

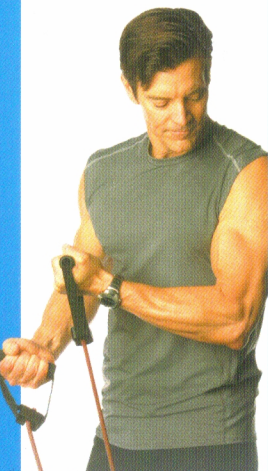
Customize your workouts based on your schedule!

Track your workouts by checking the boxes.

Almost no time?
Then do just one 10-minute workout!

A little time?
Do two workouts for faster results.

More time?
For best results, schedule three workouts.



	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Week 1	<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"/> + Lower Body	<input type="checkbox"/> YOGA FLEX	<input type="checkbox"/> CARDIO <input type="checkbox"/> + Abs <input type="checkbox"/> + Yoga Flex	<input type="checkbox"/> TOTAL BODY <input type="checkbox"/> + Lower Body <input type="checkbox"/> + Cardio	<input type="checkbox"/> YOGA FLEX <input type="checkbox"/> + Cardio <input type="checkbox"/> + Abs	<input type="checkbox"/> CARDIO <input type="checkbox"/> + Yoga Flex <input type="checkbox"/> + Total Body
Week 2	<input type="checkbox"/> CARDIO <input type="checkbox"/> + Abs <input type="checkbox"/> + Yoga Flex	<input type="checkbox"/> TOTAL BODY <input type="checkbox"/> + Lower Body <input type="checkbox"/> + Yoga Flex	<input type="checkbox"/> CARDIO	<input type="checkbox"/> TOTAL BODY <input type="checkbox"/> + Abs <input type="checkbox"/> + Cardio	<input type="checkbox"/> ABS <input type="checkbox"/> + Yoga Flex <input type="checkbox"/> + Cardio	<input type="checkbox"/> CARDIO <input type="checkbox"/> + Lower Body <input type="checkbox"/> + Yoga Flex	<input type="checkbox"/> LOWER BODY <input type="checkbox"/> + Abs <input type="checkbox"/> + Total Body
Week 3	<input type="checkbox"/> CARDIO <input type="checkbox"/> + Lower Body <input type="checkbox"/> + Abs	<input type="checkbox"/> ABS <input type="checkbox"/> + Cardio <input type="checkbox"/> + Lower Body	<input type="checkbox"/> YOGA FLEX	<input type="checkbox"/> LOWER BODY <input type="checkbox"/> + Total Body <input type="checkbox"/> + Cardio	<input type="checkbox"/> CARDIO <input type="checkbox"/> + Lower Body <input type="checkbox"/> + Abs	<input type="checkbox"/> YOGA FLEX <input type="checkbox"/> + Total Body <input type="checkbox"/> + Cardio	<input type="checkbox"/> CARDIO <input type="checkbox"/> + Abs <input type="checkbox"/> + Lower Body
Week 4	<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"/> + Lower Body	<input type="checkbox"/> YOGA FLEX	<input type="checkbox"/> CARDIO <input type="checkbox"/> + Abs <input type="checkbox"/> + Yoga Flex	<input type="checkbox"/> TOTAL BODY <input type="checkbox"/> + Lower Body <input type="checkbox"/> + Cardio	<input type="checkbox"/> YOGA FLEX <input type="checkbox"/> + Cardio <input type="checkbox"/> + Abs	<input type="checkbox"/> CARDIO <input type="checkbox"/> + Yoga Flex <input type="checkbox"/> + Total Body



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 "before" and "after" pictures, personal stats, and transformation story). They will be the best reminders of where you started. Please visit TeamBeachbody.com for more details.

Accelerated Results

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	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Week 1	<input type="checkbox"/>  <input type="checkbox"/> + Core Cardio <input type="checkbox"/> + Upper Body	<input type="checkbox"/>  <input type="checkbox"/> + Core Cardio <input type="checkbox"/> + Total Body	Take the day off.	<input type="checkbox"/>  <input type="checkbox"/> + Core Cardio <input type="checkbox"/> + Abs	<input type="checkbox"/>  <input type="checkbox"/> + Lower Body <input type="checkbox"/> + Cardio	<input type="checkbox"/>  <input type="checkbox"/> + Core Cardio <input type="checkbox"/> + Yoga Flex	<input type="checkbox"/>  <input type="checkbox"/> + Total Body <input type="checkbox"/> + Lower Body
Week 2	<input type="checkbox"/>  <input type="checkbox"/> + Core Cardio <input type="checkbox"/> + Total Body	<input type="checkbox"/>  <input type="checkbox"/> + Core Cardio <input type="checkbox"/> + Lower Body	Relax and enjoy the day.	<input type="checkbox"/>  <input type="checkbox"/> + Cardio <input type="checkbox"/> + Abs	<input type="checkbox"/>  <input type="checkbox"/> + Total Body <input type="checkbox"/> + Cardio	<input type="checkbox"/>  <input type="checkbox"/> + Cardio <input type="checkbox"/> + Lower Body	<input type="checkbox"/>  <input type="checkbox"/> + Core Cardio <input type="checkbox"/> + Yoga Flex
Week 3	<input type="checkbox"/>  <input type="checkbox"/> + Core Cardio <input type="checkbox"/> + Abs	<input type="checkbox"/>  <input type="checkbox"/> + Abs <input type="checkbox"/> + Lower Body	Take it easy today.	<input type="checkbox"/>  <input type="checkbox"/> + Abs <input type="checkbox"/> + Yoga Flex	<input type="checkbox"/>  <input type="checkbox"/> + Lower Body <input type="checkbox"/> + Cardio	<input type="checkbox"/>  <input type="checkbox"/> + Core Cardio <input type="checkbox"/> + Upper Body	<input type="checkbox"/>  <input type="checkbox"/> + Cardio <input type="checkbox"/> + Core Cardio
Week 4	<input type="checkbox"/>  <input type="checkbox"/> + Core Cardio <input type="checkbox"/> + Upper Body	<input type="checkbox"/>  <input type="checkbox"/> + Abs <input type="checkbox"/> + Cardio	Enjoy your day off.	<input type="checkbox"/>  <input type="checkbox"/> + Core Cardio <input type="checkbox"/> + Cardio	<input type="checkbox"/>  <input type="checkbox"/> + Cardio <input type="checkbox"/> + Lower Body	<input type="checkbox"/>  <input type="checkbox"/> + Yoga Flex <input type="checkbox"/> + Total Body	<input type="checkbox"/>  <input type="checkbox"/> + Core Cardio <input type="checkbox"/> + Total Body



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*Eligibility for entering the transformation contest requires enrollment in the Million Dollar Body® Club.
*The Million Dollar Body contest, sweepstakes, and Coach business opportunity are currently available only to U.S. residents. Certain limitations and restrictions apply. Please review the daily sweepstakes and monthly contest rules posted on MillionDollarBody.com for details.