

Beachbody On Demand.

Eliminate Boredom.

created by Jimmie Brenton @JimmieBrenton_

Megan

#mbf
#mbfa



ShaunT

T20
BOD Exclusives



Jerricho

Morning Meltdown 100



Joel

10 Rounds
LIIFT4



Autumn

9 Week Control Freak
21 Day Fix
21 Day Fix Extreme



Amoila

4 Weeks of The Prep
6 Weeks of The Work



Elise

Barre Blend
Barre Pre Post Natal



Idalis

30 Day Breakaway
Mes De Mas



Strength



<u>#mbf (Muscle Burns Fat)</u>	Resistance / HIIT	db	33
<u>#mbf (Muscle Burns Fat Adv)</u>	Resistance / HIIT	db	36
<u>4 Weeks of The Prep</u>	Resistance / Cardio	ba, db, sl	35
<u>6 Weeks of the Work</u>	Resistance / Cardio	ba, db, pu, sl	38
<u>21 Day Fix (Real Time)</u>	Resistance / Cardio	db	24
<u>21 Day Fix Extreme (Real Time)</u>	Resistance / Cardio	db, rb	26
<u>30 Day Breakaway</u>	Resistance / Running	db	20
<u>645</u>	Resistance / Mobility	db, rb	50
<u>Job1</u>	Resistance / Cardio	db, rb	30
<u>LIIFT4</u>	Resistance / HIIT	db	33

Cardio / Core



<u>9 Week Control Freak</u>	Core		26
<u>BODi Burn w/ Autumn Calabrese</u>	Cardio		28
<u>Mes De Mas (Spanish) *</u>	Cardio		
<u>Morning Meltdown 100</u>	Cardio / Resistance	db	32
<u>T20 *</u>	Cardio		
<u>ShaunT's BOD Exclusives *</u>	Cardio		

Specialty



<u>10 Rounds</u>	Boxing	ba	38
<u>30 Day Breakaway</u>	Running / Resistance		15
<u>Barre Blend</u>	Barre	ch, db	33
<u>Barre Blend - Pre / Post Natal</u>	Pre / Post Natal	ba, ch, db	14
<u>Fire & Flow</u>	HIIT / Barre	ba, db	
<u>Let's Get Up</u>	Dance	-	35
<u>Unstress</u>	Meditation	-	12

ba = bands/loops | ch = chair | db = dumbbells | pu = pull-up bar | rb = resistance band | sl = sliders
** video only on BOD and may require free account to watch.*

CLICK HERE for access to all of BOD and to get me as your coach!
 or
 Contact me Jimmie.Brenton@gmail.com