



Mb

METHOD

PROGRAMS BUNDLE



WHAT IS VB METHOD?

VB METHOD is a core-focused, athletic approach to pilates.

Our powerful formula combines pilates, weights, and cardio in order to create a stronger leaner physique, in less time without burning you out.

With our detailed and expert guidance, you are guaranteed to properly connect with your muscles and work from a place of safety without wasting another second doing workouts incorrectly.

YOUR VBM BUNDLE INCLUDES:

4-Week Full Body Beginner Program

Level: Beginner

Time: 35-50 Minutes

This program is an intro to VB METHOD and will help you build a strong foundation preparing you for more challenging routines later on. You will learn proper form and technique to help improve your mind-body connection and take your fitness to the next level.

All workouts are pilates-inspired core focused routines and do not include cardio or heavy weights.

WHO IS THIS PROGRAM FOR?

It is ideal for anyone new to pilates, exercise, or who hasn't worked out for a while. All routines are under 1 hour so you can fit these into your busy schedule while still getting the most efficient and complete workout.

Program Benefits:

- *increase muscular strength and endurance
- *improve overall muscular balance
- *tone and lengthen
- *strengthen mind-body connection

Equipment:

For this program you will not need any equipment. Just yourself and a mat.

4-Week Full Body Program for Busy Schedules

This is the perfect program for anyone with a busy schedule who wants to move efficiently and make the best out of their time.

Level: This program includes 2 different versions

- **Version 1:** Beginner | Intermediate Level (no jumping/high impact)- this version consists of mat flows with no cardio or weight lifting. We use other equipment such as bands, ankle weights, pilates ball, and your own body weight to challenge your muscles.

- **Version 2:** Intermediate | Advanced Level (includes cardio & weights)- this version is ideal for practitioners who like mixing things up and enjoy a variety of pilates mat flows, cardio, and weights.

***If you prefer more challenging routines and enjoy pilates & weights but no cardio, you can follow the intermediate | advanced version and swap the 2 cardio based workouts for any other routine of your choice from the VB METHOD library.

You can even swap for any of the unique routines from the Beginner | Intermediate version.

Time: Under 35 Minutes

Each routine is under 35 minutes so you can fit these into your busy schedule while still getting the most efficient and complete workout.

Calendar: Find the program's calendar on the resources section on your program's page. You will repeat the routine provided on the calendar for 4 weeks total.

Program Benefits:

- *increase muscular strength and endurance
- *improve muscular balance
- *tone and sculpt
- *improve cardiovascular endurance and stamina
- *strengthen your mind-body connection
- *improve posture

[SHOP EQUIPMENT HERE](#)

14-Day Abs + Booty Challenge

Level: Intermediate | Advanced

Time: 18-25 Minutes

This challenge is perfect for anyone with a busy schedule as all workouts are between 18-25 minutes. You can expect to strengthen while improving muscle tone and balance. Each workout will focus on different parts of your abs and glutes without overworking the same area multiple days in a row.

Program Details:

CALENDAR: Find your 14-day calendar with the assigned videos for the specified weeks (Weeks 1-2) on your challenge page. You should be able to save this or print it if you'd like to keep it handy.

WORKOUTS: All the workouts are marked under specific levels but cues are offered in each routine so you can modify, regressing or progressing according to your level.

Progressing the workouts: Make sure to use an ankle band or hip booty resistance band.

Regressing the workouts: Use light ankle weights or no equipment at all.

Days off: You will notice you will have days off throughout the challenge. Allowing time for rest and recovery will be important in order to achieve results and keep our bodies from injury. You always have the option of taking extra days off if you feel your body needs more time to recover.

