

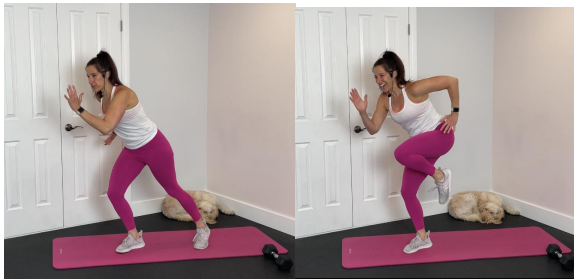
# **Xceed:** 15 Minutes is all you need to XCEED at your goals!

Bring the power. Bring the effort and crush this 15 minute full body Xpress workout.

Watch the full workout video in your portal!

**Set ONE:** 30 seconds each move, 15 seconds rest. Repeat circuit 2 times.

**Power Knees**



**Russian Twists**



**Plank Dumbbell Taps**

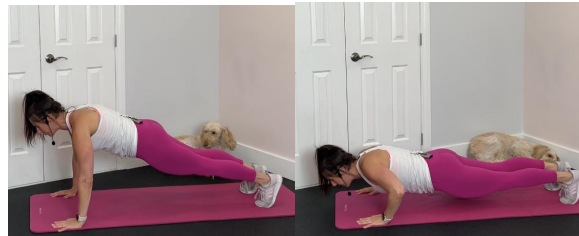


**Set TWO:** 30 seconds each move, 15 seconds rest. Repeat circuit 2 times.

**Squat Oblique Knees**



**Push Ups**



**Burpees**



# Legs Xpress: 15 Minutes is all you need to sculpt beautiful legs!

It's LEG day!! Bring medium and heavy weights - and let's burn a TON of calories building our lower muscles!

Watch the full workout video in your portal!

**Set ONE:** 30 seconds each move,  
15 seconds rest. Repeat 2 times.

## Front Loaded Squats



**Set TWO:** 30 seconds each move,  
15 seconds rest. Repeat 2 times.

## Goblet Sumo Squat



**Set THREE:** 30 seconds each move,  
15 seconds rest. Repeat 2 times.

## Deadlifts



## Alternating Reverse Lunges



## Side Lunges



## Plank Leg Lifts



# Hiit Xpress: 15 Minutes of high intensity!!

This is how we get results - in just 15 minutes! Full body, high intensity intervals. Let's GO!

Watch the full workout video in your portal!

30 seconds each move, 15 seconds rest. Repeat circuit 2 times - 1st round RIGHT lead, 2nd LEFT lead.

**Prisoners**



**High-Low Plank**



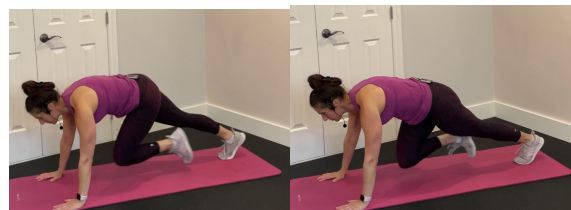
**Forward to Back Lunge**



**Jumping Jacks**



**Mountain Climbers**



**Double Squat Jump**



# Abs Xpress: 15 Minutes is all you need to shred the waistline!

Ready to work your CORE? We're on the floor for all of today - but we are still working! Be ready to BURN!

Watch the full workout video in your portal!

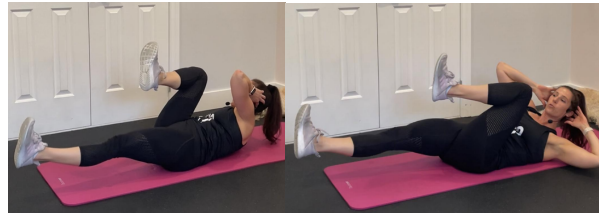
**Set ONE:** 30 seconds each move,  
15 seconds rest. Repeat 2 times.

**Crunch & Punch**



**Set TWO:** 30 seconds each move,  
15 seconds rest. Repeat 2 times.

**Bicycle (w/ optional Twist)**



**Set THREE:** 30 seconds each move,  
15 seconds rest. Repeat 2 times.

**Windshield Wipers**



**Low Plank Punches**



**Downdog to Plank**



**Side Plank Openers**



# Total Xpress: 15 Minutes is all you need for this TOTAL body workout!

How do you do a full body workout in just 15 minutes? Big, compound moves that target multiple muscle groups.  
Watch the full workout video in your portal!

