT NEEDED:

You will need medium and heavy weights and Cordless Cardio Ropes or a standard jump rope.

CONTENTS:

Circuit 1: Bent Over Rows & Hopscotch
Circuit 2: Lat Row with Rear Delt Fly & High Knees
Circuit 3: Shoulder Press & Speed Rope
Circuit 4: Bicep Curls & Titanium Tucks
Circuit 5: Hammer Curls & JNL Jacks
Circuit 6: French Press & Speed Rope
Circuit 7: Push-ups & Half Burpees
Cool Down: Aborigine Stretch



KISS MY ABS EXPRESS

(Total Running Time 0:04:45)

JNL gives your entire midsection a quickie workout, allowing you to stand up in most moves and use a small hand-towel to twist, tighten, and tone your torso!

EQUIPMENT NEEDED:

You will need a floor mat and a small hand towel.

CONTENTS:

Torso Twister
Crunch
X Twist
Ballistic Bicycle
Flank Inferno
V-Taper Crusher

THE WORKOUTS



TKO FAT BLAST

(Total Running Time 0:29:04)

Give your fat a TKO! The Fusion Fire Total Knock Out cardio fat blast is truly an outstanding body sculpting workout that melts off fat while building your endurance level. Awaken your inner fighter as JNL instructs you to perform mixed martial arts movements such as kicks, front hooks, punches, speed bag, and even ancient karate poses (such as the horse stance). You will feel tighter, quicker, leaner, and more fluid, improved coordination after this workout. You will definitely “earn your shower” as JNL pushes you to the max in all 30 second intervals.

EQUIPMENT NEEDED:

You will need Cordless Cardio Ropes or a standard jump rope.

CONTENTS:

Circuit 1: Alternating Side to Side Punches & Speed Bag

Circuit 2: Alternating Front Hooks & Speed Rope

Circuit 3: Upper Cuts & JNL Jacks

Circuit 4: Squats with Alternating Kicks & Burpees

Circuit 5: Squat with Side Kicks & Rapid Fire Kicks

Circuit 6: Front Punches & Criss Cross Jacks

Cool Down: Aborigine Stretch



CRAZY CIRCUIT CARDIO

(Total Running Time 0:31:29)

JNL's super challenging workout is guaranteed to burn fat while tightening up those hard to hit trouble areas. Her Fusion Fire multi-muscle exercises turn your body into a fat-burning machine, with tough, yet exhilarating, athletic drills. The focus is on amping up your metabolism by raising your heart rate. Even though the class is tough, JNL always encourages you to do the hardest version of this workout that you possibly can! If you are looking for a hard core workout that gives you intermittent mini breaks, then this Fusion Fire Crazy Circuit Cardio workout is made for you!

EQUIPMENT NEEDED:

You will need Cordless Cardio Ropes or a standard jump rope, a pair of medium and heavy weights or resistance bands, and a mat.

CONTENTS:

Circuit 1: Knee Crunches & No-limit Jumps

Circuit 2: Power Core & Power Kicks

Circuit 3: Fusion Coils & Speed Rope

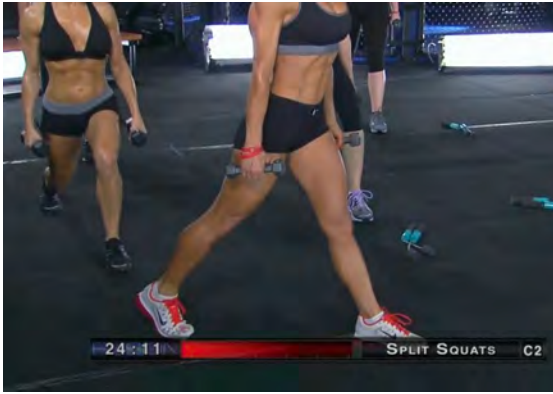
Circuit 4: Horse Stance & Snatch and Grabs, open and closed

Circuit 5: Pelvic Thrust & Criss Cross Jacks

Circuit 6: Overhead Punches & Mountain Climbers

Cool Down: Aborigine Stretch

THE WORKOUTS



LEAN LEGS

(Total Running Time 0:29:54)

Want long, lean, mean, sexy, strong legs? You will "pass the sweat test," get your "glutes to salute," and bubble out the booty, all while hitting each of the major leg muscles. You'll get super fitness model legs when they start to appear leaner and longer, thanks to JNL's plyometric movements. This workout is great for everyone from beginners to professional athletes who love track and field, marathons, or mixed martial arts.

EQUIPMENT NEEDED:

You will need Cordless Cardio Ropes or a standard jump rope and a pair of medium and heavy weights.

