

10 Minute Trainer

The Super Stacking Technique. Instead of focusing on one particular area of the body at a time, you stack them, giving you fat burning cardio, total body toning and sculpting, and abs workouts all at the same time in just 10 minutes.

The series includes: Abs, Cardio, Core Cardio, Lower Body, Total Body, Total Body 2, Upper Body, and Yoga Flex.

21 Day Fix

Total Body Cardio Fix: Keep your heart rate up and your metabolism revved high long after the workout is over.

Upper Fix: Targeted resistance training helps shape your chest, back, shoulders, arms, and abs.

Lower Fix: Firm and tone your entire lower body while you blast fat and burn calories.

Pilates Fix: Strengthen your core, elongate your muscles, and firm your hips and thighs.

Cardio Fix: Get your heart pumping and your body moving as you melt away the pounds.

Yoga Fix: Improve your balance, flexibility, and strength as you help relax your muscles.

Body Beast

Body-bulking workouts based on cutting-edge muscle growth science.

Single Sets, Super Sets, Giant Sets, Progressive Sets, Drop Sets, Tempo Sets, and more to exhaust your muscles, recruit more muscle fibers, and even kick your testosterone levels into overdrive.

The series includes: Basics, Beast Abs, Beast Cardio, Build Back & Bis, Build Chest & Tris, Build Legs, Build

Shoulders, Bulk Arms, Bulk Back, Bulk Chest, Bulk Legs, Bulk Shoulders, Lucky 7, Tempo Back Bis, Tempo Chest Tris, and Total Body.

Brazil Butt Lift

The TriAngle Training method, which works all three major muscles of the buttocks from multiple angles to:

SHAPE your gluteal muscles to get you that perfectly round Brazilian "bum bum"

LIFT your butt to look great from every angle

FIRM your butt and thighs, and melt away those stubborn saddlebags

A combination of Brazilian dance, cardio, and signature lower-body sculpting moves to help you look divine from behind. The TriAngle Training method and signature moves reduce the hips, slim the thighs, and lift the butt.

TriAngle Training works the three major muscles of the buttocks: the gluteus maximus, medius, and minimus, working them from countless angles to lift, firm, and shape the perfect behind without adding bulk to the thighs.

The series includes: Basics, Bum Bum, High & Tight, Sculpt, Cardio Axe, Tummy Tuck, and Bum Bum Rapido.

Chalean Extreme

Burn fat, boost your metabolism, and get lean with Chalean Extreme. Cardio and resistance training in a brand new way to get you better results in less time. Burn up to 60% of your body fat in just 3 months and see visible results every 30 days. Proven technique shifts your fatburning focus from cardio to resistance training. By adding resistance training in 3 steps, you'll build lean muscle, and that's what supercharges your metabolism so you burn fat long after your workout, even while you sleep.

The series includes: Burn Band Basics, Burn Circuit Phases, Push Circuit Phases, Lean Circuit Phases, Burn It Off, Recharge Workouts, Burn Interval & Ab Extreme, Fat Burn Challenge & Get Lean Workouts.

Cize

Crazy 8s:
35 minutes of dancing and sweating.
You Got This:
Pick up the pace with all new moves and experience a whole new vibe.
Full Out:
Level 2 all out dance routine.
In the Pocket:
Adapting, challenging your dance moves.
Go for It:
Advancing your body.
Livin' in the 80's:
Final routine, completely different dance experience with an emotional finale.

Core De Force

30 days of mixed martial arts-inspired workouts designed to slash inches off your waist, blast belly fat, **and** sculpt total-body definition. Boxing, Kickboxing, & Muay Thai combinations. MMA Speed, MMA Shred, MMA Power, MMA Plyo, Power Sculpt, Dynamic Strength, Active Recovery, Core De Force Relief.

Focus T25

Focuses on one muscle group at a time, sequencing from move to move without any rest. Start with your glutes. Just when you can't do another rep, you move on to your core. When those muscles are toast, it's time for biceps. Then quads, lower abs, back, obliques, triceps, etc. All it takes is 25 minutes a day. The series includes: Cardio, Speed 1.0 & Total Body Circuit, Ab Intervals, Lower Focus, Stretch, Core Cardio, Speed 2.0 & Rip Circuit, Dynamic Core, and Upper Focus.

Hammer & Chisel

Body sculpting program with three phases of body transformation known as SSP Training. Stabilization + Strength + Power. Comprehensive rotation of hardcore strength training that rapidly builds, sculpts, and refines every inch of your body. Hammer Plyometrics, Iso Speed Hammer, Chisel Balance, Iso Strength Chisel, Total Body Hammer, Max Hammer Strength, Chisel Endurance, Chisel Cardio, Hammer Power, Hammer Conditioning, Chisel Agility, Total Body Chisel.

Insanity

Insanity consists of workouts packed with plyometric drills on top of nonstop intervals of strength, power, resistance, and ab and core training moves. Just the will to get the hardest body you've ever had. The secret to these mind-blowing Insanity workout results: MAX Interval Training. Each Insanity workout keeps you constantly challenged as you alternate between aerobic and anaerobic intervals performed at your MAX. The result: burn up to 1,000 calories in an hour and get the most insane body in 60 days. The series includes: Insanity Fit Test, Plyometric Cardio Circuit, Cardio Power & Resistance, Cardio Recovery, Pure Cardio, Cardio Abs, Core Cardio & Balance, Max Interval Circuit, Max Interval Plyo, Max Cardio Conditioning, Max Recovery, and Insane Abs.

