

54D
ON
+ LOWER BODY

WHAT IS LOWER BODY?

A muscle development program that offers 27 episodes focused on toning your legs and glutes

Along with your lower body workouts, two days a week you will work on developing your ABS and CORE.

WHAT WILL I ACHIEVE WITH THE LOWER BODY PROGRAM?

- › Build a toned and sculpted lower body.
- › Strengthen the core muscles.
- › Burn calories which will promote fat loss.
- › Engage major muscle groups.
- › Improve overall fitness.

DOES LOWER BODY WORKOUT HELP ME BURN FAT?

With the Lower Body program, we will focus on getting your body stronger, more toned, build muscle and promote fat loss; all at the same time.

As you build more muscle mass you will boost your metabolism and burn more calories.

Our 30-minute workout focuses on weight training exercises along with some cardio activity that promote calorie burn.

IF YOU WANT TO TAKE YOUR PROCESS TO THE NEXT LEVEL BY
STRENGTHENING AND TONING YOUR LOWER BODY,
THIS PROGRAM IS FOR YOU!