CONTENTS:

Circuit 1: Deep Squats & Rim Builders
Circuit 2: Alternating Split Squats & Speed Rope
Circuit 3: Sumo Squats & Plyo Squats
Circuit 4: Single Leg Deadlift & Sexy Scissors
Circuit 5: Standing Calf Raises & The Heisman
Circuit 6: Pelvic Thrust & Butt Blaster
Cool Down: Aborigine Stretch



LOWER BODY BLAST

(Total Running Time 0:29:05)

If your lower body is screaming "MAKE-OVER," then you will love this workout! JNL really challenges your lower body with her infused mix of plyometrics and resistance exercises that will sculpt and add strength to your legs, turning them into machines with endless endurance! Tighten, tone, and target all of your hard to hit trouble areas with the signature Fusion Fire cardio bursts to melt off fat, revealing long, strong, sexy legs. Areas hit are the outer thigh, inner thigh, quadriceps, and hamstrings, making you "pass the sweat test!" This is a multi-muscle workout that will keep your body guessing! The end result? Your legs will get fired up, becoming stronger and leaner with every workout!

EQUIPMENT NEEDED:

You will need a pair of medium and heavy weights or resistance bands.

CONTENTS:

Circuit 1: Alternating Lunges & Fusion Power Plyo Lunges
Circuit 2: Rear Lunges & Fusion Half Burpees
Circuit 3: Squats with Kicks & Plyo Squats
Circuit 4: Power Plié Squats & Plyo Plié
Circuit 5: Squats with Side Kicks & Core and Quad Kicks
Circuit 6: Calf Raises & Sexy Scissors
Cool Down: Aborigine Stretch

THE WORKOUTS



BICEP BUILDER

(Total Running Time 0:29:46)

Welcome to the "gun show!" This is a supercharged upper body workout, targeting your biceps and chest. No more flabby arms--just tight and toned muscles you can show off in a sleeveless shirt! The Fusion Fire strength training moves sculpt your upper body with high repetitions and give your muscles a great burn. This is followed by the Fusion Fire signature cardio bursts which blast fat while toning up your biceps and chest. JNL keeps you motivated throughout the entire workout to "never give up, never give in...always train to win!"

EQUIPMENT NEEDED:

You will need Cordless Cardio Ropes or a standard jump rope and a pair of medium and heavy weights or resistance bands.

CONTENTS:

Circuit 1: Bicep Curls & Jump Rope
Circuit 2: Hammer Curls & Burpees with Push-ups
Circuit 3: Angled-out Curls & Explosive Squat Plyo
Circuit 4: V-leg Push-up & Speed Bag Shuffle
Circuit 5: Wide Push-up & Scissors with Chest
Circuit 6: X Push-up with Twist & Fusion Glides
Cool Down: Aborigine Stretch



FUSION STRETCH

(Total Running Time 0:24:31)

Tight and wound up? Then unwind and stretch out with JNL's Fusion Stretch. This is her non-intimidating approach to flexibility training. It's basic but challenging enough for all levels to get a deep stretch. You don't have to be a devout yogi to enjoy the benefits of a deep relaxing stretch. This is a full body stretch routine, where JNL makes sure to stretch out all major muscles, even providing instructions for breathing techniques. This workout will help you to detox and de-stress, leaving you with a better outlook. JNL will give your tired body just what the doctor ordered.

EQUIPMENT NEEDED:

You will need a floor mat and a small hand towel.

CONTENTS:

These stretches are basic enough for beginners, yet challenging enough for those who are advanced and highly flexible. JNL will guide you through a series of stretches, moving seamlessly from one stretch to the next. Moving through deep breaths, full body stretches, neck and shoulder rolls, and floor mat work, JNL stretches out all of your major muscle groups, allowing your body to de-stress and your muscles to lengthen.

THE WORKOUTS

FUSION FIRE Advanced PACKAGE



KISS MY ABS - AB SHREDDER

(Total Running Time 0:08:05)

Kiss My Abs- Ab Shredder will give you firm stomach muscles, which in turn will de-bloat you, and make your daily activities easier! JNL's ab-toning standing exercises are combined with quick floor ab workouts for maximum results.

EQUIPMENT NEEDED:

You will need a floor mat and a small hand towel.

CONTENTS:

Side Laterals
Crunch
Six-Pack Scissors
Floor Scissors
Torso Twister
Crab Kicks
Back Kicks



KISS MY ABS – COMPLETE CORE

(Total Running Time 0:08:31)

JNL gives you tons of variety in her 5-minute workout, as there is a different ab exercise almost every 30 seconds! This is a genuine "ab-centric" workout, focused on increasing the strength in your core muscles. Giving you flat, tight, toned "Kiss Me" abs, this workout includes both standing and floor exercises, which ensures you get multi-muscle ab work.

EQUIPMENT NEEDED:

You will need a mat and a small hand towel.

CONTENTS:

X Twist
Ballistic Bicycle
Side Laterals
Pass Through
Flank Inferno
V-Taper Crusher
Torso Twister
Floor Twister
Six-pack Scissors
Floor Scissors

THE WORKOUTS



SPEED & AGILITY

(Total Running Time 0:19:07)

Unleash your MVP! This Fusion Fire workout is dedicated to your inner athlete. You will be empowering your mind and body with sports inspired moves from football, soccer, basketball, and track and field! So get ready to get to bring your A-Game! Get up off the bench and on to the field to play in the sport of life!

