



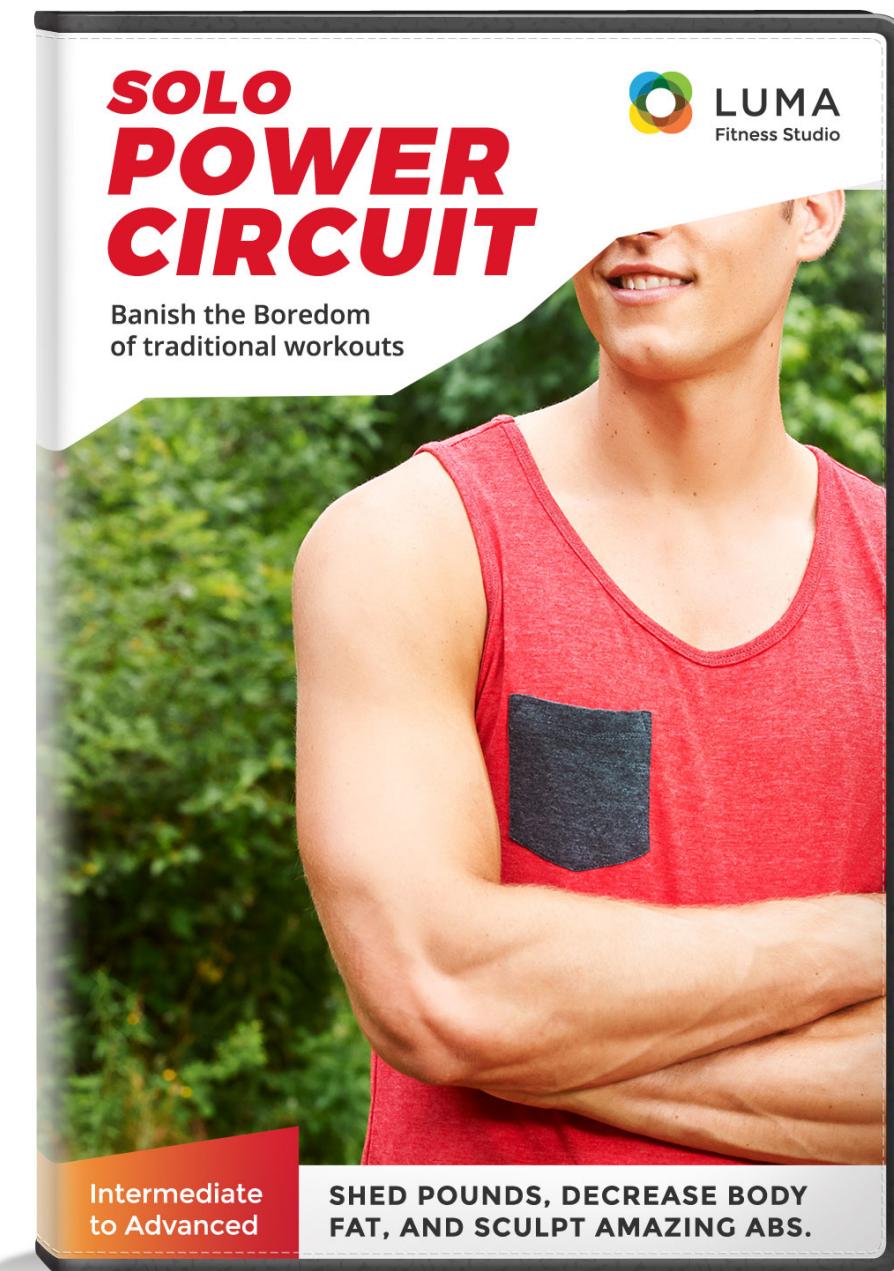
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## Solo Power Circuit

\$14.00



## Description

Circuit training helps banish the boredom of traditional workouts. The Solo Power Circuit download lets you experience Luma's maximum efficiency circuit training in the training time you have available. Learn secrets to

shed pounds, decrease body fat, sculpt amazing abs, and tone to reshape your entire body. You'll feel the difference after just one circuit.

- Targets abs, arms and legs.
- 6 fun interval training circuits.
- Easy to follow.
- No special equipment needed.
- 43 minutes.

## Additional Information

|                 |                       |
|-----------------|-----------------------|
| <b>Format</b>   | Download              |
| <b>Activity</b> | Gym, Athletic, Sports |