

## WHAT IS FOCUS 4:

FOCUS 4 Phase 1 is a 4-Week Training Program designed to achieve better strength & definition. It is heavily based on science to get your results!

## WHAT IS THE PROGRAM STRUCTURE:

Each week you will enjoy 4 Focused Strength Workouts! Each workout is geared towards a new muscle split that allows your body to effectively recover. These include: Legs & Core, Upper & Shoulders, Glutes & Core, Upper & Arms. Each workout has 3 phases - focusing primarily on compound lifts, increased volume, and fire finishers!

## WHAT IS INCLUDED:

The FOCUS 4 Program includes:

- Full Access (long term) to the FOCUS 4 Portal & 30-Day Access to The BxB On Demand Library!
- 4, 40-Min Strength Workouts per week + Warm-Ups, Cool Downs, & extended Mobility prep sessions
- Supporting Videos including: Exercise Overviews, Weekly Updates, Supporting Info
- The FOCUS 4 Phase 1 Program Guide
- Access to The FOCUS 4 Community Chat with Full Access to Bree daily
- The FOCUS 4 Completion Prize!

## WHO IS IT FOR:

FOCUS 4 is for:

- The person just finishing any Bod by Bree Program and looking for the next challenge!
- Busy individuals looking to get fit in just 22-minutes a day!
- The avid exerciser looking to mix it up with NEW Strength, HIIT, & Flexibility Sessions !
- Anyone looking to bust out of a Fitness Plateau and see more results!

## WHAT EQUIPMENT DO I NEED:

Dumbbells, Barbell (Optional), Bands & a Bench (Optional) - please note the goal is heavier lifts (8-12 reps)

## WHAT RESULTS CAN I EXPECT:

FOCUS 4 is designed to increase your strength & muscle definition. Each workout is expertly programmed to include the perfect mix of exercises, sets, resistance, & reps to have you achieve significant gains in 4-Weeks. Paired with nutrition suggestions & access to the full On Demand Library - you are set up for success!

## ARE THE WORKOUTS LIVE OR ON DEMAND:

**BOTH!** All workouts are pre-recorded so you can do them whenever it works with YOUR schedule! There are also supplemental LIVE workouts as extra!

## HOW DO I REGISTER:

Visit

<https://www.bodbybree.com/challenges>