EQUIPMENT NEEDED:

None

CONTENTS:

Shoot for the Hoops
Soccer Kicks, go for the goal!
Fusion Football Shuffle/Heismans
Fusion Suicides
Skiers
Forward and Back Hops
No-limit Jumps
Cool Down: Aborigine Stretch



TOTAL BODY TRANSFORMER

(Total Running Time 0:32:13)

JNL's high impact, amped up cardio party will definitely blast the fat off! Whether you are beginner, intermediate, or advanced, JNL will push each and every last rep out of you. If your cardio level is at an all time low, you are stuck in a fat blasting rut, and you need a motivational cardio kick in the butt. JNL is here to "kick your trash" in this full on cardio blast!

EQUIPMENT NEEDED:

You will need a towel and Cordless Cardio Ropes.

CONTENTS:

Circuit 1: Up and Overs & Sexy Scissors with Torso Twist
Circuit 2: Torso Torture with Towel & Skiers with Towel
Circuit 3: Standing Towel Crunches & Towel Pony Hop Torso Twist
Circuit 4: Speed Rope
Circuit 5: Titanium Tucks
Circuit 6: Flutter Kicks & Quad Kicks

THE WORKOUTS



BALLISTIC BACKSIDE

(Total Running Time 0:39:38)

Weak back? Bad posture? Want to start walking upright and proud? Then this serious Fusion Fire workout is for you! All of your major muscles along your entire backside will be strengthened and toned while you blast off ugly fat with the signature Fusion Fire cardio bursts. JNL designed this workout to target your deepest core back muscles, giving you a sexy, toned backside! JNL's approach to instruction will keep you motivated and coming back for more of her "full-on back attack" workout!

EQUIPMENT NEEDED:

You will need Cordless Cardio Ropes or a standard jump rope and a pair of medium and heavy weights or resistance bands.

CONTENTS:

Circuit 1: Weighted Back Lunge & Fusion Snatch and Grabs

Circuit 2: Good Mornings & Explosive Jacks

Welcome to the triple threat series!

Circuit: 3 Lunge Knee Squat & Advanced Plyo Scissors

Circuit 4: Romanian Deadlifts & Power Plyo Plié Squat

Circuit 5: Back Rows & Boxer Twist

Circuit 6: Back Flies & Butt Kicks

Circuit 7: Inside Rows & Burpees

Circuit 8: Kick Backs & Supermans

Cool Down: Aborigine Stretch





“Fitness models have more fun, because life is more fun when you are fit!”

– Jennifer

JNL SIGNATURE MOVES

1 SNATCH AND GRABS

TARGET MUSCLES:

This combination uses all leg, core, and shoulder muscles, but especially quadriceps, hamstrings, and abs, adding quality to your speed and agility.

SET UP:

Start with your glutes out, hamstrings parallel to the floor, chest and chin up, fingers touching the floor, or as low as they can go.

ACTION:

Fire up your quads by “pouncing” forward and back. Have more speed at the beginning of your move and then land gently. Use your arms for powering up and then landing softly with balance and control.

TIP:

Your goal is to jump up as high as you can, and travel as long as you can, calling upon your major leg muscles, all while using your core for stability and your arms for added momentum. This is one of JNL’s all time favorite moves, as it truly is challenging and makes you stronger with every “Snatch & Grab”!



2 TITANIUM TUCKS

TARGET MUSCLES:

Truly a full body toner, this move targets the shoulders, biceps, triceps, upper back, lower back, calves, quadriceps, and the entire core, especially the hard to hit area of the lower abs.

SET UP:

Inhale, bringing your arms up and then bend over at the hips. Firmly plant your hands onto the floor, gripping the floor with “starfish” hands, fingers fully spread out. Bend one leg at the knee, lifting the toes up off the ground while the other is firmly placed on the ground.

ACTION:

At the beginning of the 30-second interval, jump on your leg forward and back. Switch to the other leg after 15 seconds.

TIP:

The goal of this exercise is to move the one leg that’s on the floor forward and back as far as you can, making the knee go into your chest as much as you can, and then pushing it out as far as you can, while maintaining your speed of this move. After 15 seconds, the goal is then to switch to the other leg. After the 30 second interval is done, bring both feet together, lift your chest, chin and head up, and slowly stand up.



JNL SIGNATURE MOVES

3 HOT COALS

TARGET MUSCLES:

Engaging nearly all of the muscles in your body, this move targets the shoulders, biceps, triceps, upper back, lower back, calves, quadriceps, and the entire core, especially the hard to hit area of the lower abs, quads, hamstrings, and calves.

SET UP:

Similar to the Titanium Tuck set up, inhale, bringing your arms up, and then bend over at the hips. Firmly plant your hands onto the floor, gripping the floor with “starfish” hands, fingers fully spread out. Bend one leg at the knee, lifting the toes up off the ground, while the other is firmly placed on the ground.

ACTION:

For the entire 30-second interval, alternate toes up off the ground. Imagine that you have hot coals underneath your toes and you don’t want to land on them, but for maybe a split second. Power up off the ground with your toes, snapping your heels into your hamstrings, almost kicking your glutes.

