

Premixes for 30-Minutes to Fitness “Strength & Stamina”:

Workout One - no swings (31 min)

Workout Two - no swings (30 min)

Workout One – 2 sets and swings (38 min)

Workout Two – 2 sets and swings (28 min)

Workout One Express – 1 set and swings (21 min)

Workout Two Express – 1 set and swings (21 min)

Combined Workout (burnout) – (63min)

Combined Workout – no swings (54 min)

Workout One – no cardio leg blasts (38 min)

Workout Two – no cardio leg blasts (38 min)

Lower body – legs and swings (24 min)

Upper body – upper and swings (28 min)