**Set ONE:** 30 seconds each move,  
15 seconds rest. Repeat 2 times.

**Lunge Curls**



**Set TWO:** 30 seconds each move,  
15 seconds rest. Repeat 2 times.

**Squat Press**



**Set THREE:** 30 seconds each move,  
15 seconds rest. Repeat 2 times.

**DownDog Spider**



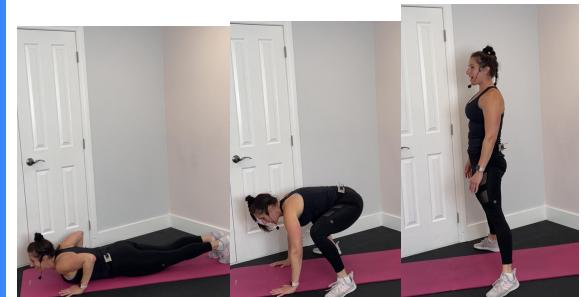
**Renegade Rows**



**Dip & V**



**Burpee Ground to Stand**



# Arms Xpress: 15 Minutes is all you need to Strengthen & Tone your Arms!

Time to get pumped!! We are targeting all of the UPPER body muscles in this one - lifting & getting pumped!  
Watch the full workout video in your portal!

**Set ONE:** 30 seconds each move, 15 seconds rest. Repeat circuit 2 times.

**Bicep Curls**



**Back Flys**



**Bird Dog Crunch**

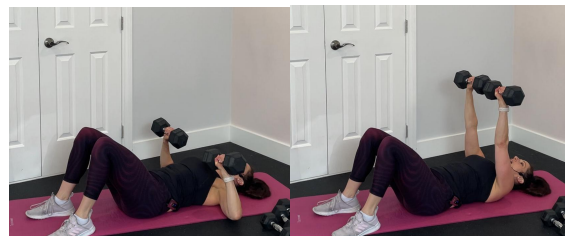


**Set TWO:** 30 seconds each move, 15 seconds rest. Repeat circuit 2 times.

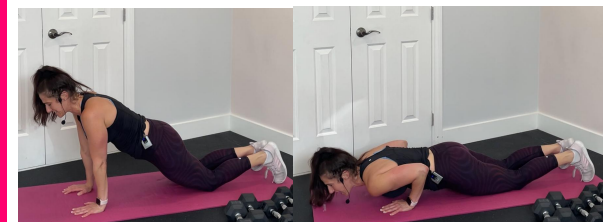
**Shoulder Press**



**Chest Press**



**Triceps Push-ups**



# Booty Xpress: 15 Minutes to strengthen & sculpt your booty - using Loop Bands!

Having strong glutes is so important - yes to look good - but more important to protect your spine!

Watch the full workout video in your portal!

**Set ONE: 30 seconds each move, 15 seconds rest. Repeat circuit 2 times.**

### Squat Walks



### Glute Bridges



### Squat Abduction

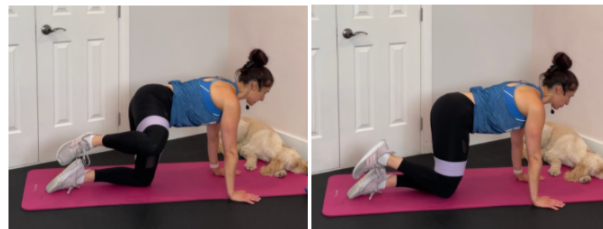


**Set TWO: 30 seconds each move, 15 seconds rest. Repeat circuit 2 times.**

### Straight Leg Donkey Kick



### Fire Hydrant



### Booty Bow



# No Xcuses: Fight Mode is ON in this 15 minute 'No Xcuses' workout.

Jabs - uppercuts - hooks. We're feeling strong - punching and fighting towards our goals.

Watch the full workout video in your portal!

Round ONE: All 6 moves - 45 seconds work to 15 seconds rest. Round TWO: All 6 moves - 30 seconds work with no rest!

### Jab & Pull (4 jabs, 2 high knee pulls)



### Squat Rotating Uppercut



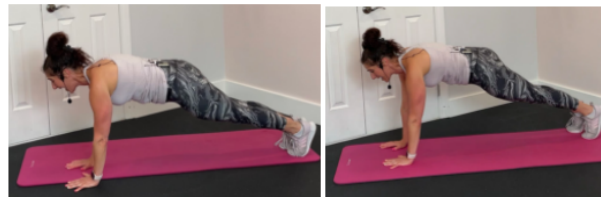
### Twisted Climber



### Lunge Hook



### Plank Walks



### 180 Jab Jacks





## Legs Xtreme: We've got a lot of work to do in just 15 minutes!!

Decreasing the rest - increasing the work! Welcome to XTREME! Let's rock those LEGS :) Bring Medium & HEAVY weights.