TIP:

Enjoy this fun and innovative movement by allowing your head to dangle in between your shoulders and arms and actually watch your feet kick up and down. Work towards keeping your feet up and off the “hot coals” as much as you can by shifting your weight to your upper body, engaging your shoulders, biceps, triceps, upper back, lower back, and abs!



JNL SIGNATURE MOVES

4 SEXY SCISSORS

TARGET MUSCLES:

Sexy Scissors targets your shoulders, biceps, triceps, upper back, lower back, core, quadriceps, hamstrings, and calves. It also increases your heart rate, so it engages the most important muscle--the heart!

SET UP:

Stand with one leg in front and one in back, with knees slightly bent. Alternate arms, one above head, and one below.

ACTION:

Switch arms from above to below, keeping them strong, while you alternate your legs.

TIP:

Aim to keep your athletic abilities in control during this move, not allowing yourself to get lazy or too loose in execution. Focus on strong plyos, springing up and then switching legs in mid air, while also alternating your arms swiftly and purposefully. Aim to land gently on your feet and then power up.



JNL SIGNATURE MOVES

5 FUSION FIRE JACKS

TARGET MUSCLES:

This calorie crusher is a new take on an old school classic exercise. This exercise targets shoulders, chest, back, quadriceps, hamstrings, and also calves.

SET UP:

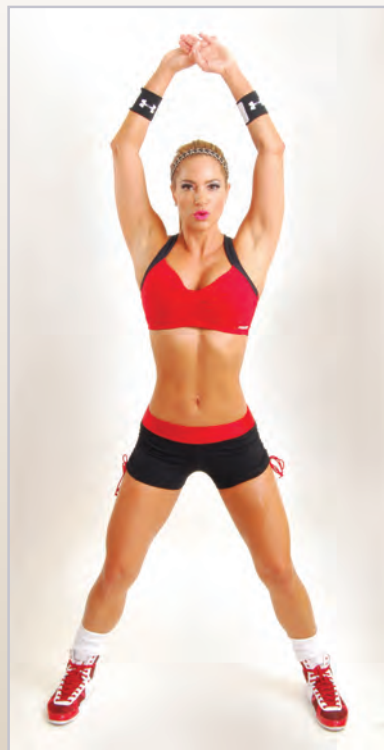
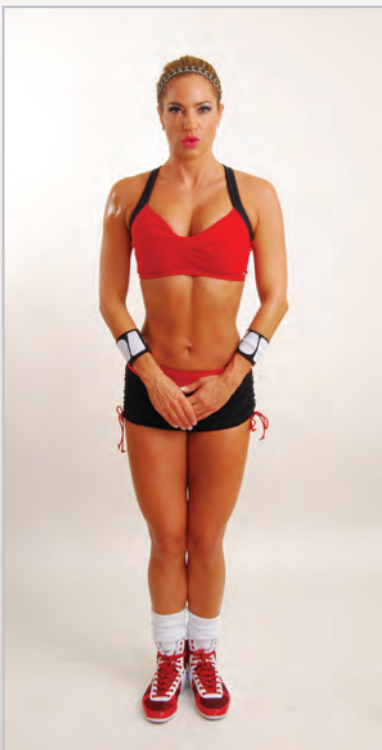
Stand with feet together and knees slightly bent, with arms down.

ACTION:

Power up, touching hands at top of movement, widening your legs. Then come back to starting position, powering your legs out, pushing arms out in front.

TIP:

Aim to have total control of this exercise, not allowing yourself to get lazy. Engage all of your muscles in this movement, keeping your movement big and powerful.



6 FUSION GLIDES

TARGET MUSCLES:

This powerful glide targets inner thighs, outer thighs, shoulders, biceps, triceps, abs/core, quads, hamstrings, and calves.

SET UP:

Inhale up and squat down. Place arms in front and “starfish” hands with fingers spread out. Keep your abs in tight and kick one leg out to the side.

ACTION:

Keeping your upper body strong and locked in, briskly switch your legs from side to side, “gliding” from one leg to the other.

TIP:

The goal of this move is to keep your glutes down as low as you can to the ground, keeping your upper body strong, as it holds you up. Work on building up your speed, as you transition from one leg to the next. Focus on kicking your leg out as far as you can on each move.



JNL SIGNATURE MOVES

7 FUSION SKIERS

TARGET MUSCLES:

This set of moves fires up the quadriceps, hamstrings, glutes, abs/core, shoulders, biceps, triceps, upper back, lower back, and chest.

SET UP:

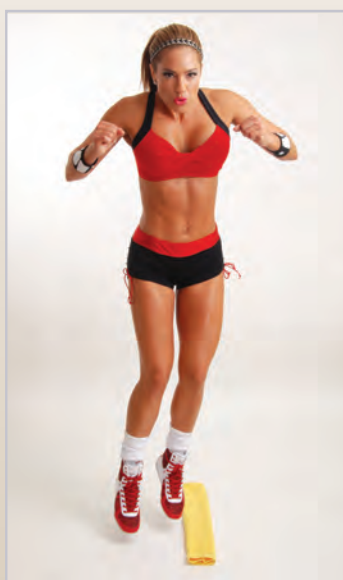
Place a towel on floor. Get into “skier” position, with knees slightly bent, glutes out, hamstrings almost parallel to floor, with arms in flexed position next to body.

