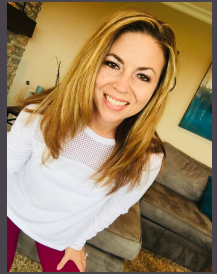


KEEP FIT FROM HOME!

Try these Sample workouts, then [CLICK HERE](#) to grab your FREE 14-Day Beachbody On Demand Trial with access to the full BOD fitness library.

(select the 3-month membership from drop down menu for free trial)

BONUS: You'll get guidance & support from me as your Fitness & Wellness Coach!



Contact Coach Heather Glenn
Heather@HeatherGlenn.com

Click on the Workout Name Below to do the Sample

9-Week Control Freak

This program packs an effective and intense workout into just 18 to 30 minutes, 5 days a week. Three innovative methods—Density Training, Strength Complexes, and Tabata will target major muscle groups with a combination of resistance training and cardio to help build strength, increase stamina, and boost your cardiovascular system.

30-Day Breakaway ([Sample Strength Workout](#) / [Sample Run Workout](#))

This program combines body-sculpting strength training with the fat-burning power of running. 20 minute strength workouts and 20 minutes run intervals will prep you for a virtual 5k in just 30 days. You can run it on your own or as part of an organized 5k.

MBF & MBFA

Join Super Trainer Megan Davies as she helps you get leaner, stronger, and healthier in two 3-week programs. Build muscle, ignite your metabolism and incinerate fat.

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.

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.

Morning Meltdown

Torch calories with high-intensity cardio & resistance training, while a live DJ turns up the energy as you burn off pounds. Your goal: complete 100 workouts & unlock the best version of you.

21 Day Fix Realtime & 21 Day Fix Extreme Realtime

Get a major calorie burn, tone your muscles, & 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.

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.

LIIFT4

LIIFT4 combines heavy lifting & intense cardio to transform your body in 4 days a week. With 32 unique, real-time workouts, you'll never get bored, because you'll never do the same one twice.