

## Lean Body Circuits Premix:

Combined Workouts 52 min

Weights 27 min

Cardio 33 min

Hi/Lo 20 min

Boxing 20 min

Legs 17 min

Upper Body 18 min

Combined – no hi/lo 39 min

Combined – no boxing 39 min

Combined – no legs 43 min

Combined – no upper 42 min

Hi/Lo & Legs 32 min

Boxing & Legs 32 min

Hi/Lo & Upper 30 min

Boxing & Upper 31 min