



# 80 DAY OBSESSION™ CALENDAR PHASE 1

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>PREP:</b></p> <ul style="list-style-type: none"> <li>• Download the Starter Guide, Eating Plan and Tracker Sheet under Program Materials</li> <li>• Watch the Quick Start Tips and the Eating Plan Tips Video under Workout List</li> <li>• Meal Prep for the Week</li> </ul>						
<p>Take Measurements &amp; Photos</p> <p>Watch Weekly Obsession</p>	<p><b>DAY 1</b></p> <p><b>TOTAL BODY CORE</b></p> <p>2 sets/15 reps • 60 min. Weights, Resistance Loops, Mat*</p>	<p><b>DAY 2</b></p> <p><b>BOOTY</b></p> <p>2 sets/15 reps • 60 min. Resistance Loops, Mat*</p>	<p><b>DAY 3</b></p> <p><b>CARDIO CORE</b></p> <p>3 sets/30 sec. each • 40 min. • Strength Slides</p>	<p><b>DAY 4</b></p> <p><b>AAA</b></p> <p>2 sets/15 reps • 49 min. Weights, Resistance Loops, Strength Slides, Mat*</p>	<p><b>DAY 5</b></p> <p><b>LEGS</b></p> <p>2 sets/15 reps • 46 min. Weights</p>	<p><b>DAY 6</b></p> <p><b>CARDIO FLOW</b></p> <p>4 reps • 31 min. None</p>
<p><b>DAY 7</b></p> <p><b>ROLL &amp; RELEASE</b></p> <p>19 min. Foam Roller*, Mat* Watch Weekly Obsession</p>	<p><b>DAY 8</b></p> <p><b>TOTAL BODY CORE</b></p> <p>3 sets/10 reps • 60 min. Weights, Resistance Loops, Mat*</p>	<p><b>DAY 9</b></p> <p><b>BOOTY</b></p> <p>3 sets/10 reps • 60 min. Resistance Loops, Mat*</p>	<p><b>DAY 10</b></p> <p><b>CARDIO CORE</b></p> <p>3 sets/30 sec. each • 37 min. • Strength Slides</p>	<p><b>DAY 11</b></p> <p><b>AAA</b></p> <p>3 sets/10 reps • 55 min. Weights, Resistance Loops, Strength Slides, Mat*</p>	<p><b>DAY 12</b></p> <p><b>LEGS</b></p> <p>3 sets/10 reps • 52 min. Weights</p>	<p><b>DAY 13</b></p> <p><b>CARDIO FLOW</b></p> <p>4 reps • 30 min. None</p>
<p><b>DAY 14</b></p> <p><b>STRETCH &amp; RELEASE</b></p> <p>16 min. • Mat* Watch Weekly Obsession</p>	<p><b>DAY 15</b></p> <p><b>TOTAL BODY CORE</b></p> <p>3 sets/10 reps • 60 min. Weights, Resistance Loops, Mat*</p>	<p><b>DAY 16</b></p> <p><b>BOOTY</b></p> <p>3 sets/10 reps • 55 min. Resistance Loops, Mat*</p>	<p><b>DAY 17</b></p> <p><b>CARDIO CORE</b></p> <p>3 sets/30 sec. each • 36 min. • Strength Slides</p>	<p><b>DAY 18</b></p> <p><b>AAA</b></p> <p>3 sets/10 reps • 55 min. Weights, Resistance Loops, Strength Slides, Mat*</p>	<p><b>DAY 19</b></p> <p><b>LEGS</b></p> <p>3 sets/10 reps • 51 min. Weights</p>	<p><b>DAY 20</b></p> <p><b>CARDIO FLOW</b></p> <p>4 reps • 30 min. None</p>
<p><b>REST / SELF-CARE</b></p> <p>Watch Weekly Obsession</p>	<p><b>DAY 21</b></p> <p><b>TOTAL BODY CORE</b></p> <p>2 sets/15 reps • 57 min. Weights, Resistance Loops, Mat*</p>	<p><b>DAY 22</b></p> <p><b>BOOTY</b></p> <p>2 sets/15 reps • 53 min. Resistance Loops, Mat*</p>	<p><b>DAY 23</b></p> <p><b>CARDIO CORE</b></p> <p>3 sets/30 sec. each • 35 min. • Strength Slides</p>	<p><b>DAY 24</b></p> <p><b>AAA</b></p> <p>2 sets/15 reps • 48 min. Weights, Resistance Loops, Strength Slides, Mat*</p>	<p><b>DAY 25</b></p> <p><b>LEGS</b></p> <p>2 sets/15 reps • 48 min. Weights</p>	<p><b>DAY 26</b></p> <p><b>CARDIO FLOW</b></p> <p>4 reps • 27 min. None</p>

