

# ROXSTAR FITNESS

## Power Pulse: Full Body Fury

### Program Introduction:

Get ready to unleash the full force of your potential with “Power Pulse: Full Body Fury” - the ultimate workout program that will redefine your fitness journey! This four-day fitness adventure is not just a routine; it’s a powerhouse of strength, determination, and transformation.

### Ignite Your Inner Fire

“Power Pulse” isn’t just a workout; it’s a declaration of strength. Feel the pulse of power as you dive into a program meticulously crafted to sculpt your body, elevate your mindset, and awaken the warrior within.

### Total Body Transformation

Experience the thrill of a full-body makeover. Each session is strategically designed to target key muscle groups, ensuring a symphony of strength that leaves you feeling powerful, confident, and ready to conquer any challenge.

***Before beginning this program you must read the following [Disclaimer and Terms of Use](#). You acknowledge that you follow this workout - or any other workout on our site - at your own risk, and that you have consulted with your physician regarding your participation in this program. You also acknowledge that RoxStar Fitness, LLC is not liable for any injuries that you may incur.***

**Warm Up:** Before you begin this workout you’re going to definitely want to do about 5-10 mins of easy cardio to get the blood flowing and your body ready to train. You can also follow with foam rolling any areas of your body that are tight or sore. Once you do this, you’re ready to begin.

	DAY 1	DAY 2	DAY 3	DAY 4
STRENGTH	<a href="#">Upper Lower Full Body Cardio Mix Workout</a>	<a href="#">Killer Tabata Complexes Vol. 1</a>	<a href="#">Back and Hamstrings</a>	<a href="#">Chest, Triceps and Abs 2</a>
CARDIO	20 Mins Intervals 1 Min Sprinting/1 Min Recover + 15 Mins SS Cardio Keeping HR Above 80%	20 Mins HIIT Cardio 20s Sprint + 40s Recovery	30 Mins SS Cardio Keeping HR Above 80%	20 Mins Intervals 1 Min Sprinting/1 Min Recover

### Tabata Triumphs and Complex Conquests

Brace yourself for the intensity of Tabata Triumph and the challenge of killer complexes. This is more than a workout; it's a triumph over limitations, a conquest of your own potential.

### **Crush Limits, Not Dreams**

In "Power Pulse," we don't just crush workouts; we crush limits. Witness the transformation as you crush barriers, redefine your capabilities, and embrace the journey towards a stronger, fitter, and more resilient you.

### **Cardio that Ignites Your Passion**

Cardio is not just about burning calories; it's about igniting your passion for fitness. "Power Pulse" incorporates heart-pounding cardio sessions that will push your limits, elevate your endurance, and leave you breathless in the best possible way.

### **Unleash Your Inner Roxstar**

This isn't just a fitness program; it's an invitation to unleash your inner Roxstar. Embrace the energy, embrace the challenge, and let every workout be a celebration of your strength, resilience, and commitment to your well-being.

Are you ready to redefine your fitness journey? "Power Pulse: Full Body Fury" is not just a workout program; it's a lifestyle shift, a commitment to your best self, and a journey towards a stronger, more empowered you. Join the movement, embrace the fury, and let the transformation begin!