

## 1: Alexa Jean Hunt (@alexajeansfitness) — Instagram photos and videos

*Smart Training — Effectively streamlined workouts that you can access immediately from any device, anywhere. — Every workout program is designed to target specific muscle groups in an innovative way allowing people with busy lives the opportunity to achieve their best body.*

Your browser does not support the video tag. I suggest you upgrade your browser. Fit for a Reason. Sign up to get my workouts! Email Address Already a member? Click here to sign in! Results you can see. Thank you for checking out my workout program! This workout program is designed to be as strong and as versatile as you are. I know we all have busy lives, but we need to make time for ourselves. The home and the gym workouts are equally challenging and you will get a mind-blowing workout from both. The value that I know you will get from this program is priceless. Not only will your physical body improve, I have so many members of our community write each day describing the mental and emotional improvements from this plan as well. The nutritional plan can be followed exactly as provided, it can also be a good foundation for an individual to build off of if they have certain needs, whether that may be adding meat substitutes as provided in some of the recipes, or adjusting calories or macros to fit specific needs. It can be customize as needed to fit personal goals. The program provides meals Monday-Friday. For weekends, you can either repeat your favorite meals from the week, or you can prepare other meals that fit your needs. I will also post a grocery shopping list so that you can shop for what you need over the weekend. Workouts are available online so you can access them anywhere, from any device. My favorite part about her workouts is the variety and thought put into them. I get genuinely excited to go to the gym each day to see what she has in store for me. The workouts are always new and challenging, and super effective. You get personalized workouts 5 days a week. And if you ask a question, she answers you herself! I committed that day to getting rid of the extra weight. In 3 months you helped me feel comfortable and stay on track at the gym. Just wanted to say thank you, two dress sizes smaller and 18 lbs [lost]. Still going strong and more goals to achieve. Thank you so much! I use to be a cardio junky and you really taught me the power of strength! You are the best, you really are changing lives! You are a true inspiration, with your professional style and your positive coaching! Training has now become a normal part of my day that I actually look forward to! From a happy year old client!

### 2: Alexa Jean: July

*m Followers, 1, Following, 1, Posts - See Instagram photos and videos from Alexa Jean Hunt (@alexajeansfitness).*

That said, I just want to reiterate that the guides are yours to keepâ€”you just have to make sure to download them and SAVE them to your personal device I would also recommend opening a DropBox account to save them in the cloud, so they are there to access in case your computer crashes, etc. The BBG workouts are very straightforward in this areaâ€”! Each workout includes four 7-minute circuits, for a total of 28 minutes. Both programs incorporate the same types of exercises resistance training in a similar format circuit training â€”which I, personally, love. Every day is different so you will not get bored with the programs can I get a hallelujah? The Sore to the Core Abs Guide includes both rep-based and time-based workouts. Sometimes you do a certain number of each exercise, other times you do each exercise for secondsâ€”! Overall this one takes me about 15 minutes to complete. Which do I prefer??? Some other items include a medicine ball, jump rope, bosu ball, etc. Legs and Cardio, Tuesday: Arms and Abs, Thursday: They ALL get your heart pumping and will have you laying on the ground by the end of them. I think the BBGs get my heart-rate pumping harder and longer, but I often have to modify the workouts, take rests in between my circuits, and sometimes feel discouraged when I finish the minutes because I did not complete as much as I would have liked. Kayla has built an army seriouslyâ€”search the hashtag KaylasArmy of amazing women doing amazing thingsâ€”including ladies building each other UP and supporting each other through their journey to amazing health. I give Kayla 2 thumbs up, 10 toes, 2 knees, and both my elbows for her passion for lifting others UP! Alexa, if you are by some miracle reading this, I really wish you would build a stronger community in your following to bring people together in using your guides. I think this would also help more people stick-with-it and experience the same success and results that I did! I would love to see women using the hashtags s2community or S2Cmom etc. She also includes some stretching guides and tells you to complete them after each workout. It definitely adds to the full scope of this fitness program. Both Kayla and AJ have eating guides to coincide with their workout plans. Both are great and are worth checking out, but I cannot speak to either of them since I follow my own eating plan [click here to access it for FREE](#). That includes her Sore to the Core 1. Which would I recommend? Which am I continuing with? I just dont feel that my body is responding well to the intensity of the program, but I will definitely want to try it out again in the future as I continue to build strength and my fitness level. However, for me, it also means that I do not look forward to working out, and that IS an issue for me. Do I dread the following workout because I know it is going to kick my booty?