ACTION:

“Ski” up and over the towel, mimicking the same movement as an Olympic skier, keeping your legs strong with each plyometric jump. Jump over the towel, landing gently with control. Power back up and over, using your arms as momentum to “ski” over the towel, going from side to side.

TIP:

Your goal here is to perform a power jump plyo up and over the towel, landing with control. Try not to rest too much once you get over the towel, and jump back over to the other side. Work on increasing your speed and agility while you swing your arms to power you over.



JNL SIGNATURE MOVES

8 FUSION FOUR

TARGET MUSCLES:

This works all 4 limbs, thus the name Fusion Four. It targets your arms and legs, but most importantly your entire abs/core.

SET UP:

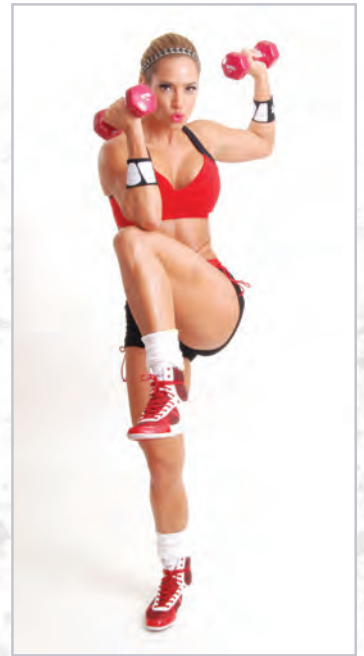
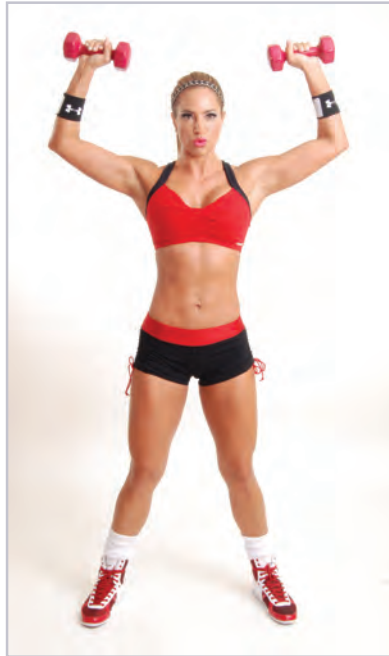
Hold weights in your hands, hands above your head, and elbows bent to 90 degrees. Stand with legs shoulder width apart.

ACTION:

Alternate bringing your elbows to opposite knees.

TIP:

Focus on not getting lazy close to the end of your 30 second intervals. End the circuit with the same energy as when you started. Bring your knees up as high as you can.



9 FUSION HOPSCOTCH

TARGET MUSCLES:

This power combination targets your entire body, attacking the fat, as it's a cardio calorie incinerator! It hits your calves, legs, and arms.

SET UP:

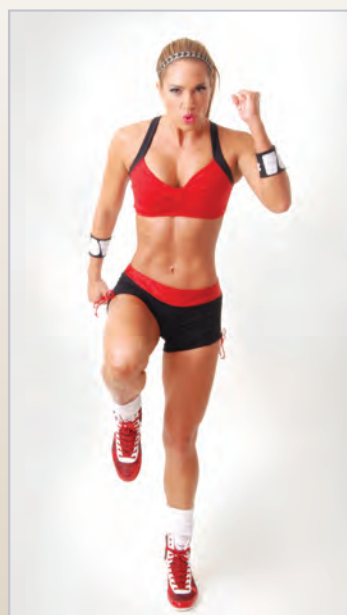
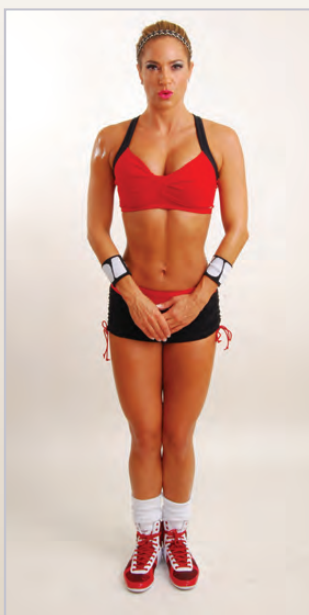
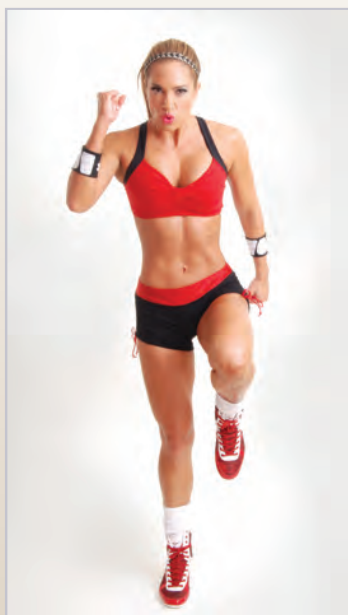
Stand on one leg with the opposite arm up.

