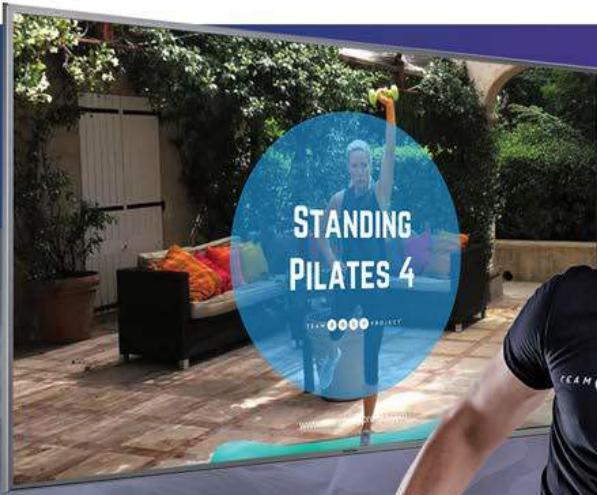


TURBO WORKOUTS



RESISTANCE CARDIO — STARTERS —

Below is a list of 'TURBO' workouts you can add to your current plan to accelerate results.

Week 1

DAY 1 - Total Body Sculptor A1
DAY 2 - Casual Movement
DAY 3 - 15 Minute Abs
DAY 4 - Cardio Motion
DAY 5 - Leg Sculptor A1
DAY 6 - H2O Boiling Point

Week 2

DAY 1 - Total Body Sculptor A2
DAY 2 - Walking Cardio
DAY 3 - Abs Extra
DAY 4 - H2O Simmer
DAY 5 - Legs Sculptor A2
DAY 6 - H2O Ice Baby

Week 3

DAY 1 - Total Body Sculptor B1
DAY 2 - Cardio Compassion
DAY 3 - Movement Compassion
DAY 4 - H2O Ice Baby
DAY 5 - Leg Sculptor B1
DAY 6 - Just Combo

Week 4

DAY 1 - Total Body Sculptor B2
DAY 2 - Cardio Breeze
DAY 3 - Ab Intervals
DAY 4 - Cardio Pilates Starter
DAY 5 - Leg Sculptor B2
DAY 6 - H2O Sub Zero