

What to Expect

Over the course of 6 weeks you'll do 24 unique workouts using 4 different training styles:

- Circuits
- Complexes
- Descending Pyramids
- Supersets

with 3 different cardio elements, X-Factors, Burn Sets, and Fat Melting Finishers.

Each workout combines your "cardio" with muscle toning. That means **NO SEPARATE CARDIO SESSIONS**. You will be doing cardio but only 4 minutes or less per workout. Believe me: It's effective at melting body fat and keeping your lean and tight.

The style of training you'll be following will also have your heart rate up quite often, so you will be getting plenty of cardio, it just won't necessarily feel the same as the cardio you've been used to.

Give each workout 110% of your effort and as always keep your form on-point! Every exercise is linked to a clickable video demo to show you perfect form and coaching cues to learn proper execution of each rep.