



# 10 FREE SAMPLE BOD 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.

[10 Rounds Sample Workout Link](#)

## 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.

[Morning Meltdown 100 Sample Workout Link](#)

## 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.

[Transform 20 Sample Workout Link](#)

## 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.

[Liift 4 Sample Workout Link](#)

## SHIFT SHOP

Ready to reinvent yourself? The SHIFT SHOP with the Proving Grounds is a comprehensive system that pairs increasingly intense workouts with an eating plan to put your best results within reach.

[Shift Shop Sample Workout Link](#)

## MES DE MAS (SPANISH)

Get a great workout AND practice your Spanish with Beachbody's first ever Spanish program! Combo cardio and strength training moves are great for any beginner to get into a daily routine of exercise and get great results!

[Mes De Mas Sample Workout Link](#)

## 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.

[21 Day Fix Real Time Sample Workout Link](#)

## 21 DAY FIX EXTREME REAL TIME

21 Day Fix EXTREME Real Time helps you get serious results in 21 days with portion control and intense 30-minute workouts that progress from week to week for faster results.

[21 Day Fix EXTREME Real Time Sample Workout Link](#)

## 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.

[6 Weeks of the Work Sample Workout Link](#)

## 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.

[Barre Blend Sample Workout Link](#)