\*Optional





# 80 DAY OBSESSION CALENDAR PHASE 2

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>REST / SELF-CARE</b> Watch Weekly Obsession Recalculate your Calorie Target Take Measurements & Photos	<b>DAY 27</b> <b>BOOTY</b> 2 sets/15 reps • 58 min. Weights, Resistance Loops, Mat*	<b>DAY 28</b> <b>CARDIO CORE</b> 3 sets/30 sec. each • 43 min. • Resistance Loops, Strength Slides, Mat*	<b>DAY 29</b> <b>TOTAL BODY CORE</b> 2 sets/15 reps • 60 min. Weights, Strength Slides, Mat*	<b>DAY 30</b> <b>LEGS</b> 2 sets/15 reps • 41 min. Weights, Strength Slides, Mat*	<b>DAY 31</b> <b>AAA</b> 2 sets/15 reps • 57 min. Weights, Resistance Loops, Strength Slides, Mat*	<b>DAY 32</b> <b>CARDIO FLOW</b> 6 reps • 36 min. None
<b>REST / SELF-CARE</b> Watch Weekly Obsession	<b>DAY 33</b> <b>BOOTY</b> 3 sets/10 reps • 59 min. Weights, Resistance Loops, Mat*	<b>DAY 34</b> <b>CARDIO CORE</b> 3 sets/30 sec. each • 40 min. • Resistance Loops, Strength Slides, Mat*	<b>DAY 35</b> <b>TOTAL BODY CORE</b> 3 sets/10 reps • 59 min. Weights, Strength Slides, Mat* <b>REFEED DAY</b>	<b>DAY 36</b> <b>LEGS</b> 3 sets/10 reps • 42 min. Weights, Strength Slides, Mat*	<b>DAY 37</b> <b>AAA</b> 3 sets/10 reps • 60 min. Weights, Resistance Loops, Strength Slides, Mat*	<b>DAY 38</b> <b>CARDIO FLOW</b> 6 reps • 38 min. None
<b>REST / SELF-CARE</b> Watch Weekly Obsession	<b>DAY 39</b> <b>BOOTY</b> 3 sets/10 reps • 58 min. Weights, Resistance Loops, Mat*	<b>DAY 40</b> <b>CARDIO CORE</b> 3 sets/30 sec. each • 38 min. • Resistance Loops, Strength Slides, Mat*	<b>DAY 41</b> <b>TOTAL BODY CORE</b> 3 sets/10 reps • 58 min. Weights, Strength Slides, Mat*	<b>DAY 42</b> <b>LEGS</b> 3 sets/10 reps • 46 min. Weights, Strength Slides, Mat*	<b>DAY 43</b> <b>AAA</b> 3 sets/10 reps • 61 min. Weights, Resistance Loops, Strength Slides, Mat*	<b>DAY 44</b> <b>CARDIO FLOW</b> 6 reps • 41 min. None
<b>REST / SELF-CARE</b> Watch Weekly Obsession	<b>DAY 45</b> <b>BOOTY</b> 2 sets/15 reps • 59 min. Weights, Resistance Loops, Mat*	<b>DAY 46</b> <b>CARDIO CORE</b> 3 sets/30 sec. each • 38 min. • Resistance Loops, Strength Slides, Mat*	<b>DAY 47</b> <b>TOTAL BODY CORE</b> 2 sets/15 reps • 57 min. Weights, Strength Slides, Mat* <b>REFEED DAY</b>	<b>DAY 48</b> <b>LEGS</b> 2 sets/15 reps • 40 min. Weights, Strength Slides, Mat*	<b>DAY 49</b> <b>AAA</b> 2 sets/15 reps • 62 min. Weights, Resistance Loops, Strength Slides, Mat*	<b>DAY 50</b> <b>CARDIO FLOW</b> 6 reps • 39 min. None

## TIPS FOR YOUR BEST RESULTS:

- SELF-CARE:**
- Never skip a warm-up or cooldown.
  - **Roll & Release** and **Stretch & Release**. Use these bonus recovery workouts anytime throughout your 80 days to help stretch and massage away soreness and to increase flexibility.
  - Sleep at least 8 hours a night to support muscle and mind recovery.
  - Get regular massages to help with recovery and relaxation.

