

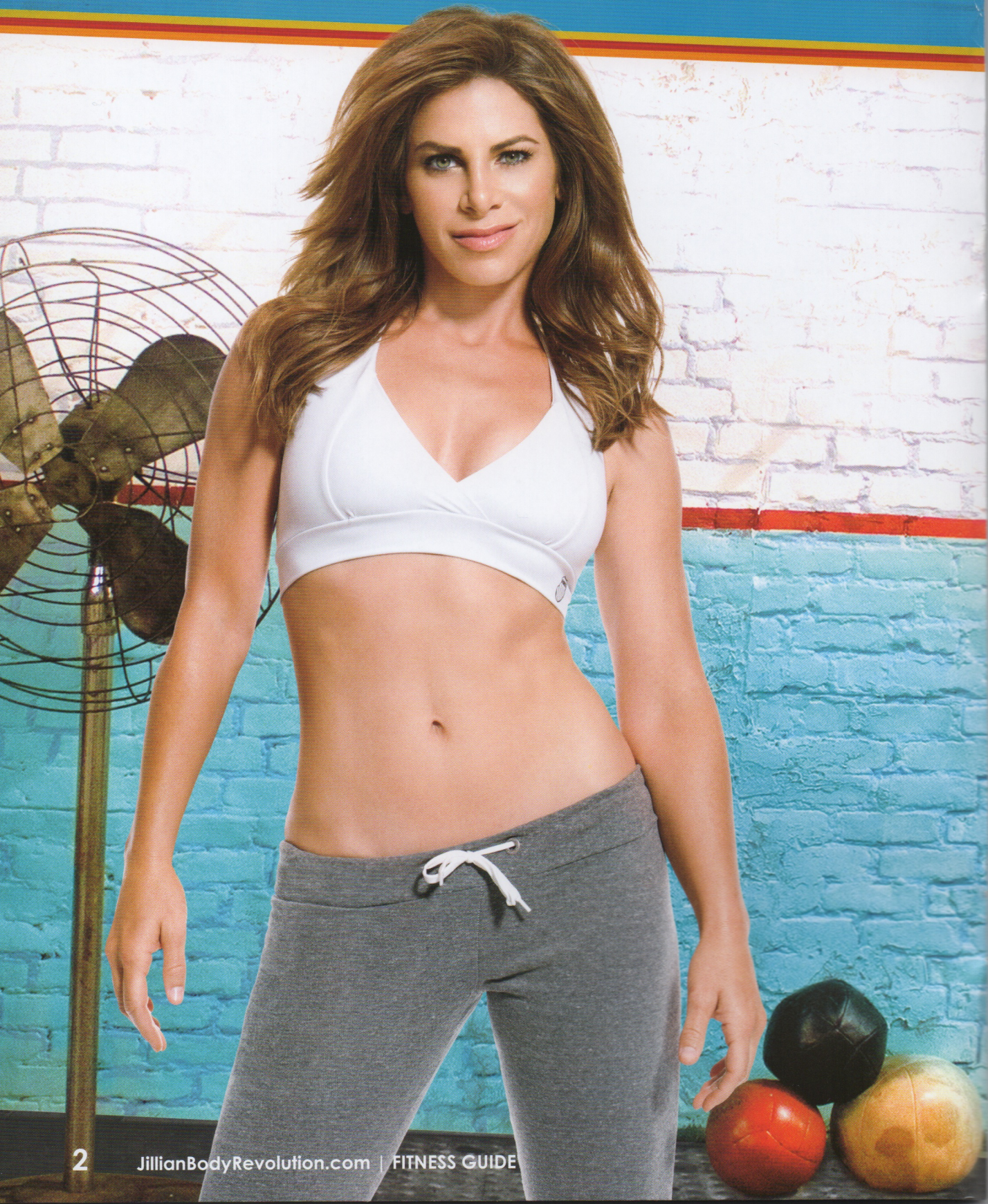
JILLIAN

MICHAELS

BODY
REVOLUTION™

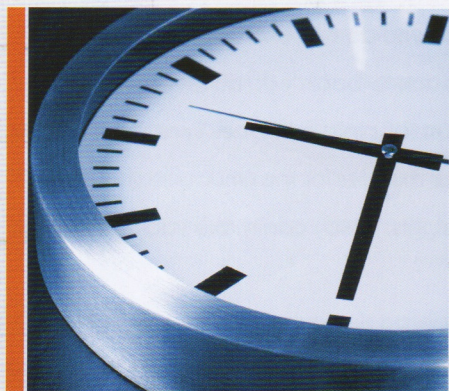
A photograph of Jillian Michaels, a fitness instructor, standing in a gym. She is wearing an orange sports bra and dark leggings. She is holding a black resistance band with both hands. To her left is a large industrial fan. To her right are three medicine balls: one black, one red, and one yellow. The background is a blue brick wall with a red horizontal stripe.

FITNESS GUIDE



of time. A combo lift would be a squat into a shoulder press. A hybrid lift is a squat with a shoulder press. Hybrids are slightly harder because two movements happen simultaneously. These exercises will be in the more advanced workouts towards the end of this system.

changes from week-to-week and month-to-month to keep your body guessing while preventing plateau and enhancing results. Exercise is the architect, but recovery is the builder. Studies have shown that muscles make the most progress when they are trained



You can do an entire circuit in just 30 minutes. No boredom, no burn out.

EPOC OR CONTINUOUS BURN This term refers to your elevated metabolic rate after your workout. When you complete a *Jillian Michaels Body Revolution* workout, you will continue to burn calories long after the workout is over. This is because of the physiological mechanisms required to “recover” from your workout. The way that you train has a dramatic impact on the effectiveness of EPOC and the methods behind *Jillian Michaels Body Revolution* are designed to maximize this effect.

ROTATION CALENDAR / OPTIMIZED MUSCLE SPLITS

The unique and precise sequencing of the workouts, within the Metabolic Training Rotation Calendar,

two times a week with two days of rest, for recovery, between training sessions. In addition, this means that we must train muscles with the same function on the same day. So muscles that pull, like back and biceps, train on the same day. Muscles that push, like chest shoulders and triceps, get trained on the same day. This allows our muscles to work at maximum intensity without overtraining. For example: if you trained biceps on Monday, but tried to train back on Tuesday your back workout wouldn't be maximized because you utilized your biceps when training your back. This would cause overtraining of biceps and inhibit progress because your biceps would be fatigued, keeping you