ACTION:

Imagine doing a hopscotch move, where you jump on one leg for 2 hops, then place both feet down, hopping on both feet, alternating back onto one foot for 2 hops.

TIP:

Focus on having fun with this move, and really swinging your arms for extra calorie burn.



JNL SIGNATURE MOVES

10 FUSION FIRE POWER PLIÉ PLYOS

TARGET MUSCLES:

One of JNL's all time favorite Fusion Fire Cardio bursts, these moves target the hard to hit areas such as the inner thigh, the outer thigh, quads, hamstrings, and glutes! It's an all leg toner!

SET UP:

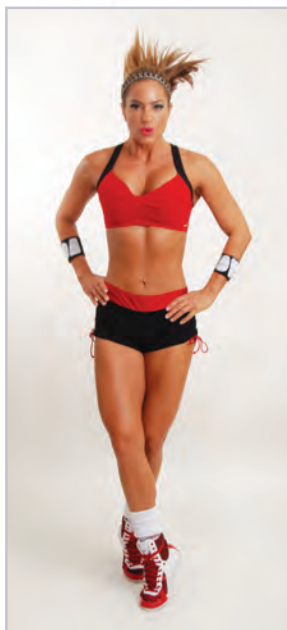
In a plié open legged squat, aim to touch the floor with one hand, while keeping your chest and chin up.

ACTION:

From your starting position, jump up into a plié plyometric, landing back into the same starting position, except for alternating your hand onto the ground.

TIP:

Looks difficult, but this move is as easy as 1, 2, 3! Just focus on really powering up on the plyo jump and switching your legs in midair. Aim to jump as high as you can, calling upon your deep leg muscles. For beginners, you can simply place your hands on your front thighs, instead of touching the floor. For the advanced, you can power up both arms on the up move, reaching for the sky!



JNL SIGNATURE MOVES

11 NO LIMIT JUMPS

TARGET MUSCLES:

This jump engages all major leg muscles, especially quads, hamstrings, glutes, and inner and outer thighs.

SET UP:

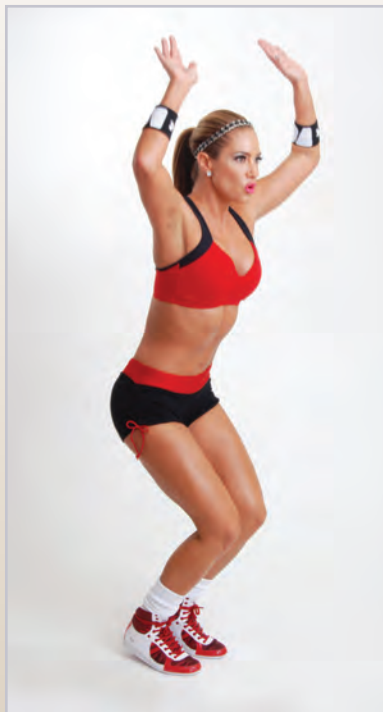
Sit down into a squat position, with hands touching the floor (advanced), or placed onto the front of your thighs (beginner).

ACTION:

Powering up with all of your might, jump up as high as you can, reaching up all the way with your arms!

TIP:

Your goal is to jump as high as you can, while landing as gently as you can. This move is to help you realize that there are no limits. You can reach as high as you push your body to go!



JNL SIGNATURE MOVES

12 CORE AND QUAD KICKS

TARGET MUSCLES:

Exactly as the name says, this awesome move hits your core and quads, while also engaging your shoulders!

SET UP:

Sit down into a “crab position” with legs out in front of your body, abs pulled in tight, and arms strong, holding your chest up and out.

ACTION:

For 30 seconds, kick your legs out, alternating them one kick at a time.

TIP:

Focus on keeping your abs in tight, upper body strong, and kick up as high as you can! As for your hands, place your fingers pointing towards your glutes.



13 HALF BURPEES

TARGET MUSCLES:

Taken from the old school burpee, JNL added more intensity to keep your body guessing and to give you better results!

SET UP:

Squat down, with knees bent, touching your elbows.

ACTION:

From your start position, kick out both of your legs, and then bring them right back in as fast as you can with the most control possible.

TIP:

Practice makes perfect! The more you do, the better you will get. Keep your chest and chin up, and power your entire lower body away from your upper body. Then transition using speed and agility, bringing your legs back in.



14 FUSION EXPLOSIVE JACKS

TARGET MUSCLES:

This move targets both your lower and upper body, especially your inner thighs, outer thighs, shoulders, and chest.

SET UP:

Start with legs together and hands to your sides.

ACTION:

Spring up into a full body jump, clearing your legs totally up off the ground, into a jumping jack movement. At the top of this move, your hands should be touching above your head and your legs up and pointing out.

TIP:

Aim to land softly and even bend a bit at the knees. Call upon your glutes and hamstring muscles to power you up as high as you can go, using your arms for added momentum.



