AMERICAN COUNCIL ON EXERCISE

WITH CHRIS FREYTAG

Total Body HIIT The Skinny on HIIT **Core HIIT Expert Advice** Live Fit: 101 Tips

for Your Fitness

3 Workout Vinyasa Flow Yoga **Does Yoga Really** Do a Body Good?

Workout Workout The Truth Behind **Muscle Soreness**

Workout **Upper Body HIIT Expert Advice Getting the Sleep** You Need

6 **Lower Body HIIT Expert Advice** Sculpting a Bikini-**Ready Backside**

Workout Vinvasa Flow Yoga Meal Idea Mango Green Tea Smoothie

Workout **Core HIIT Belly Blast Extra Credit More Exercises** to Work Your

Midsection

9 Rest Roasted Red Pepper and

Total Body HIIT

Make Your Meal **Prep Healthy** and Easy

11 Vinvasa Flow Yoga

Expert Advice What Persuades You to Exercise?

Workout **Core HIIT**

Recipes that Fuel Your Workouts

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Pumpkin Black

Bean Soup

14 Rest **How Many Calories** Do You Need Each Day?

Lower Body HIIT Booty Blast

Asian Chicken

Upper Body HIIT Belly Blast Expert Advice Psychology

Weight Loss

Hummus Wraps

Workout Vinyasa Flow Yoga

Panzanella

Workout **Core HIIT Expert Advice Healthier Options** for Your Unhealthy

Favorites

Workout **Total Body HIIT Booty Blast Expert Advice** Save or Splurge on Fitness

Apparel?

20 Workout Rest Meal Idea Southwestern Red **Pepper Nachos**

Workout Vinyasa Flow Yoga Benefits of **Flexibility Training**

Workout **Core HIIT Belly Blast**

Whole Wheat **Breakfast Burritos** Total Body HIIT **Booty Blast**

Psychology Weight Loss Yoga Stretch

Get More Done in Less Time

Workout 25 **Core HIIT** Ab Blast

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Workout 26 **Upper Body HIIT Lower Body HIIT**

Expert Advice Exercises that Target Your "Trouble Spots" 27 Workout Rest

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5 "Healthy" Foods That Aren't So Healthy

Workout **Upper Body HIIT Core HIIT**

Sizzled Citrus Shrimp

Workout Lower Body HIIT **Booty Blast**

> **Expert Advice** Trainer Tricks to Get Fit

Additional Tools to Help You Live Your Most Fit Life:

ACE's Healthy Living Resources Chris Freytag's Clean Eating Guide

















