



Average Calorie Burn Per Workout

Workout	Average Calorie Burn (Cals)
X2 Core	569
Plyocide	715
Recovery & Mobility	307
Total Body	738
Yoga	563
Balance & Power	733
Chest + Back + Balance	721
Shoulder + Arms	601
Base + Back	692
V Sculpt	673
Chest + Shoulder + Tris	598
PAP Lower	747
PAP Upper	636
X2 Ab Ripper	173