

NO EXCUSES

eXfuze

FULL BODY WORKOUT



Goal

10 Reps = 1 Set
10 Sets = 1 Cycle

The NO EXCUSES eXfuze Full Body Workout consists of 10 rep sets for each body part, per cycle. The goal is to get 10 cycles with NO MORE than 10 Seconds between sets. Once you hit your goal of 10 completed cycles (a total of 100 reps per body part), you can move to 4 cycles of 25 rep sets for each body part. When you hit that goal, do 2 cycles of 50 rep sets! If you are more advanced in your training, and want to really challenge yourself, do 1 cycle of 100 reps! WOW! Talk about a burn!

Time

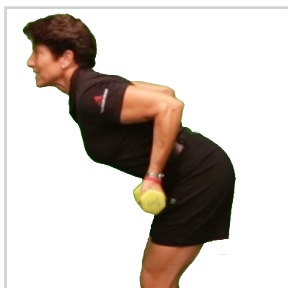
The goal is to workout for 25 minutes straight... only stopping for 10 seconds at a time between sets. In the beginning, you may only get 1 or 2 full cycles... and that is GREAT! Just keep moving! Each week, you will get stronger and faster!

The Workout

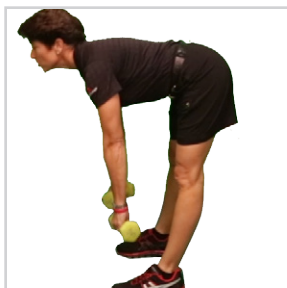
Featured below, is Randy Friedman, Author of "The Athletic Mindset", Executive Coach, Corporate Trainer, and eXfuze Distributor. (www.AthleticMindset.com)



Set 1
Push ups



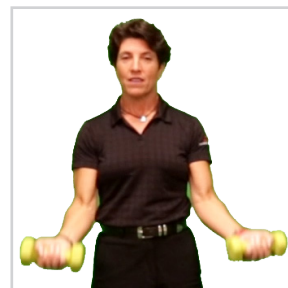
Set 2
Bent Over Rows



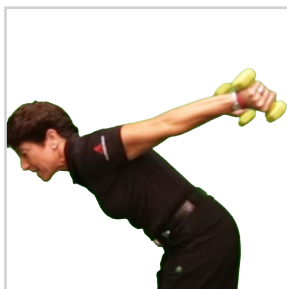
Set 3
Dead-lifts



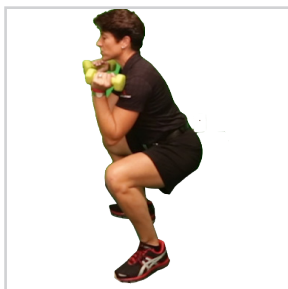
Set 4
Shoulder Press



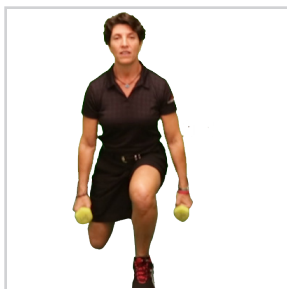
Set 5
Bicep Curls



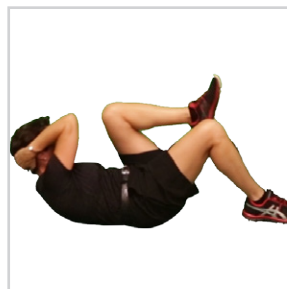
Set 6
Tricep Extensions



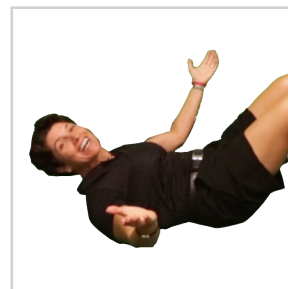
Set 7
Wide Squats



Set 8
Rocking Lunges



Set 9
Abs



Rest
and Repeat

To see a video of how to do the workout, visit: www.youtube.com/WEXBN and go to the Transformations 2015 section.



**These statements have not been approved by the FDA. Please consult your healthcare provider before making any dietary or exercise modifications.*