MEASURE YOUR SUCCESS

LET'S GET THOSE PHOTOS

You are about to get into the best shape of your life, so let's make sure you track it! In order to track your progress, you are going to start with your "before" photo. Follow these easy guidelines to get the best photos.

1. CLOTHES:

Wear a swimsuit, or something similar, in order to clearly determine the areas that need your focus. The more skin you see, the better. It will help you to fully see your complete transformation later. If you're a male, wear shorts and take off your shirt for photos. Ladies, wear a sports bra and shorts or a bikini so that your waist, belly, and thighs are visible.



2. BACKDROP:

You want your backdrop to be as plain as possible. Pick an uncluttered spot for your photos. We recommend using a white wall.

3. ANGLES:

You can't take too many pictures. The more you have, the more you will be able to reference later. You will definitely want to take a few front shots with your hands on your hips, some side shots with both hands on your sides, and some back shots with your biceps flexed and with your hands on your hips. Set your phone or camera to portrait mode (not landscape). Make sure you can see yourself head to toe, while still posing close enough to see details.

4. POSE:

You want to see exactly how your body looks at rest, so don't suck in or push out. This will help you see how much tighter and leaner you become with Fusion Fire.

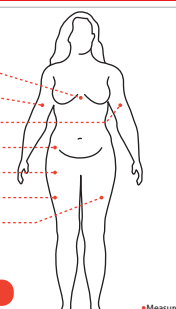
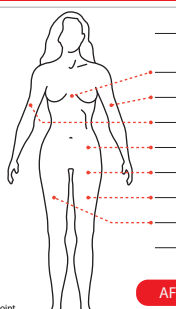
5. SUCCESS:

Take photos in the same clothes, poses, and circumstances, using the same background, every 30 days, to see your great progress and success! Once you have made it to the end, go ahead and take your incredible "after" photos in which you will want to mimic the poses you did in your "before" photos to get the best comparison possible.

MEASURE YOUR SUCCESS

MEASURE YOUR SUCCESS

Don't forget that you are going to want to see a calculated result, as well. We have included our Measurement History card for your convenience. You will measure each area at its widest point to get the most accurate reading. Write down your "before" measurements the same day you take your photos. Likewise, write down your "after" measurements the same day you take your "after" photo.

BODY FX		MEASUREMENT CHART	
START DATE _____		_____ END DATE	
Chest _____		Chest _____	
Right Arm _____		Right Arm _____	
Left Arm _____		Left Arm _____	
Waist _____		Waist _____	
Hips _____		Hips _____	
Right Thigh _____		Right Thigh _____	
Left Thigh _____		Left Thigh _____	
Weight _____		Weight _____	
BEFORE		AFTER	
DIFFERENCE: Chest _____ Right Arm _____ Left Arm _____ Waist _____ Hips _____ Right Thigh _____ Left Thigh _____			
RESULTS: TOTAL INCHES LOST: _____ TOTAL WEIGHT LOST: _____ WAIST-TO-HIP RATIO: _____			

Share Your Incredible Story!

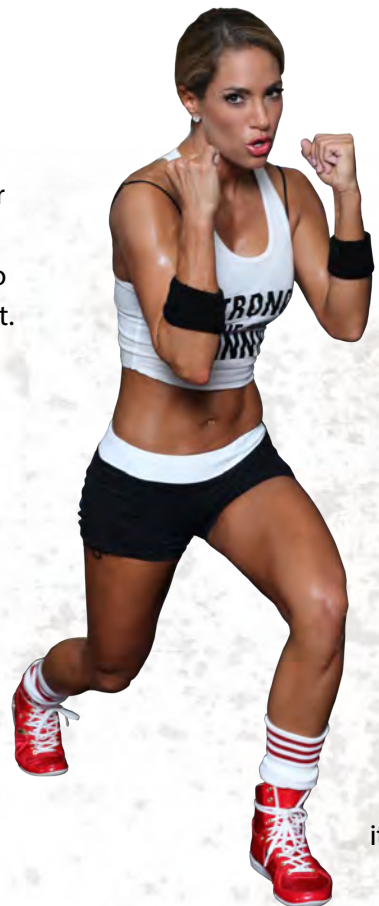
Send in your "before" and "after" pictures to support@bodyfx.com, along with your stats, to be considered for cash and prizes!

MEASURING YOUR WEIGHT

Use the same scale each time you weigh yourself. Make sure you are wearing the same clothes each time you weigh yourself. The clothing should be as light as possible or, better yet, wear no clothes at all. Choose an accurate and reliable scale. Make sure it measures half-units (1/2 lb.) accurately. Do not put the scale on an uneven or soft surface, such as carpet.

When should you weigh? Ideally, you should measure your weight in the morning. If you can't do that, then try to weigh yourself at the same time each day. It's normal for most women to gain a little weight before their period. Put off weighing yourself until after your period.

