



**TOTAL BODY WORKOUT THAT ALTERNATES EFFECTIVE
UPPER AND LOWER BODY WEIGHT TRAINING EXERCISES**

Designed as a pair, *FIRM Strength* and *FIRM Cardio* cross train by varying the sequencing of exercises: *FIRM Strength* shapes muscle by first working the upper body, then the entire lower body, and *FIRM Cardio* burns fat using PHA (Peripheral Heart Action) training to work the upper and lower body alternately. PHA sequencing also strengthens the heart by repeatedly making it pump blood back and forth between distant muscle groups.

When used on alternate days they sculpt your body by preventing muscles from adapting to predictable exercise sequences, and maximize aerobic endurance and fat burning. Each workout includes a tough abdominal section. When used individually, each program provides a complete total body workout.

WARM-UP/STRETCH (6 min.) followed by 10 min. of **AEROBICS** and 32 min. of **BODYBUILDING** to sculpt body. **ABDOMINALS/INNER THIGH WORK** (8 min.) is next followed by a relaxing and final **STRETCH** (3 min.)

Recommend equipment: dumbbells, short and tall step/Fanny Lifter®, ankle weights, barbell, towel

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