

Premixes for 30-Minutes to Fitness "Meltdown":

Combined (54:14) Workout One followed by Workout Two

Meltdown Mix Up (43:47) Boxing, all db moves, boxing, all barbell lifts, boxing

Dumbbell Meltdown (43:00) 3 sets of all db moves separated with boxing

Barbell Meltdown (31:31) 3 sets of lifts separated with boxing

Mini LIFT (14:45) 3 sets of barbell lifts separated by bench hops

Meltdown (no Barbell) Workout One without the barbell lifts

The following premixes move quickly. Have all equipment ready to go from one move to the next between both workouts:

Total Meltdown (36:33) Intervals of individual moves between Workout One and Workout Two

Dumbbell and Boxing (30:58) Intervals of individual dumbbell moves and boxing combos

Barbell Boxing (31:08) Intervals of individual barbell lifts and boxing combos