

# Turbo Jam® Maximum Results

Get ready to rock your workout for a rock-hard body!

It feels like a party, but it's actually exercise, proven to burn fat up to an amazing rate of 1,000 calories per hour! Kickboxing and body-sculpting workouts set to the hottest

dance music! Created by fitness expert Chalene Johnson and her professional team of group exercise experts, nationally ranked kickboxers, black belts, and competitive Olympic fighters, Turbo Jam is a supercharged, fun workout that includes cardio, dance, and kickboxing to effectively strengthen and sculpt the entire body and can be done by anyone at any fitness level.



## THE BEACHBODY® DIFFERENCE

The secret is “Turbo Training.” Chalene Johnson packs each workout with calorie-blasting kickboxing, body sculpting, and the hottest dance music. The “Elite 11” signature moves are proven to help you burn fat and give you a sleek, sexy body and ripped, rock-hard abs.

### DID YOU KNOW?

One of the most common reasons why people quit a fitness program is boredom.

With Chalene's **dynamic** training style, **varied** range of moves and routines, and **high-energy** music, you'll never get bored so you can stay on track and get the results you want.

### UNIQUE FEATURES & USAGE

- Includes “**Elite 11**” moves that help **blast pounds and inches**
- Five **calorie-blasting workouts**, plus **bonus advanced workout**
- **Turbo Results step-by-step guidebook** includes Chalene's weight loss meal plan, dining out guide, and workout calendar
- **Turbo Sculpting Gloves** are scientifically proven to increase muscle activity by up to 96%, so you get leaner faster
- **Bonus advanced workout** specially designed to be used with Sculpting Gloves
- **Turbo Slim® rapid results program** is an easy-to-follow meal plan to help you lose up to 10 inches in just 10 workouts and includes a measurement card for tracking your progress
- **Tape measure** eliminates guesswork and tracks the inches melting away
- **24/7 online support** through an amazing online community and scheduled live chats with Chalene

Keep Pushing Play and let Chalene Johnson show you the moves to lose weight and feel great.