

TURBO JAM VIDEOS

TURBO JAM FAT BURNING ELITE

3T (Totally Tubular Turbo)	32:51	Strength
Cardio Party Mix 2	43:40	Cardio
Cardio Party Mix 3	50:27	Cardio
Fat Blaster	29:46	Cardio
Lower Body Jam	27:18	Strength

TURBO JAM GET ON THE BALL

Kickin' Core	44:48	Strength
Total Body Blast	1:01:30	Strength

TURBO JAM LIVE

Booty Sculpt & Abs	30:57	Strength
Cardio Party Remix	31:34	Cardio

TURBO JAM MAXIMUM RESULTS

20 Minute Workout	19:17	Cardio
Ab Jam	18:52	Strength
Cardio Party Mix 1	43:25	Cardio
Learn & Burn	28:24	Cardio
Punch, Kick, & Jam	48:13	Cardio
Turbo Sculpt	39:23	Strength

Bands or weights
Bands, weights, mat
Ball
Ball, mat
Bands, weights, mat
Mat
Bands
Weights, mat

TURBO JAM BEGINNER CALENDAR

Check a box every day you do your TURBO JAM workout.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	LEARN & BURN <input type="checkbox"/>	LEARN & BURN <input type="checkbox"/>	20 MIN WORKOUT <input type="checkbox"/>	20 MIN WORKOUT <input type="checkbox"/>	REST <input type="checkbox"/>	REST <input type="checkbox"/>	REST <input type="checkbox"/>
WEEK 2	20 MIN WORKOUT <input type="checkbox"/>	20 MIN WORKOUT & AB JAM <input type="checkbox"/>	CARDIO PARTY <input type="checkbox"/>	20 MIN WORKOUT & AB JAM <input type="checkbox"/>	20 MIN WORKOUT <input type="checkbox"/>	REST <input type="checkbox"/>	REST <input type="checkbox"/>
WEEK 3	20 MIN WORKOUT & AB JAM <input type="checkbox"/>	CARDIO PARTY <input type="checkbox"/>	TURBO SCULPT & AB JAM <input type="checkbox"/>	CARDIO PARTY <input type="checkbox"/>	20 MIN WORKOUT & AB JAM <input type="checkbox"/>	REST <input type="checkbox"/>	REST <input type="checkbox"/>
WEEK 4	CARDIO PARTY <input type="checkbox"/>	TURBO SCULPT & AB JAM <input type="checkbox"/>	20 MIN WORKOUT <input type="checkbox"/>	CARDIO PARTY <input type="checkbox"/>	TURBO SCULPT & AB JAM <input type="checkbox"/>	REST <input type="checkbox"/>	REST <input type="checkbox"/>

TURBO JAM ADVANCED CALENDAR

Check a box every day you do your TURBO JAM workout

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	LEARN & BURN <input type="checkbox"/>	20 MIN WORKOUT <input type="checkbox"/>	CARDIO PARTY <input type="checkbox"/>	20 MIN WORKOUT <input type="checkbox"/>	CARDIO PARTY <input type="checkbox"/>
WEEK 2	CARDIO PARTY <input type="checkbox"/>	20 MIN WORKOUT & AB JAM <input type="checkbox"/>	CARDIO PARTY <input type="checkbox"/>	20 MIN WORKOUT & AB JAM <input type="checkbox"/>	CARDIO PARTY <input type="checkbox"/>
WEEK 3	CARDIO PARTY <input type="checkbox"/>	TURBO SCULPT <input type="checkbox"/>	20 MIN WORKOUT & AB JAM <input type="checkbox"/>	TURBO SCULPT <input type="checkbox"/>	CARDIO PARTY <input type="checkbox"/>
WEEK 4	CARDIO PARTY <input type="checkbox"/>	TURBO SCULPT & AB JAM <input type="checkbox"/>	CARDIO PARTY <input type="checkbox"/>	TURBO SCULPT & AB JAM <input type="checkbox"/>	CARDIO PARTY <input type="checkbox"/>

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SATURDAY		SUNDAY	
REST	REST	REST	REST
REST	REST	REST	REST
REST	REST	REST	REST
REST	REST	REST	REST