

BEACHBODY ON DEMAND



Each of these workouts below are free for you to try in the comfort of your own home! If you are prompted to enter a Coach ID please enter my ID which is: 1669532. You are not putting in any banking information as mentioned above these workouts are free of charge for you to experience! After you click “play sample workout” you will be directed to a new screen. On the bottom of that screen you will see a “message bubble” and you can click that to turn on captions.

1. Morning Meltdown 100 Sample Workout:

<https://www.beachbodyondemand.com/programs/morning-meltdown-100/workouts>

Description: Torch calories with high-intensity cardio and resistance training while a LIVE DJ turns up the energy as you burn off the pounds.

2. LIIFT4 Sample Workout:

<https://www.beachbodyondemand.com/programs/liift4/workouts>

LIIFT4 combines heavy lifting and intense cardio to transform your body while only working out 4 days per week!

3. Transform 20 Sample Workout:

<https://www.beachbodyondemand.com/programs/transform-20/workouts>

Transform20 is a high intensity six week “step” program that will help transform your body in JUST 20 MINUTES PER DAY!

4. 21 Day Fix Real Time Sample Workout:

<https://www.beachbodyondemand.com/programs/21-day-fix-real-time/workouts>

Get a major calorie burn, tone your muscles and lose up to 15lbs in 21 days with a different 30 minute workout every day! Each week you will be introduced to a new, more challenging approach to each workout!

5. 21 Day Fix Real Time Extreme Sample Workout:

<https://www.beachbodyondemand.com/programs/21-day-fix-extreme-real-time/workouts>

Like 21 Day Fix...but EXTREME!

6. Clean Week Sample Workout:

https://www.beachbodyondemand.com/programs/clean-week/workouts?ICID=BLOG_CLEAN_SAMPLE

Clean Week™ is a seven-day fitness and nutrition program designed to help you kick-start healthy habits!

7. Barre Blend Sample Workout:

<https://www.beachbodyondemand.com/programs/barre-blend/workouts>

Create a lean, toned physique through a FUN fusion of ballet barre, Pilates, and cardio interval training. LOW IMPACT/HIGH INTENSITY!

8. 6 Weeks of The Work Sample Workout:

<https://www.beachbodyondemand.com/programs/6-weeks-of-the-work/workouts>

warning—explicit language in this one!

9. 10 Rounds Sample Workout:

<https://www.beachbodyondemand.com/programs/10-rounds/workouts>

Step into the ring for the first time ever at home boxing program! This program will help you torch fat, melt inches off your waistline, and get lean and mean in just 6 weeks!