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INTRODUCTION

Jillian Michaels Body Revolution™ is a 90-day weight loss program that gives you the power to transform your body with the most effective diet and fitness plan on the market from America's #1 Fitness Trainer! Jillian's proven methodologies have helped millions of people transform their physiques and take control of their lives. Start your own transformation! No gym required.

Jillian is famous for getting results because she's been there, personally. She remodeled her own physique through years of working and studying with the top registered dietitians, endocrinologists, bariatric and sports medicine doctors in the world. Jillian has been

studying the science behind proper nutrition and exercise for over 20 years. With this unparalleled expertise, she has educated and motivated millions into achieving their weight loss goals.

It's time to get that fit, strong, healthy body you've always dreamed of. Jillian knows the secrets and the science of what really works for weight loss and total body transformation. And for the *first time ever*, she's sharing it with you.

As America's toughest trainer, she's perfected her methods and put them all together in this exclusive 90-day program.

Jillian's proven methodologies have helped millions of people transform their physiques and take control of their lives.

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REVOLUTION™



NEW
NEW
NEW
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NEW

ABOUT JILLIAN MICHAELS

Jillian Michaels has been called one of the most inspiring people on television based on her role as trainer, wellness expert and life coach. Her life's mission is to spread the word about health, wellness, and self-empowerment to everyone. When it comes to losing weight, Jillian firmly believes that every day is a new day.

