

The
The Boss Chick.

D A N C E W O R K O U T

30 H.I.I.T DAY TWERKOUT Program

4 20-Minute Workouts

Sweat

High Intensity Twerk Routines

Sculpt

Core & Booty Building Intervals

Slay

Shred Calories & Build Confidence



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PROGRAM GUIDE

Introduction

Welcome to The Boss Chick dance Workout's 30 Day H.I.I.T Twerkout Program!

The Boss Chick Dance Workout

The Boss Chick Dance Workout is a ladies only hip-hop, dancehall, and afrobeats twerkout rocking the dance fitness scene worldwide. The program started in Miami, FL in 2013 by Creator Simone Sobers and has since expanded to 25+ cities around the world. The BCDW is designed exclusively for the everyday woman to get fit and healthy through a challenging yet fun dance format.

What is H.I.I.T?

The 30 Day H.I.I.T Program is designed to transform your body into the very best version of YOU through our unique H.I.I.T dance format. H.I.I.T : High Intensity Interval Training is a fitness technique that consists of intervals of maximum effort and moderate effort. The result is a shorter workout that increases your metabolism and helps you burn more calories for a longer period of time during and AFTER your workout.

30 Day H.I.I.T Program

This program consists of 4 20-minute workouts, twerk instructional video, warm-up and cool down, booty building series and a core series. You will complete these components over the course of 30 days in a progressively intensive format. Each week you will be pushed to a new challenge as you become more familiar with the steps and routines.

If You Werk It, It will Work You!

Dance Fitness is one of the most fun ways to burn calories while having a good time. It's important to remember that with dance there are various levels of effort that you can give that will have very different results. This means that it is very important to GO ALL IN, EVERY TIME. Perform all of the steps as big and as fully as you can for the very best calorie burn and results.


Let's Get Started!



What You Will Need

- Knee pads or yoga mat to protect your knees during floor work
- Chair to use for balance during low bends
- Enough space to dance!
- Dumbbells can be used to increase the intensity of any toning exercise in the series

What Level You Should Choose

- Beginner Track: Ideal for individuals with little to no fitness or dance experience and are just starting to workout
 - Intermediate/Advanced: Ideal for individuals who already lead an active lifestyle and are looking for a bigger challenge
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The Program

Now that you're ready to begin open the beginner or intermediate/advanced calendar document and let's twerk!

Step 1 LEARN

Instructional: Make sure to perfect these twerk steps before beginning the program. Use your Sunday or "Rest Day" to review these steps as well as the steps of the upcoming series for that week.

Step 2 WARM-UP

Warm-Up: 3:30 minutes

Each twerkout session should start with the warm-up video. This short warm-up will get your body ready for each series.

Step 3: SWEAT

Follow your respective calendar for what series you will do each day.

Series 1: 20 minutes

This series consists of 90 seconds of a twerk drill and then 30 seconds of a toning or cardio dance step or exercise. There are 10 rounds to give you your 20 minute workout. Make modifications where necessary. The more you bend your knees the more intense it will be.

Series 2: 20 minutes

This series is straight forward high intensity dance cardio! Here we take all the twerk drills we learned in Series 1 and put them in context of dance routines. Follow Simone to the best of your ability. Go full out without any breaks. Have fun! Make modifications where necessary.

Series 3: 20 minutes

Like series 1 this series consists of 90 second twerk drills coupled with 30 seconds of toning or cardio. There are 10 rounds to give you your full 20 minute workout. In this series you will need your knee pads, yoga mat, and chair. Make modifications where necessary. If any floor work becomes too intense you can do the exact same moves standing with knees bent.

Series 4: 20 minutes

This series consists of high intensity dance cardio using some of the steps we learned in Series 3. In this series you will need your knee pads and yoga mat. Follow along with Simone to the best of your ability. Make modifications where necessary.



Step 4: SCULPT

Core Series: 4:40 minutes Use your own motivational song!

In this series we are focusing on strengthening and toning our core. You can make modifications by slowing down the reps but do not stop. This video has no sound so put on your favorite track that will push you through these exercises.

Booty Building Series: 14 minutes

5 of my favorite booty building exercises all in one video. Beginners can start with 3 sets of 8-10 reps per set. Intermediate/Advanced can start at 10 and follow the calendar for when to increase reps to 12 and 15.

Step 5: COOL DOWN

Cool Down: Use your own motivational song!

You did it! Use this video to cool down your body and stretch. This video also has no sound so you can really connect with yourself using a track of your choice

Be sure to follow your calendar closely as the program offers you a new challenge or chance to beat the work you did the day before!