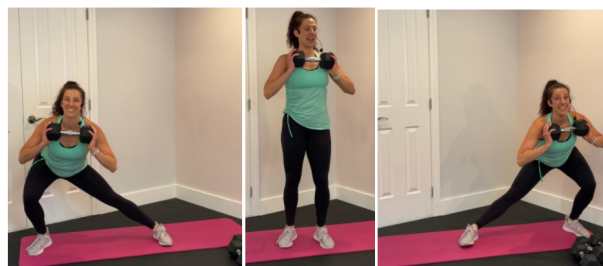
Watch the full workout video in your portal!

**Set ONE: 30 seconds each move, no rest until the set is done! Repeat 3 times.**

**Deadlift**



**Side Lunges**



**Sumo Jumps**



**Set TWO: 30 seconds each move, no rest until the set is done! Repeat 3 times.**

**Forward Lunges**



**Squats**



**Side 2 Side Beast!**



# Hiit Xtreme: High Intensity Intervals - Xtreme style - in just 15 minutes!

We're crushing 3 minute sets of high intensity. Modify if you need - you can step instead of jump the moves. But just keep moving! Watch the full workout video in your portal!

**Set ONE:** 30 seconds each - repeat 3 times - rest comes at the end!

**Chest Opener Jacks**



**Plank Jacks**



**Set TWO:** 30 seconds each - repeat 3 times - rest comes at the end!

**Long jump shuffle**



**Downdog to Spider Lunge**



**Set THREE:** 30 seconds each - repeat 3 times - rest comes at the end!

**Skaters**



**High Knee Jabs**



## Abs Xtreme: 15 minutes blending core with cardio!

How do we get more out of core? We add in calorie burning cardio. Abs to the Xtreme - in just 15 minutes!  
Watch the full workout video in your portal!

**Set ONE: 30 seconds each move, no rest until the set is done! Repeat 3 times.**

**Shuffle Heisman**



**Plank to Beast**



**Sumo Jabs**



**Set TWO: 30 seconds each move, no rest until the set is done! Repeat 3 times.**

**Rowing Abs**



**Switch Kick Abs**



**Plank Jacks**



# Total Xtreme : Full body XTREME workout in 15 minutes!

Upper - lower - core - cardio. Let's get it ALL done today! Bring medium weights and rock it!

Watch the full workout video in your portal!

1st round is 45 seconds of work to 15 seconds rest. 2nd round is 30 seconds each move, with rest at the end!

### Squat to Lunge



### Plank Shoulder Taps



### Hinge & Row



### Bicep Curl to Upright Row



### Beast Kick Through



### Push Up Burpee



# Booty Xtreme : Using elevation to build the booty - in just 15 minutes!

Use a step - stable chair or bench - or even a stair on your home staircase. The added elevation takes our booty workout to the next level! Watch the full workout video in your portal!

45 seconds each move, 15 seconds rest. Repeat circuit 2 times - 1st round RIGHT lead, 2nd LEFT lead.

### 3 Pulse Squats (low, lower, lowest)



### Bulgarian Split Squats



### Elevated Glute Bridge



### Lunge, Step, Knee



### Curtsey & Crunch



Get ready to do it all again! But this time, focus on the other leg

# Arms Xtreme: Biceps - Triceps - Shoulders - Chest - Back. All in 15 minutes!

Time to LIFT! Let's build the UPPER muscles today - Xpress & Xtreme style!

Watch the full workout video in your portal!

Set ONE: 30 seconds each move, no rest until the set is done! Repeat 3 times.

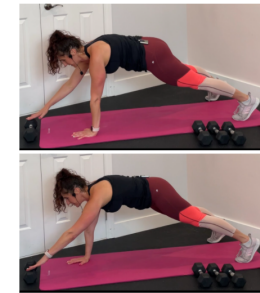
Curl to Press



Triceps Kickback



Plank Dumbbell Taps



Set TWO: 30 seconds each move, no rest until the set is done! Repeat 3 times.

Standing Chest Fly



Back Rows



Push Ups



# Xhale : Breathe - Stretch - and Recover. That's what today is all about.

Do not skip this one! Each week we come together for our delicious active recovery day.

Watch the full workout video in your portal!

Take as long as you need in each stretch to really enjoy them!

## Overhead Stretches



## Spine Openers



## Squat & Reach



**Runner's Lunge Tuck Unders**



**Downward Dog Pedals**



**Child's Pose Tuck Unders**

