



YOUR BEST BODY *at home*

EPISODE 7 AIRING

AUGUST 22

4:00PM PST

RULES TO PARTICIPATE:

ENROLLED IN
GROUPS 181-184

You're all set!

NOT ENROLLED

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ENROLL NOW



FEATURING A 40 MIN. WORKOUT WITH **DIEGO DE ERICE**

Actor, Director, Writer & Producer

Building a great physique doesn't require you to be a fitness expert! International actor and superstar Diego will show us simple exercises he uses at home to keep his body fit and healthy.

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



DR. DEBRAH ZEPF Ph.D IMD DNM DTN BCMH CCA CMT, ESSENTIAL OIL EXPERT

She will be sharing pearls of wisdom to keep your mind and body connected to help you stay healthy at home.



HOST PACO HERNANDEZ Founder's Council & 3-Star White Diamond

Paco is not only an incredible leader, but he is the epitome of 'leading by example' by being a YOR Best Body winner, too!



HOST AMERICA LUNA Founder's Council & 1-Star White Diamond

A high-performance athlete, world cup soccer player and founder of the Pilates Total Balance method.