

SCULPT 5-6



Tony will ensure you master the proper form to get the most out of each move.



Target your chest, back, arms, legs and buns for a complete full body blast.

Take it to the next level and keep the great results coming with the Power 90 Master Series. Tony Horton will help you achieve your total body transformation goals with his latest workout series. These new workouts bring you more of Tony Horton's expertise and unique training style. Each workout is quick, fun, easy and super effective so you get the results you're looking for!

Sculpt 5-6 packs an assortment of Tony's top body sculpting exercises to strengthen, sculpt and tone your entire body. Tony turns up the intensity with targeted moves that focus on those key muscles we all want to show off. So get ready to maximize your results and put the final touches on your lean, sexy physique.

For best results, use in conjunction with Beachbody supplements and nutrition guidelines. Get more motivation and expert advice at the Diet and Support center at Beachbody.com.

Warning: You must consult your physician before you begin this or any other exercise program.

Produced and directed by Andrea Ambandos/Dragonfly Productions

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