

What is Shapes in 60 Days ?

- It's a total body **HIIT WORKOUT** programme which is also suitable for beginners. You will have a few options during the workout sessions
- There is a beginners option and an advanced option
- It is created largely on years of experience of studying physical anatomy and physiology.
- You will do cardio plus ABS training techniques.

Month ONE

- 5 workouts a week (approximately 40min a day)
- Try and do what you can
- Train smart
- If you are a beginner use the modified moves option until you get used to it.

Month TWO

- 5 workouts a week (approximately 40 mins a day)
- Now you try and push your limits to get amazing results!
- If you're willing to push yourself to a higher level, you will get the results that you once thought were impossible.