

Sweat it Out

HERE ARE SOME FREE SAMPLE WORKOUTS FOR YOU TO TRY. CLICK ANY IMAGE TO GO TO THE PROGRAM + PRESS PLAY ON THE SAMPLE WORKOUTS



9 Week Control Freak



30 Day Breakaway



#mbbf



#mbfa



10 Rounds



Barre Blend



Pre & Post Natal
Barre Blend



Morning Meltdown 100



4 Weeks of the Prep



6 Weeks of the Work



21 Day Fix
Real Time



21 Day Fix Extreme
Real Time



Transform 20



Mex de Mas



Lift4



Shift Shop