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IMPORTANT NOTES:

- See all workouts listed with instructions on tension cord usage for each workout.
- The color of the cords changes from time to time, therefore, do not focus on the color of the cords being used in the workout videos. There are Standard (10") and LONG (16" to 24.5") choices depending on your height. Most packages include both standard and LONG cords (16" to 24.5").
- Equipment and cords have evolved a great deal the past year. We now provide LONG cords versus 10" Extender Cords (same length as the 10" standard cord). Some of the workouts prior to Jan 2018 used the old method of hooking up (2) 10" Cords. LONG cords have since replaced this method as it is more efficient. However, the extender cords still may be utilized for all workouts utilizing LONG cords. Simply hook up your (2) 10" cords to make one LONG cord.
- LONG cords are more efficient than extender cords and can be purchased on the 3X3FIT Shop Page. LONG cords will also provide a better workout experience with different choices according to your height.
- Having a steel clip for the end of each cord can also help make transitions faster. Additional steel clips can be purchased on the 3X3FIT Shop page. Also, adding one single steel clip to your 10" cords will add 2.0" and is advised for those who are 5'8" or taller.

- S** STANDARD 10" (included in every package)
- L** LONG CORDS (16" to 24.5")
- X** EXTENDER CORDS (10" Same length as your standard cords.)

IMPORTANT NOTE: When you see LXS, please be advised that you will use either your S (10" cord) with X (10" extender) OR you will use LONG cords (not both). LONG cords take the place of extender cords.
• To Assemble the 3X3 Rings together: Attach one or both cords on each end.

- S** Beginner Chair – 22 mins
- L or S** Stretch (Mat) – 27 mins
- S** Stretch (Chair / Barre) – 29 mins
- S** *Total Body Sculpt – 39 mins
- L X S** Ballerina Glutes & Thighs – 28 mins
- L X S** Awesome Arms – 23 min
- S** Core Burn 1: Sit-Up – 9 mins
- S** Core Burn 2: Pilates – 9 mins
- S** Core Burn 3: Advance Pilates – 10 mins
- X S** Core Burn 4: Stand-Up – 11 mins
- S** Core Burn 5: Chair – 10 mins
- S** Core Burn 6: Bounce – 11 mins
- L X S** Killer Arms & Glutes – 27 mins
- L X S** Total Body Reconstruction – 33 mins
- L X S** Dynamic Stretch & Sculpt – 43 mins
- L X S** Summer Arms & Abs – 31 mins
- L X S** 3X3 PRAISE I: Pray Without Ceasing – Our Trials & Struggles – 19 mins
- L X S** 3X3 PRAISE II: Rejoice Always – God's Greatness & Wonder – 20 mins
- S** 12-Minute Core 360
- S** 7-Minute Core 360 Pilates
- S** *4-Minute Advanced Arms
- S** *4-Minute Beginner Arms
- S** *4-Minute Chair Arms
- S** 4-Minute Advanced Buns
- S** 4-Minute Beginner Buns
- S** 4-Minute Chair Buns
- S** 4-Minute Advanced Core
- S** 4-Minute Beginner Core
- S** 4-Minute Chair Core

*** IMPORTANT NOTE FOR ARM CIRCLES:** Please skip the (3) spinning (Arm Circle) exercises if you purchased your equipment after 8/17. The equipment has evolved to club-grade equipment and now heavier with more durable, harder material and not meant for the spinning exercises. You may still opt to do the spinning exercises by simply holding the rings (one in each hand and circling your arms). This is just as effective. The original Toning Rings developed by Kim Marie Ross will be available by 12/18 for purchase and will be less than 1/2 lbs. each with soft foam for comfort in spinning. Stay tuned!