\*Optional



# 80 DAY OBSESSION CALENDAR PHASE 3

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>REST / SELF-CARE</b> Watch Weekly Obsession Recalculate your Calorie Target Take Measurements & Photos	<b>DAY 51</b> <b>AAA</b> 2 sets/15 reps • 54 min. Weights, Resistance Loops, Strength Slides, Mat*	<b>DAY 52</b> <b>CARDIO FLOW</b> 4 reps • 45 min. None	<b>DAY 53</b> <b>LEGS</b> 2 sets/15 reps • 52 min. Weights, Strength Slides	<b>DAY 54</b> <b>TOTAL BODY CORE</b> 2 sets/15 reps • 58 min. Weights, Resistance Loops, Strength Slides, Mat*	<b>DAY 55</b> <b>CARDIO CORE</b> 3 sets/30 sec. each • 41 min. • Resistance Loops, Strength Slides, Mat*	<b>DAY 56</b> <b>BOOTY</b> 2 sets/15 reps • 47 min. Weights, Resistance Loops, Strength Slides, Mat*
<b>REST / SELF-CARE</b> Watch Weekly Obsession	<b>DAY 57</b> <b>AAA</b> 3 sets/10 reps • 57 min. Weights, Resistance Loops, Strength Slides, Mat*	<b>DAY 58</b> <b>CARDIO FLOW</b> 4 reps • 45 min. None <b>REFEED DAY</b>	<b>DAY 59</b> <b>LEGS</b> 3 sets/10 reps • 51 min. Weights, Strength Slides	<b>DAY 60</b> <b>TOTAL BODY CORE</b> 3 sets/10 reps • 59 min. Weights, Resistance Loops, Strength Slides, Mat*	<b>DAY 61</b> <b>CARDIO CORE</b> 3 sets/30 sec. each • 42 min. • Resistance Loops, Strength Slides, Mat*	<b>DAY 62</b> <b>BOOTY</b> 3 sets/10 reps • 54 min. Weights, Resistance Loops, Strength Slides, Mat*
<b>REST / SELF-CARE</b> Watch Weekly Obsession	<b>DAY 63</b> <b>AAA</b> 3 sets/10 reps • 58 min. Weights, Resistance Loops, Strength Slides, Mat*	<b>DAY 64</b> <b>CARDIO FLOW</b> 4 reps • 47 min. None	<b>DAY 65</b> <b>LEGS</b> 3 sets/10 reps • 56 min. Weights, Strength Slides	<b>DAY 66</b> <b>TOTAL BODY CORE</b> 3 sets/10 reps • 60 min. Weights, Resistance Loops, Strength Slides, Mat*	<b>DAY 67</b> <b>CARDIO CORE</b> 3 sets/30 sec. each • 42 min. • Resistance Loops, Strength Slides, Mat*	<b>DAY 68</b> <b>BOOTY</b> 3 sets/10 reps • 55 min. Weights, Resistance Loops, Strength Slides, Mat*
<b>REST / SELF-CARE</b> Watch Weekly Obsession	<b>DAY 69</b> <b>AAA</b> 2 sets/15 reps • 58 min. Weights, Resistance Loops, Strength Slides, Mat*	<b>DAY 70</b> <b>CARDIO FLOW</b> 4 reps • 47 min. None <b>REFEED DAY</b>	<b>DAY 71</b> <b>LEGS</b> 2 sets/15 reps • 54 min. Weights, Strength Slides	<b>DAY 72</b> <b>TOTAL BODY CORE</b> 2 sets/15 reps • 58 min. Weights, Resistance Loops, Strength Slides, Mat*	<b>DAY 73</b> <b>CARDIO CORE</b> 3 sets/30 sec. each • 41 min. • Resistance Loops, Strength Slides, Mat*	<b>DAY 74</b> <b>BOOTY</b> 2 sets/15 reps • 49 min. Weights, Resistance Loops, Strength Slides, Mat*

## TIPS FOR YOUR BEST RESULTS:

**MEAL PREP:** Rest Day (Sunday) is a great opportunity to meal prep so you can stay on point with your nutrition throughout the week.

