



Getting Started

Customize your workouts based on your schedule!

Try out these suggested daily workout combinations. Track your workouts by marking the boxes.

ALMOST NO TIME?

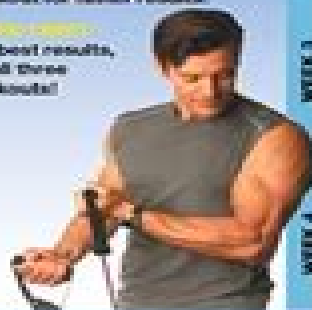
Do the first 10-minute workout.

LIMITED TIME?

Add the next 10-minute workout for faster results.

WORKOUT IDEAS

For best results, do all three workouts!



	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	 <input type="checkbox"/> + LOWER BODY <input type="checkbox"/> + ABS	 <input type="checkbox"/> + CARDIO <input type="checkbox"/> + LOWER BODY	 <input type="checkbox"/> + YOGA FLEX <input type="checkbox"/> + ABS	 <input type="checkbox"/> + ABS <input type="checkbox"/> + YOGA FLEX	 <input type="checkbox"/> + LOWER BODY <input type="checkbox"/> + CARDIO	 <input type="checkbox"/> + CARDIO <input type="checkbox"/> + ABS	 <input type="checkbox"/> + YOGA FLEX <input type="checkbox"/> + TOTAL BODY
WEEK 2	 <input type="checkbox"/> + ABS <input type="checkbox"/> + YOGA FLEX	 <input type="checkbox"/> + LOWER BODY <input type="checkbox"/> + YOGA FLEX	 <input type="checkbox"/> + YOGA FLEX <input type="checkbox"/> + ABS	 <input type="checkbox"/> + ABS <input type="checkbox"/> + CARDIO	 <input type="checkbox"/> + YOGA FLEX <input type="checkbox"/> + CARDIO	 <input type="checkbox"/> + LOWER BODY <input type="checkbox"/> + YOGA FLEX	 <input type="checkbox"/> + ABS <input type="checkbox"/> + TOTAL BODY
WEEK 3	 <input type="checkbox"/> + LOWER BODY <input type="checkbox"/> + ABS	 <input type="checkbox"/> + CARDIO <input type="checkbox"/> + LOWER BODY	 <input type="checkbox"/> + YOGA FLEX <input type="checkbox"/> + ABS	 <input type="checkbox"/> + TOTAL BODY <input type="checkbox"/> + CARDIO	 <input type="checkbox"/> + LOWER BODY <input type="checkbox"/> + ABS	 <input type="checkbox"/> + TOTAL BODY <input type="checkbox"/> + CARDIO	 <input type="checkbox"/> + ABS <input type="checkbox"/> + LOWER BODY
WEEK 4	 <input type="checkbox"/> + LOWER BODY <input type="checkbox"/> + ABS	 <input type="checkbox"/> + CARDIO <input type="checkbox"/> + LOWER BODY	 <input type="checkbox"/> + YOGA FLEX <input type="checkbox"/> + ABS	 <input type="checkbox"/> + ABS <input type="checkbox"/> + YOGA FLEX	 <input type="checkbox"/> + LOWER BODY <input type="checkbox"/> + CARDIO	 <input type="checkbox"/> + CARDIO <input type="checkbox"/> + ABS	 <input type="checkbox"/> + YOGA FLEX <input type="checkbox"/> + TOTAL BODY

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