


Recommend Use of RBC 4 Series In

THE **MOTION** Fitness Studio ROOM



Phase	Foundation	Build	Meltdown	Strength
Weeks 1-2	 <p>1 x / wk</p>	 <p>1 x / wk</p>	 <p>1 - 2 x / wk or</p>	 <p>2 x / wk</p>
Weeks 1-2		 <p>1 x / wk</p>	 <p>1 - 2 x / wk</p>	 <p>1 x / wk</p>
Weeks 3-4	 <p>1 - 2 x / wk</p>	 <p>1 x / wk</p>	 <p>1 - 2 x / wk</p>	 <p>2 x / wk</p>
Weeks 3-4		 <p>1 x / wk</p>	 <p>1 x / wk</p>	 <p>1 x / wk</p>