Insanity Asylum

The Asylum is state-of-the-art training that was once reserved for only top-tier athletes at Olympic training centers and exclusive sports performance labs. THE ASYLUM's Athletic Matrix is a program of dynamic multidirectional exercises, based on the actual movement patterns of pro athletes, that takes your body from average to elite in just 30 days. The series includes: Speed & Agility, Vertical Plyometrics, Relief Workout, Strength Workout, Back to Core, Athletic Performance Assessment, and Overtime Workout.

P90X

P90X Muscle Confusion. P90X uses targeted training phases so your body keeps adapting and growing. You'll never "plateau"—which means your body will never get used to the routines, making improvements slow down or even stop.

Short training cycles constantly challenge your muscles with variety and intensity.

P90X maximizes fat burning and muscle sculpting in different ways every day.

No plateau effect means each phase of P90X is as effective as the first.

The series includes: Chest & Back, Plyometrics, Shoulder & Arms, Yoga X, Legs & Back, Kenpo X, X Stretch, Core Synergistics, Chest/Shoulders/Triceps, Back & Biceps, Cardio X, and Ab Ripper X.

P90X 2

P90X 2 is based on Muscle Confusion to break through normal 30-day training plateaus so you get results fast. P90X2 ups the ante with a training technique developed by professional sports trainers for world class results.

12 groundbreaking workouts focused on chiseling your body while building your balance, agility, core strength, and athleticism.

It includes new customization with an all-new, highly flexible Nutrition Guide to help you excel.

With emphasis on your abs/core, powerful athletic function, and lightning-bolt agility, it'll help you blast through your plateaus.

The series includes: Base & Back, Chest/Back/Balance, PAP Lower, PAP Upper, Plyocide, X2 Ab Ripper, X2 Balance & Power, X2 Core, X2 Recovery & Mobility, X2 Shoulders & Arms, X2 Total Body, X2 Yoga.

P90X 3

Muscle Building Resistance Workouts:

Total Synergistics – Triggers fast changes to your body's composition

The Challenge – Adds strength to your upper body

Incinerator – Burnout session that pushes past limits

The Warrior – Anytime body pumping drill

Eccentric Upper – Creates lean muscle growth with time under tension

Eccentric Lower – Carve ripped lower body

Cross Training Power Workouts:

CVX – Resistance plus intervals

MMX – Incinerates fat with martial-arts based cardio routine

Accelerator – Maximizes cardiovascular and muscular efficiency

Core, Flexibility, & Balance Workouts:

X3 Yoga – Improves musculoskeletal flexibility, balance, and core strength

Pilates X – Core, muscle elasticity, joint stability

Isometrix – Instability plus isometric contraction to build a rock solid platform

Dynamix – Increases range of motion and maximize results from every routine

PiYo

Align [The Fundamentals]: Breaks down the most important and effective moves in the program to help you perfect your form and get the best results possible. [Define: Lower Body]: Get your sleekest and leanest legs ever as you lengthen and strengthen your entire lower body.

[Define: Upper Body]: Chisel away at your upper body to help shape arms, carve out your triceps, and define sexy shoulders.

[Sweat]: A traditional PiYo workout that incorporates effective dynamic conditioning, fast-paced cardio yoga flows, and bodyweight resistance strength training to sculpt your entire body. [Sculpt]: Varying tempos to keep your muscles under tension for different periods of time. [Drench]: Endurance workout maximizes fat burning while it works every muscle in your body. [Strength Intervals]: 25 minutes of nonstop body carving, calorie-incinerating workout.

ReVAbs

Get the sexy six-pack abs you've always wanted. The Abcentric training technique teaches you how to burn off the fat and work your entire core from 6 different angles, revealing your six-pack.

The workouts include: Abcentrics, Capoeira, Fire Up Your Abs, Power Intervals, Total Strength, Mercy Abs, Fat-Burning Abs, Power Intervals 2, Strength & Endurance, Merciless Abs, Full Throttle Abs, Full Throttle Intervals.

TurboFire

TurboFire is the intense 90-day cardio conditioning program that will help you get leaner with exercises that burn up to 9x more fat and calories than regular cardio. TurboFire classes include Fire Drills, also known as High Intensity Interval Training (HIIT). These drills push you to your max for up to 1-minute bursts, with quick recovery periods. Studies show that HIIT ignites your metabolism, enabling your body to burn more calories for up to 24 hours after your workout.

Not only that, with TurboFire, you'll work out less than half the time you normally would doing regular cardio and burn up to 9x more fat.

Zumba Exhilarate Body Shaping

Step by Step: A basic guide to break down the steps

Activate: A 45-Minute, easy-to-Follow class to get you started

Ripped Toning: Body sculpting workout with Maraca

Exhilarate: Original fitness party experience

Zumba Exhilarate Targeting Zones

Seven electrifying ways to lose weight and stay fit! Red-hot dance steps, pulsating Latin and world rhythms, and exhilarating workouts of varying intensity:

Step by Step: A basic guide to break down the steps

Activate: A 45-minute, easy-to-follow class to get you started

Ripped: Body sculpting featuring Zumba Toning and Zumba Sentao programs

Exhilarate: The original full-length fitness-party experience

Rush: A 20-minute workout to amp you up

Mix: A rhythmic journey around the world

Fitness Concert: Experience the party live: Experience the party live