

TO ACHIEVE YOUR GOALS HIT YOUR TARGETS

MEN

WOMEN



WARMUP
200
CALORIES

TOTAL
WORKOUT
800
CALORIES



TOTAL
WORKOUT
500
CALORIES

WARMUP
150
CALORIES



JAMWORKOUT
TOD
TRAINERONDEMAND

Erin

74%
of Max Heart Rate

143 
Beats/Min.
700 
Calories

Jeremy

86%
of Max Heart Rate

158 
Beats/Min.
1000 
Calories

Michelle S

67%
of Max Heart Rate

117 
Beats/Min.
500 
Calories

Mr. T

79%
of Max Heart Rate

138 
Beats/Min.
800 
Calories