

**DVD #1 (Cardio Core and Upper body  
Supersets) Premixes:**

Cardio – No Strength

Cardio – No Jumps

Upper Body Mix – One Superset

Upper Body Mix – Two Supersets

Upper Body Mix – Single Sets 1 & 2

Upper Body Mix – Single Sets 1,1,1

Upper Body Mix – Single Sets 2,2,2

Cardio Core with Upper Body Intervals

Kickbox Moves with Burnouts

DBs & Body Weight (Chest/Triceps & Core)

DBs & Body Weight (Back/Biceps & Lower)

**DVD #2 (Lower Body Tabata and  
Kettlebell & Kickbox) Premixes:**

Lower Mix One

Lower Mix Two

KB/KB – No Swings

KB/KB – Swings Only

Kickboxing – No Kettlebells

KB/KB – Timesaver One

KB/KB – Timesaver Two

Legs & KB/KB Mix

Kelly's Mix

Legs & Kettlebell

**DVD #3 (Trim & Tone Intervals) Premixes:**

Cardio Only

Dumbbells Only