

TURBO WORKOUTS



FIGHT TO FITNESS

Below is a list of 'TURBO' workouts you can add to your current plan to accelerate results.

Week 1

Day 1 - Total Body Sculptor A1
Day 2 - Back Sculptor A1
Day 3 - Chest Sculptor A1
Day 4 - Leg Sculptor A1
Day 5 - Arm Sculptor A1
Day 6 - Abs Extra

Week 2

Day 1 - Total Body Sculptor B1
Day 2 - Back Sculptor B1
Day 3 - Chest Sculptor B1
Day 4 - Leg Sculptor B1
Day 5 - Arm Sculptor A2
Day 6 - Ab attack