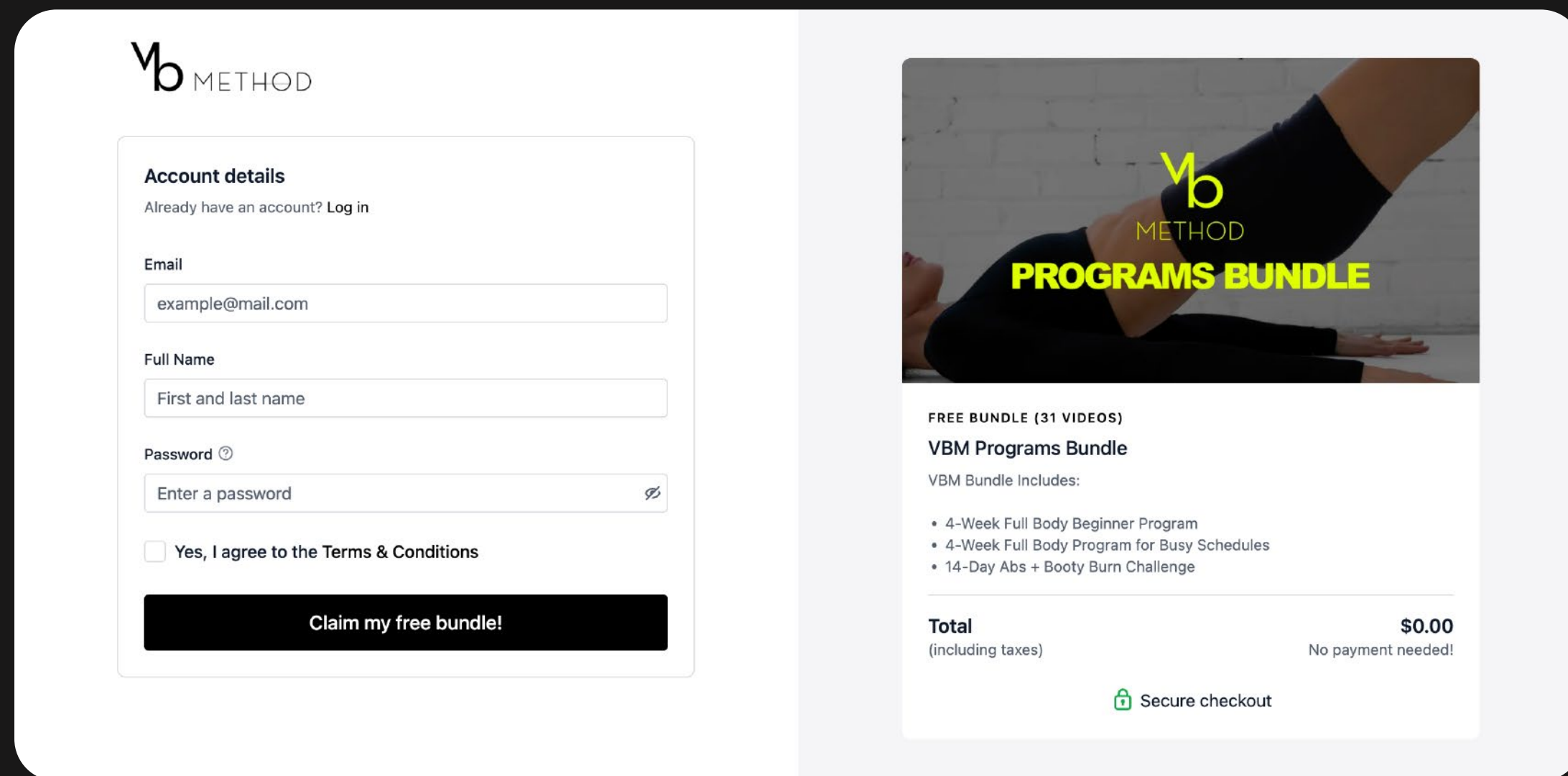
EQUIPMENT: For this challenge you will need the following list of equipment.

