

# A Week of Workouts

## 10 ROUNDS

This sweat-drenching boxing program delivers a maximum cardio burn by combining technique, repetition, and intensity for an incredible TOTAL-body workout.

## BARRE BLEND

Create a lean, toned physique through a fun fusion of ballet barre, Pilates, and cardio interval training. Feel the burn as you sweat, stretch, and strengthen to energize your entire body.

## TRANSFORM :20

Transform :20 is a high-intensity, six-week workout and nutrition program that will help transform your body and mind in just 20 minutes a day.

## LIIFT4

LIIFT4 combines heavy lifting and intense cardio to transform your body in 4 days a week. And with 32 unique, real-time workouts, you'll never get bored, because you'll never do the same one twice.

## 21 DAY FIX REAL TIME

Get a major calorie burn, tone your muscles, and lose up to 15 pounds in 21 days with a different 30-minute real-time workout every day. Build on the moves weekly to get total-body results, faster.

## MORNING MELTDOWN 100

Torch calories with high-intensity cardio and resistance training, while a live DJ turns up the energy as you burn off pounds. Your goal: complete 100 workouts and unlock the best version of you.

## 6 WEEKS OF THE WORK

Leave your excuses at the door. For six intense weeks, you'll take on relentless functional training to help you gain muscle, drop body fat, and achieve results you've never experienced before.

My mission is to empower others to become their best physically, emotionally and financially!

For the past 4.5 years, I have been coaching, mostly women, to do just that and I believe it begins with filling up your own cup and creating a healthy lifestyle.

I offer online fitness, nutrition and health bootcamps and this resource is a sampling of a few of the amazing workout programs that you can do for free! Simply click the name of the workouts and you will be directed to the free sample workouts!



I'd love to connect and help in any way that I can and hear if you love the workouts too!

Feel free to find me on Facebook, on Instagram @leialewisfitness, shoot me an email at [leialewisfitness@gmail.com](mailto:leialewisfitness@gmail.com) or on my website at [leialewisfitness.com](http://leialewisfitness.com)