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AdvoCare International Releases 'Can You 24' Workout DVD

Two-disc set is the perfect companion to 24-Day Challenge bundle

(PLANO, TX) – [AdvoCare International](#) (AdvoCare), a premier health and wellness company based in Plano, Texas, recently released [Can You 24](#), a dynamic workout DVD led by AdvoCare Independent Distributors designed to help real people get real results. The two-disc set requires no equipment and each workout only takes 24 minutes to complete.

"The *Can You 24* workout series is a new tool to achieve weight-loss goals and experience successful transformations," Vice President of Marketing Patrick Wright said. "When combined with the AdvoCare 24-Day Challenge, they are the ultimate fitness duo to help you look better, feel better and live better."

The *Can You 24* DVD features seven, 24-minute workouts designed to melt, shred and sculpt:

- **Melt 1 and 2** workouts blend a combination of power, agility, balance and strength to provide an intense cardio workout.
- **Shred 1 and 2** workouts use cardio conditioning and strength training for a total body workout that will burn calories and build muscle.
- **Sculpt 1 and 2** workouts are designed to make participants sweat through challenging floor exercises. This sequence focuses on balance and abdominal training to help sculpt and tone muscle.
- **Core Stretch** promotes recovery and supports relaxation through dynamic core and flexibility exercises.

With the **ColorTrack** system, workouts can be customized from beginner, to intermediate, to advanced. The system also makes it easy to progress from one level to the next.

The workouts are led by AdvoCare Distributors – real people who have seen real results by using AdvoCare products. The four coaches and seven additional participants featured in the video are all top earners, earning anywhere from \$200,000 to \$1 million in 2012.

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“My husband Bob and I have built a successful AdvoCare business while focusing on the importance of fitness and nutrition,” said Jenny Donnelly, AdvoCare Platinum Distributor and *Can You 24* coach. “I am excited about the *Can You 24* DVD because it customizes workouts for each person’s fitness level and the program grows with you as you get stronger.”

The *Can You 24* DVD is the perfect companion to the AdvoCare 24-Day Challenge, a comprehensive system designed to jumpstart weight loss and break through a plateau. The first 10 days cleanse the body of toxins and prepare it for optimal nutrient absorption. The next 14 days are spent giving the body the best tools needed to achieve weight-management goals.

To learn more about the *Can You 24* workout DVD and create customized workout calendars, please visit www.canyou24.com.

For more information about AdvoCare, its products or how to become an AdvoCare Independent Distributor, please visit www.advocare.com.

About AdvoCare International, LP

Since 1993, AdvoCare has offered general nutrition, weight loss, energy and sports performance products of the highest quality developed through comprehensive research and backed by a Scientific & Medical Advisory Board. AdvoCare offers more than 70 exclusive products and a business opportunity that empowers individuals to explore their ultimate potential. AdvoCare is headquartered in Plano, Texas. For more information on AdvoCare, visit www.advocare.com or call 800-542-4800.

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