



YOUR BEST BODY

at home

EPISODE 9 AIRING

SEPT. 19

4:00PM PST

RULES TO PARTICIPATE:

ENROLLED IN
GROUPS 182-186

You're all set!

NOT ENROLLED

Click below to join now!

ENROLL NOW



FEATURING A 35 MIN. WORKOUT WITH

TAMARA JORDAN

IFBB Pro Bikini Olympian Athlete, 2thet
Competition Coach, Posing Coach, Certified
Fitness Trainer, Nutrition Counselor & YOR Health
Professional Spotlight

Tamara's goal is to encourage everyone to tackle any
fitness barriers by rising to challenge and never giving
up. In this episode, she will provide a full body circuit
workout and strength conditioning that will make
you sweat!

Equipment needed:

- 3lbs dumbbells (or light dumbbells)
- 5lbs & 8lbs dumbbells (optional)
- A yoga mat
- 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 a rejuvenating new
blend of oils that can be used in your
shampoo, face spritzer, and diffuser.
You will be energized!



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.