Train with Lyzabeth

4 WEEKS LOSE WEIGHT BURN FAT

GET LEAN FAST

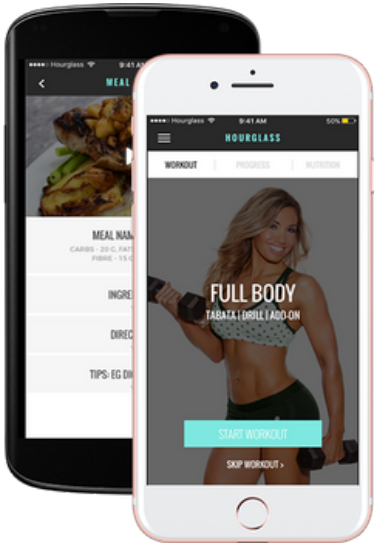
#TrainWithLyzabeth

www.twlapp.com

Train with Lyzabeth

CLICK HERE TO START YOUR FREE TRIAL NOW

(TWLAPP.COM)



WHAT'S INCLUDED?

- DAILY WORKOUTS
- SUGAR CLEANSE NUTRITION PLAN
- SUPPORT GROUP
- PROGRESS TRACKER
- TRAINING CALENDAR

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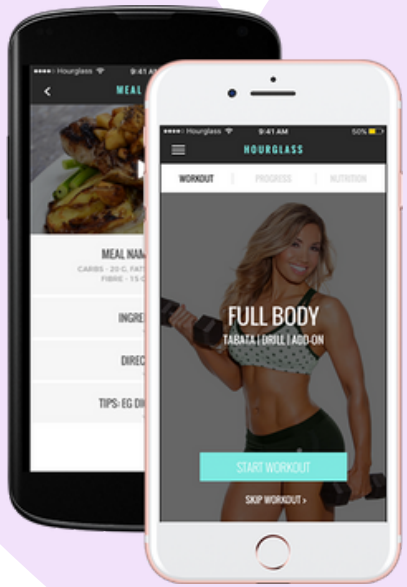
TWL APP WORKOUT SCHEDULE



4 WEEK SUPER SHREDDER

Follow the workouts in order with the goal of attempting five workouts a week. If you cannot commit to five days a week, that's okay, just follow the order of days at your own pace.

WEEK 1

DAY 1 – CARDIO BOOTY
DAY 2 – UPPER BODY & ABS
DAY 3 – METABOLIC SUPER CHARGER
DAY 4 - OMG LEGS
DAY 5 – FUNCTIONAL FUN – UPPER BODY AND ABS
REST DAY
REST DAY

WEEK 2

DAY 6 – HIIT ME BABY ONE MORE TIME
DAY 7 – BURN FAT BUILD CURVES
DAY 8 – ABS OF STEEL
DAY 9 – OMG LEGS
DAY 10 – UPPER BODY & ABS
REST DAY
REST DAY

WEEK 3

DAY 11 – METABOLIC SUPERCHARGE
DAY 12 – DEATH BY STEP
DAY 13 – PILATES
DAY 14 – METABOLIC SUPERCHARGE
DAY 15 – THE HOURGLASS SHAPER
REST DAY
REST DAY

WEEK 4

DAY 16 – HIIT THAT BOOTY
DAY 17 – UPPER BODY & ABS
DAY 18 – OMG LEGS
DAY 19 – FULL BODY SWEAT
DAY 20 – HIIT ME BABY ONE MORE TIME
REST DAY
REST DAY

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SUPER SHREDDER

I've designed this calendar to burn fat, cinch your waistline, and help get you shredded! We're talking tight tummies, toned shapely legs, and sexy tank-top arms! The workouts are high intensity, fast paced, and guaranteed to leave you sweating. Whether you are a beginner or advanced, working out at home, at the gym or when you're traveling, this program is for everyone! There are modifications based on your fitness level (beginner, intermediate & super advanced). *For ultimate results, pair the Shredder Calendar with the Sugar Cleanse nutrition plan found on the nutrition section of the APP.

CLICK HERE for a FREE Trial!

(http://www.twlapp.com/)

Are You Ready? Let's Get Started!

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