***ANKLE BAND** (substitute: resistance band/hip booty band, ankle weights, or skip)

*For direct link to suggested brands for each piece of equipment, go to <https://vbmethod.com/vbfitmethod-shop/>

ACCESS YOUR PROGRAMS BUNDLE

Follow the steps here to access your special VBM Programs Bundle.



The screenshot displays the Vb METHOD website interface. On the left, there is a registration form titled "Account details" with a "Log in" link for existing users. The form includes fields for "Email" (pre-filled with "example@mail.com"), "Full Name" (pre-filled with "First and last name"), and "Password" (with a strength indicator). A checkbox for "Yes, I agree to the Terms & Conditions" is present, and a black button labeled "Claim my free bundle!" is at the bottom. On the right, a promotional card for the "VBM Programs Bundle" features a video thumbnail of a person performing a core exercise. The card lists "FREE BUNDLE (31 VIDEOS)" and includes three program items: "4-Week Full Body Beginner Program", "4-Week Full Body Program for Busy Schedules", and "14-Day Abs + Booty Burn Challenge". A summary table shows a "Total" of "\$0.00" (including taxes) with "No payment needed!". A "Secure checkout" icon is located at the bottom of the card.

→ Step 1:

[CREATE YOUR FREE ACCOUNT](#)

Step 2:

Check your email for a confirmation containing the link to the programs.

If you do not receive the email, be sure to check your spam or promotions folder. If you run into any issues, you may contact us directly via contact@vbmethod.com

Please keep in mind that once logged in, you will be able to view all content available at VB METHOD but will only have access to the 3 Programs listed above. You can easily locate these under "My Library" under the workouts page. Click [HERE](#) to view a quick video showing you where to find the content available to you on the workouts page.

Keep in mind this bundle expires January 1st, 2025 so be sure to dive in right away and start getting results that last.

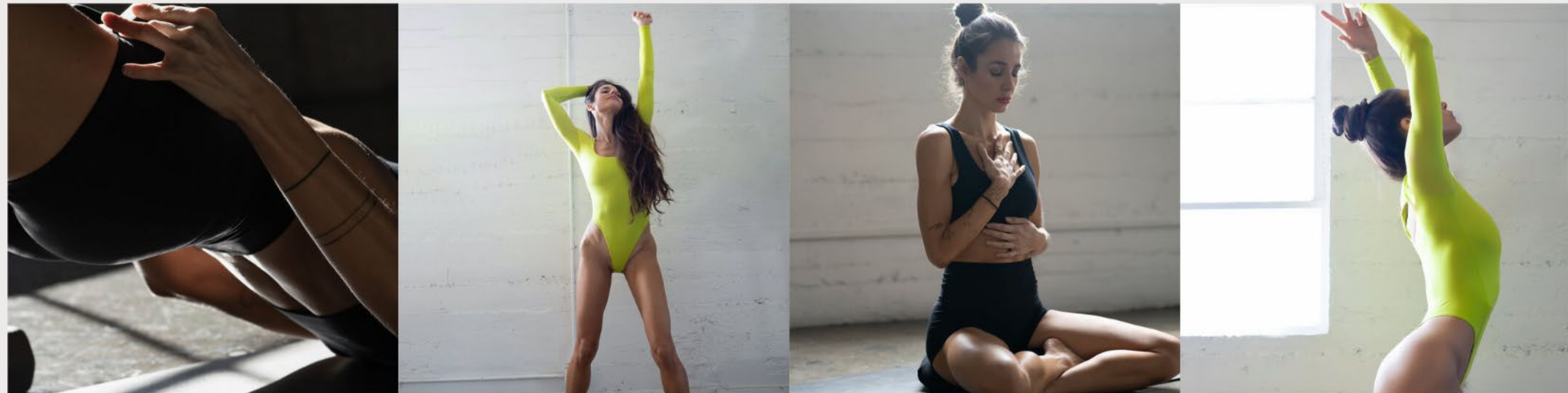
See you on the mat

xo,

Vilmaliz

vbmethod.com

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vb METHOD