



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?

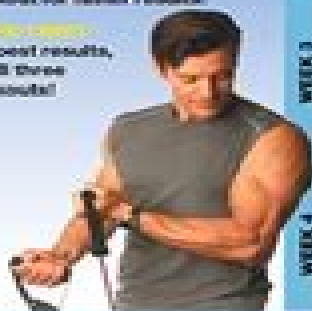
Do the first 10-minute workout.

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	 ☐ + LOWER BODY ☐ + ABS	 ☐ + CARDIO ☐ + LOWER BODY	 ☐ + YOGA FLEX	 ☐ + ABS ☐ + YOGA FLEX	 ☐ + LOWER BODY ☐ + CARDIO	 ☐ + CARDIO ☐ + ABS	 ☐ + YOGA FLEX ☐ + TOTAL BODY
WEEK 2	 ☐ + ABS ☐ + YOGA FLEX	 ☐ + LOWER BODY ☐ + YOGA FLEX	 ☐ + YOGA FLEX	 ☐ + ABS ☐ + CARDIO	 ☐ + YOGA FLEX ☐ + CARDIO	 ☐ + LOWER BODY ☐ + YOGA FLEX	 ☐ + ABS ☐ + TOTAL BODY
WEEK 3	 ☐ + LOWER BODY ☐ + ABS	 ☐ + CARDIO ☐ + LOWER BODY	 ☐ + YOGA FLEX	 ☐ + TOTAL BODY ☐ + CARDIO	 ☐ + LOWER BODY ☐ + ABS	 ☐ + TOTAL BODY ☐ + CARDIO	 ☐ + ABS ☐ + LOWER BODY
WEEK 4	 ☐ + LOWER BODY ☐ + ABS	 ☐ + TOTAL BODY ☐ + CARDIO ☐ + LOWER BODY	 ☐ + YOGA FLEX	 ☐ + ABS ☐ + YOGA FLEX	 ☐ + TOTAL BODY ☐ + CARDIO	 ☐ + CARDIO ☐ + ABS	 ☐ + YOGA FLEX ☐ + TOTAL BODY

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Thanks you



Important! Take your "before" and "after" photos!

Submit your Success Stories. We love to celebrate our customers' success. Now you can submit your Success Story (including your personal data, transformation story, and "before" and "after" pictures) and be the next reminder of where you started! Please visit TeamBeachbody.com for more details.



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