**WEEKLY OBSESSION:** Watch these weekly episodes that take you behind the scenes with Autumn and the cast as they document their progress and challenges, and share real-life wisdom to help you stay motivated and get results.

**EXPERT ADVICE:** If you have any questions, Beachbody's staff of certified trainers, registered dietitians, and other experts is here to help on our Community Message Boards or at [BeachbodyExpertAdvice.com](http://BeachbodyExpertAdvice.com).

\*Optional



# PEAK WEEK

The final week is a mix of workouts from all 3 phases, allowing you to push hard and see how much stronger you have become. The *optional* Peak Week Deplete Day Meal Plan found in your Eating Plan takes your diet up a notch, leaving you looking lean, shredded, and seriously ready for your “after” photo.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
REST / SELF-CARE  Watch Weekly Obsession	<b>DAY 75</b> <b>AAA</b> <b>PHASE 1</b> 2 sets/15 reps • 53 min. Weights, Resistance Loops, Strength Slides, Mat*	<b>DAY 76</b> <b>CARDIO FLOW</b> 4 reps • 35 min. None	<b>DAY 77</b> <b>LEGS</b> <b>PHASE 1</b> 3 sets/10 reps • 54 min. Weights	<b>DAY 78</b> <b>TOTAL BODY CORE</b> <b>PHASE 3</b> 2 sets/15 reps • 57 min. Weights, Resistance Loops, Strength Slides, Mat*	<b>DAY 79</b> <b>CARDIO CORE</b> <b>PHASE 2</b> 3 sets/30 sec. each • 41 min. Resistance Loops, Strength Slides, Mat*	<b>DAY 80</b> <b>BOOTY</b> <b>PHASE 2</b> 3 sets/10 reps • 60 min. Weights, Resistance Loops, Mat*
	<b>DEplete DAY*</b>	<b>DEplete DAY*</b>		<b>DEplete DAY*</b>	<b>DEplete DAY*</b>	

## EQUIPMENT NEEDED:

\*OPTIONAL.



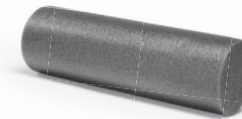
**WEIGHTS**  
(light, medium, and heavy)



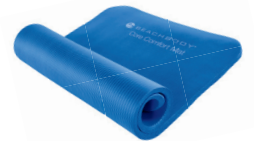
**BEACHBODY® RESISTANCE LOOPS†**



**BEACHBODY STRENGTH SLIDES**



**BEACHBODY FOAM ROLLER\***



**BEACHBODY CORE COMFORT MAT\*\***

- NOTE:**
- **Weights:** You may need to increase your weights as you progress through the program and remember to bend your knees when picking up your weights.
  - **Beachbody Resistance Loops:** Inspect your loops before each workout for wear and tear and replace them as needed.
  - **Beachbody Strength Slides:** These are made to work on hard floors or carpet by adding or removing the booties.
  - Always make sure your workout area is clear and dry.

To learn more about the equipment you’ll need, contact your Team Beachbody® Coach or visit [TeamBeachbody.com](http://TeamBeachbody.com).

## GET A FREE 80 DAY OBSESSION TANK TOP OR T-SHIRT

Complete 80 Day Obsession and send your “before” and “after” photos to [BeachbodyChallengeContest.com](http://BeachbodyChallengeContest.com). We’ll send you a FREE tank top or T-shirt and the chance to win over \$100,000!\*\*

\*\*Void where prohibited. Open to legal residents of the 50 United States (incl. DC), Puerto Rico, and Canada (excluding Quebec) who are Team Beachbody members and 18 years or the age of majority or older at the time of entry. For complete rules and eligibility requirements, please visit [www.BeachbodyChallengeContest.com](http://www.BeachbodyChallengeContest.com).



Consult your physician and follow all safety instructions before beginning this high-intensity and physically demanding exercise program and nutrition plan.

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†Resistance loops and mat contain natural rubber latex, which may cause severe allergic reactions.