





# Recommend Use of RBC 4 Series

THE **MOTION** Fitness Studio ROOM

## Firm & Tone

"I want to get strong, build lean muscle, and improve my overall health & fitness."

Month 1	 2 - 3 x / wk		 1 x / wk	
Month 2	 1 - 2 x / wk	 1 - 2 x / wk	 1 x / wk	
Month 3	 2 - 3 x / wk	 1 x / wk	 1 x / wk	
Month 4	 2 - 3 x / wk	 1 x / wk	 1 x / wk	