

THE SECRET TO *real* WEIGHT LOSS SUCCESS

Your 27 day Transformation Gameplan by *Coach JC*

DAY 1 ADVANCED

Today you will perform each exercise for 45 sec, rest for 10 sec, then go directly to the next exercise. Perform each exercise starting with exercise 1 and finishing with exercise 8. This equals 1 set. Once you complete set 1, rest for 90 sec and then perform a second set and a third set.