## 3: Alexa Jean Hunt (@alexajeانبrown) â€¢ Instagram photos and videos

*Sore to the Core Transformations Alexa Jean Fitness Program.*

We met in high school, I was 14, he was 16, and we were SO. You know, that first love kinda thing. Wild and crazy and We were young, he was a butt-head and we parted ways. This was in , the last time we saw each other. Then Troy joined the U. Marines and moved to Carlsbad, CA. A few years later, in , I ran into his best friend at a restaurant and he happened to be face timing with Troy. Rj and Troy had a conversation about who their "Great White Buffalo" was aka the one that got away. Troy said that I was his Great White Buffalo. Rj, being the great friend that he is, asked if he could give Troy my number. And every time Troy was in town, he would ask if he could take me to dinner. After a few weeks, I finally agreed to lunch. We went to this horrible sushi place in Scottsdale on my lunch break and I was super cold towards him. But Troy is Troy and he is so charming and this 5 years did him well. He had matured into a kind and gentle man. Somehow he swooped me off my feet and next thing I know, we were a thing. We both went through some heart wrenching things in those 5 years we spent apart but they all had to happen for us to end up where we are now. AND we have two kids!?! Know that there is someone for you, that will love you and treat you the way you should be treated. Someone who will pursue you until you are old and wrinkly.

## 4: Fitness Blogger Alexa Jean Brown aka AlexaJeanFitness' Best 26 Pics!

*Products Sort by Featured Best Selling Alphabetically, A-Z Alphabetically, Z-A Price, low to high Price, high to low Date, new to old Date, old to new \*NEW\* Bright & Airy Indoor mobile presets.*

## 5: Alexia Clark | Fit For A Reason

*Alexa Jean Fitness is the online home of Alexa Jean Brown, a fitness loving mom who knows how to sweat her way to an awesome body - she's already done [www.enganchecubano.com](http://www.enganchecubano.com) her website is all about showing others how to do it too.*

## 6: Alexa Jean: alexa jean fitness

*Alexa Jean Brown blog. Moose is our new little family member. The kids adore him. He's a baby with sharp little teeth and we're all looking forward to him getting past the teething stage.*

## 7: Alexa Jean Fitness | Weddings, Fitness and Health | Wedding Forums | WeddingWire

*Hey there! Popping in with this naked face selfie and wet hair to say that we're all equal here. Behind the makeup, behind the fun photos, and beyond the Instagram feed, is a girl just like you.*

## 8: Ebooks â€” Alexa Jean Brown

*Alexa Jean Photo Presets. Alexa Jean Fitness. \$ \$ Add to Cart. You guys have been asking, so I am FINALLY giving you access to my custom filters/presets.*

## 9: [www.enganchecubano.com](http://www.enganchecubano.com) Traffic, Demographics and Competitors - Alexa

*5 At-Home Post Pregnancy Workouts â€” Alexa Jean Brown Find this Pin and more on Alexa Jean Fitness! by taryn fogarty. 5 At-Home Post Pregnancy Workouts. Just in case anyone is wondering, I have no plans of needing post pregnancy workouts but I know other who do so this is basically a PSA.*

*Pittsburgh, Pennsylvania, May 30, 1887 When the purple waters came again Ghoulies and ghaisties. THE RICH HIKERS GUIDE TO WALKING WITH GOD Secrets of spectacular chess Lic aao previous year question paper 2015 The Best Breweries and Brewpubs of Illinois I Wonder What Noah Did with the Woodpeckers Group theory for social workers The forgotten kingdom Getting caught in the whirlwind United states economics development Study of the fashion dolls of France The seasons of suffering and success (The seven seasons of mans life) Human nature, cultural diversity, and the French Enlightenment Poetry 2005 by 6th grade students of Fairfield Middle School 8085 microprocessor by ramesh s gaonkar The first editions of F. Scott Fitzgerald Frances and the mountain man Ultimate guide to accurate carb counting Information, randomness incompleteness Modern German drama. Extracts indicating the Nature of the Moral Lessons to be derived from the Writings of Shakespeare. The Collected Verse of Mary Gilmore 1887-1929 (Academy Editions of Australian Literature) What Shall We Do When We All Go D Wolfe research activist targets The ocean Christ. Parts of speech test 31 practical ultralight aircraft you can build No. 2. We, the Black Americans. Quantum physics book For whom death tolls Emergency military assistance for Israel and Cambodia. The first book of baking Thirty-five years of archaeological research at Salmon Ruins, New Mexico Night of Reckoning Using communication support in projects Gastric carcinogenesis Introduction to modernity lefebvre The Family Pocket Guide to Supported Employment*