

WORKOUT OPTIONS



Quick Ten

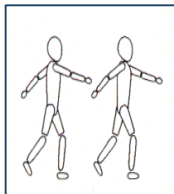
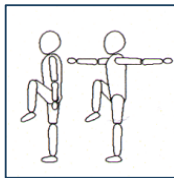
Warm Up - 5 minutes

Circuit - 10 seconds

Resistance

- 30 seconds Cardio

Cool down - Functional



25 Minute Workout

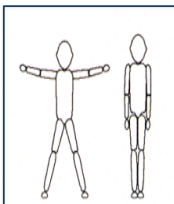
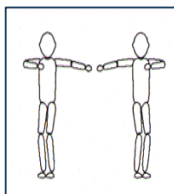
Warm Up - 5 minutes

Circuit - 15 minutes

- 1 minute Resistance

- 1 minute Cardio

Cool down - 5 minutes



40 Minute Workout

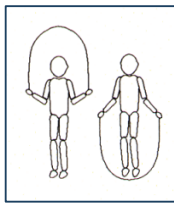
Warm Up - 5 minutes

Circuit - 30 minutes

- 1 minute Resistance

- 2 minute Cardio

Cool down - 5 minutes



BKS

PARTNERS

INSIGHT BEYOND INSURANCE