How often should you weigh? Weigh yourself once a week, at the same time of the day. Body weight, by itself, is not the best way to see your true transformation. This is because when you burn fat and increase your muscle mass, you may weigh a bit more even though your body is getting tighter and smaller. Muscle tissue is more dense than fat tissue, so weighs more. But that's okay—you want more muscle and



it

MEASURE YOUR SUCCESS

less fat! That's the reason it's important to also measure your body in inches.


MEASURING YOUR INCHES

All you need is a measuring tape and a friend who is familiar with the directions below:

1. Biceps (right and left arm) measurement: Flex the biceps muscle and measure exactly at the peak (the spot between the shoulder and the elbow)
2. Chest measurement: Measure around your chest, across both nipples. Make sure the tape is flat to your body and perpendicular to the floor. Hang your arms down so you can get the lats (back muscles) in the measurements.
3. Waist measurement: Measure your waist by placing the measuring tape exactly across the belly button (including the love handles). Make sure the tape is flat to your body and perpendicular to the floor.
4. Hip measurement: Stand with feet close together. Measure the widest part of your butt and keep the tape flat to your body and perpendicular to the floor.
5. Thigh (right and left) measurement: Stand with feet shoulder width apart with your weight evenly distributed. Measure the middle part of your thigh (spot 1/2 way between the inseam and the knee).
6. Calf (right and left) measurement: Stand with feet shoulder width apart with your weight evenly distributed. Measure at the peak of the calf.

**Remember to be consistent with your measurements. Measure your body at the exact same place every 30 days, starting on Day 1.

STRATEGIES FOR SUCCESS



How many times have you started an exercise program and then just quit? Well, you're not alone! Many people start with great intentions but soon lose motivation and end of quitting altogether. We want to see you succeed every step of the way, so we put together eight tips that we have found useful for starting and sticking with the Fusion Fire 8-week plan.

Fusion Fire Introduction Videos - If you are new to Fusion Fire, follow along with the introduction video entitled Fusion Intro, along with Fusion Basics which demonstrates JNL's Signature Moves. In the beginning, it might feel a little overwhelming, but these tools will help.

Modify If Needed -In each one of the Fusion Fire workouts there is someone performing the modifications, making the workout easier on your joints and decreasing the range of motion. You can choose to follow all of them, or simply modify the moves that you don't feel comfortable with. It is a great option for beginners. Consider it a buidling block to work up to the level of the group. Remember, slow and steady wins the race!

Maintain Your Form -It is important to maintain proper form to achieve the best results possible. Pay close attention to the instructions during the workout. You will be guided on how to properly breathe and maintain correct posture while performing the Fusion Fire moves. You will not only maximize your core strength and endurance, but also accelerate your fat burn- tenfold!

Wear Good Shoes- Be sure to wear a good, supportive pair of well-fitting cross-training shoes that provide support and allow you to move and jump side to side.

Sleep Well -Get at least eight hours of sleep each night. Sleep not only increases your calcium retention to help maintain your bone mass, but it also promotes fat loss, reduces fat storage, supports your immune system, and keeps your organs operating smoothly. When you sleep, you also produce most of your growth hormone.

STRATEGIES FOR SUCCESS

Drink Lots of Water -Drink water all throughout the day: before, during, and after workouts. Drinking water helps control appetite.

Track Your Results -Your body will start showing positive improvements from the day you begin Fusion Fire, so capture your transformation immediately. On Day 1, take a "before" photo of yourself and document your starting measurements and weight on the measurement tracker. Continue weighing, measuring, and taking progress photos every 30 days to see your transformation. This way, you will stay motivated to reach your fitness goals!

Also, be sure to pay attention to inches, photos, and other non-scale victories. Weight is not the best indication of your success in the short term. The scale only tells part of the story. Just as a pound of feathers and a one-pound brick are not the same, your body's composition will also not always be the same. As you lose body fat and gain lean muscle mass, it will prove difficult to use the scale as a tool to properly assess your progress. The scale paired with body fat testing will prove to be far more effective in determining results.

Track Your Exercise -Track your exercise progress by keeping a working journal. This can make or break your fat loss progress! Think of the journal as a road map. It's going to show you the route, help you avoid becoming sidetracked, and keep your final destination in focus. If you lose direction, consult your journal. If you lose your purpose, consult your journal. Seeing your progress in your journal will help you to be more successful in achieving your dream body.

Become a Leader -The absolute best way to ensure your success with Fusion Fire is to become the leader of a group. Find co-workers, friends, neighbors, or family

members who want to achieve the same type of goals that you do. Be the point of contact for the group. Meet every day or every other day to share your achievements and challenges. This way your sense of responsibility for the goals that you desire is at its highest.

Take Small Steps -Make this Fusion Fire journey small and temporary in the beginning. Don't look at a diet change and a new exercise routine as something you need to commit to for six months, much less the rest of your life. Look at it as a test drive of just eight short weeks.

It is important to proceed with caution. While it may be tempting to reduce caloric intake even further, thinking you will achieve even greater results, don't do it. Attempting to eat less food while doing these high-impact workouts will eventually slow your metabolism and force your body into a plateau. This could result in lost weight being regained.



“Compete only with yourself, by pushing yourself always to the next level, and one day you will be looking over your own empire.”