

Combo Premixes

Note: most of the pre-mixes will have warm-ups, cool-downs, and stretches!

Kickbox and Barbell Interval (40 min)

Kickbox and Dumbbell Interval (40 min)

Kickbox and Tubing Interval (40 min)

Strong and Lean Intervals (55 min)

Strong Premixes

Pre-mixes include warm-ups, cool-downs, and stretches!

Barbell Only (14 min)

Dumbbells Only (14 min)

Tubing Only (14 min)

No Shoulder Moves (25 min)

No Legs Moves (25 min)

No Barbell (22 min)

No Dumbbells (22 min)

No Tubing (22 min)