

**Premixes for 30-Minutes to Fitness “Body Design”:**

All segments

Cardio Bootcamp & Weighted Kickboxing

Cardio Bootcamp & Light Dumbbell Cardio Sculpting

Cardio Bootcamp & Stronger/Leaner Lower

Cardio Bootcamp & Stronger Upper

Cardio Bootcamp & Yoga Flow

Weighted Kickboxing & Light Dumbbell Cardio Sculpting

Weighted Kickboxing & Stronger/Leaner Lower

Weighted Kickboxing & Upper Body Strength

Weighted Kickboxing & Yoga Flow

Light Dumbbell Cardio Sculpting & Stronger/Leaner Lower

Light Dumbbell Cardio Sculpting & Upper Body Strength

Light Dumbbell Cardio Sculpting & Yoga Flow

Stronger/Leaner Lower & Upper Body Strength

Stronger/Leaner Lower & Yoga Flow

Stronger Upper & Yoga Flow

Cardio Bootcamp, Light Dumbbell Cardio Sculpting &  
Weighted Kickboxing

Light Dumbbell Cardio Sculpting, Stronger Leaner/Lower &  
Upper Body Strength

\*\*Most Premixes will have a Warm-up and Cool-down