



# FIGHT

*FIGHT FOR IT!*



# LET'S MOVE!®

Group Fight™ is a gripping hour that burns a ton of calories and builds total body strength. Tap into the hottest mixed martial arts movements done at a rapid-fire pace to smash your cardio fitness! From the boxing ring to the fighting cage, Group Fight combines cutting-edge moves with thrilling music. This electric experience is addictive! *FIGHT FOR IT!*

*Group Fight endures the most rigorous testing process in the fitness industry. Each release is seen by over 2,000 people during this process to ensure the highest quality, the most effective workouts, and a program that you'll love time and time again.*

## **What they RAVED about in testing:**

“Felt it everywhere – Legs, Arms, Core!”

“Great mix of full body conditioning, footwork, and training rounds.”

“Love the multiple opponents theme!”

“Great workout, great music!”

“MMA moves always challenging and enjoyed.”

“Awesome, intense, all around great workout!!!”

## **Most Memorable Moment:**

“The SPRAWL comes with 12 PUSHUPS! What??!! Awesome training!”



**SEE IT!**