

**54D[®]
ON**

+ UPPER BODY

WHAT IS UPPER BODY?

A muscle development program that offers 27 episodes concentrated on toning your arms and back.

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

WHAT WILL I ACHIEVE WITH THE UPPER BODY PROGRAM?

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

DOES UPPER BODY WORKOUT HELP ME BURN FAT?

With the Upper 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 UPPER BODY,
THIS PROGRAM IS FOR YOU!

