

## STRENGTH TRAINING

<b>Core Challenge</b>	30 MINUTE INTENSE "CORE" WORKOUT WHICH INCLUDES THE ABDOMINAL, BACK, HIP AND GLUTE REGION
<b>Total Body Workout</b>	30 MINUTE WORKOUT USING MULTI-JOINT EXERCISES TO CHALLENGE ALL MUSCLE GROUPS

## COMBINATION CARDIO/STRENGTH

<b>GI Jane</b>	HIGH INTENSITY WORKOUT DESIGNED TO KEEP YOU MOVING FOR A FULL 30 MINUTES WHICH FOCUSES MOSTLY ON THE MUSCLES OF THE LOWER BODY. (30 MINUTES)
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