



## 14 WORKOUTS

*You can do for free*

**@JAELYNBARNESLOVELL**

## 10 ROUNDS

Step into the ring with Super Trainer Joel Freeman as he gives you a taste of his latest program with 10 rounds of boxing, strength training, agility work, and core conditioning that will leave you sweaty, breathless, and ready for more.

**Length: 39 minutes. DUMBBELLS & RESISTANCE LOOPS REQUIRED**

[10 ROUNDS WORKOUT LINK](#)

## MORNING MELTDOWN

100 This high-intensity mashup of Morning Meltdown workouts will give you a taste of the program. You'll hit almost every muscle in your body as you grind through exercises that test your strength, endurance, and grit.

Stay tough and finish strong.

**Length: 32 minutes. DUMBBELLS RECOMMENDED**

[MORNING MELTDOWN WORKOUT LINK](#)

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## TRANSFORM 20

Step up to a whole new level of fitness in just 20 minutes a day with Transform :20. This sample workout features moves you'll do throughout the six-week program. Modifier track is available.

**Length: 20 minutes. STEP RECOMMENDED**

[TRANSFORM 20 WORKOUT LINK](#)

## LIIFT 4

You'll lift first, then HIIT second in this full-length sample workout of LIIFT4.

**Length: 33 minutes. DUMBBELLS RECOMMENDED**

[LIIFT 4 WORKOUT LINK](#)

## SHIFT SHOP

A total-body workout that combines both cardio and strength movements to showcase the tempo and style of the SHIFT SHOP.

**Length: 20 minutes. DUMBBELLS RECOMMENDED**

[SHIFT SHOP WORKOUT LINK](#)

## MES DE MAS (SPANISH)

Try this short, equipment-free workout for free to meet Idalis and try Beachbody's first Spanish only fitness program.

**Length: 14 minutes.**

[MES DE MAS WORKOUT LINK](#)

## 21 DAY FIX REAL TIME

Want simple and fast results in just 21 days? This sample 25-minute workout features moves you'll do throughout the 21-day program.

**Length: 25 minutes. DUMBBELLS RECOMMENDED**

[21 DAY FIX WORKOUT LINK](#)

## 21 DAY FIX EXTREME REAL TIME

Are you ready to get serious? This sample 25-minute workout features moves you'll do throughout the 21-day program to get results. Length: 25 minutes.

**DUMBBELLS & RESISTANCE BANDS RECOMMENDED**

[21 DAY FIX EXTREME WORKOUT LINK](#)

## 6 WEEKS OF THE WORK

If you want the results, you gotta do THE WORK. This intense 35-minute workout showcases a variety of functional training moves you'll be doing throughout 6 Weeks of THE WORK.

**Length: 35 minutes. DUMBBELLS & RESISTANCE BANDS & SLIDES RECOMMENDED**

[6 WEEKS OF THE WORK WORKOUT LINK](#)

## BARRE BLEND

Defy your limits. Define your body. This low-impact, high-intensity, full-body workout will show you what you can accomplish in less than 30 minutes with Barre Blend.

**Length: 33 minutes. STURDY CHAIR OR BALLET BARRE REQUIRED. LIGHT WEIGHTS (1-3 lbs) RECOMMENDED**

[BARRE BLEND WORKOUT LINK](#)

--Free Workout Guide--

## **CLEAN WEEK CORE FUNCTION**

You'll shape and define your abs through full-body functional movements that engage your core from every angle in this dynamic, calorie-burning workout.

**Length: 30 minutes.**

[CLEAN WEEK CORE WORKOUT LINK](#)

## **CLEAN WEEK CARDIO**

This heart-pumping interval routine will shift your metabolism into a higher gear, helping you burn more fat and feel more energized.

**Length: 30 minutes.**

[CLEAN WEEK CARDIO WORKOUT LINK](#)

## **CLEAN WEEK STRENGTH**

Grab your weights and start sculpting a leaner body with this strength-building workout that targets all of your major muscle groups.

**Length: 30 minutes. DUMBBELLS REQUIRED**

[CLEAN WEEK STRENGTH WORKOUT LINK](#)

## **CLEAN WEEK ACTIVE FLEX**

Slow it down with active stretching, which can help you enhance your mobility and unlock greater strength.

**Length: 30 minutes.**

[CLEAN WEEK ACTIVE WORKOUT LINK](#)

Feel free to share with your friends! You can visit my Instagram page at @JAELYNBARNESLOVELL for questions, support, and positivity.

*jaelyn*  
LOVELL