



YOR BEST BODY

at home

EPISODE 6 AIRING

AUGUST 11

4:00PM PST

RULES TO PARTICIPATE:

ENROLLED IN
GROUPS 180-183

You're all set!

NOT ENROLLED

Click below to join now!

ENROLL NOW



FEATURING A 40 MIN. WORKOUT WITH **LOUIS VAN AMSTEL**

Dancer, Choreographer, Reality TV Star

A long-standing advocate of YOR Health's premium products; a three-time world dance champion; an emmy-nominated choreographer, appearing on 10 seasons of Dancing with the Stars; and the creator of the popular dance fitness program, LaBlast.

Equipment needed:

- 2 light dumbbells or bottles of water
- Clear an open space (8x8 ft)
- Plenty of water nearby
- Towel to wipe off your sweat



CHEF KYNDRA MCCREARY

Healthy Cuisine Expert

Chef Kyndra was influenced by her grandmother's cooking and her own health journey, which inspired her to open up Swift Café in the heart of South Los Angeles, serving up her favorite foods with a modern, healthy, twist.



HOST TAMARA JORDAN

IFBB Bikini Pro Olympian,
2theT Training & Nutrition
Competition Coach,
YOR Health
Professional Spotlight