Driven by her own childhood weight issues and propelled into the spotlight by the hit TV show *The Biggest Loser*, she's won a huge fan base for her commitment to getting results and helping people reach their potential. Over 10 seasons, she helped contestants lose thousands of pounds! She is a regular



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contributor on the *Dr. Phil Show* and a frequent guest on national television programs, including *The Today Show*, *Rachael Ray*, *LIVE! With Kelly* (formerly *Regis and Kelly*), *The Talk*, *Access Hollywood Live*, *The Insider*, *Extra* and *The Jay Leno Show*.

As a 4-time *New York Times* best-selling author, **Jillian has sold over 10 million books**. Her mega-hit DVDs are the best-selling fitness titles of all time—more than 5 million copies sold! She's also been featured in countless magazines including *Glamour*, *Shape*, *Self*,

Fitness and Vogue. In 2011, she was named America's healthiest body by *Health* magazine.

Jillian reaches out to her fans on the Internet so they have more ways than ever to seek her advice and support. She has over one million Facebook fans, 400K+ Twitter followers and 2 million subscribers to her daily

With *Jillian Michaels Body Revolution*, you can find out for yourself why Jillian is America's #1 trainer. The program features Jillian's trademark Metabolic Training workouts: quick, focused resistance circuits and cardio blasts to obliterate fat and shred muscle. This training method will elevate calorie and fat burning as you workout and accelerate metabolism so you

*If you're willing to put in the work, this is by far the **fastest, most effective** way to **drop the weight and get into the best shape of your life!***

e-newsletter. Since the re-launch of her podcast in February 2011, *The Jillian Michaels Show* has been downloaded over 2 million times and is currently the iTunes #1 fitness and nutrition podcast. *The Jillian Michaels Slim-Down Solution iPhone App* is one of the top 25 free Health & Fitness apps at the App Store which fans give an incredibly high 4.5 star rating.

continuously burn calories all day long. As Jillian knows, if you're willing to dig deep and put in the work, this is by far the fastest, most effective way to drop the weight and get into the best shape of your life!

METABOLIC TRAINING

JILLIAN'S UNIQUE PROGRAM

You don't need to spend an hour in the gym to get results. With the right science behind you, tedious workouts that go on forever are a thing of the past. *Jillian Michaels Body Revolution* offers compact, super-effective workouts that will completely overhaul your entire physique in just 30 minutes a day, over the 90-day program. Jillian will show you the fastest way to get the body you've always dreamed of.

Jillian Michaels Body Revolution is based upon the science of Metabolic Training. Metabolic Training burns calories and fat more effectively than cardio and weights done separately—so you get results, FAST!

The 15 workouts in Jillian's 90-Day system get progressively more intense as each week passes. These workouts are handpicked and crafted, by Jillian, for their superior ability to burn fat, sculpt muscle, and effectively target and attack typical trouble zones.

THE SCIENCE BEHIND-THE-PROGRAM The *Jillian Michaels Body Revolution* program utilizes all of the following techniques to blast off fat and take your body to the next level:

CIRCUIT TRAINING Circuits allow you to achieve the benefits of a systemic aerobic workout while also doing a continuous series of anaerobic exercises. Plus, this method allows you to do more exercises in a shorter period of time which burns extra calories, quickly.

HIGH INTENSITY INTERVAL TRAINING OR HIIT This means using short bursts of high-intensity cardio (at 90-100% of your MHR) then alternating with lower intensity work (at roughly 70% of your MHR). Interval training is a must if you want to take your body to the next level. It allows you to burn more calories and dramatically improve your performance at an accelerated pace.

PERIPHERAL HEART ACTION OR PHA This technique has you work both the upper and lower body, back-to-back, in your circuits. For example: do push-ups then squats or rows then lunges. Training this way, you are constantly shunting the blood back and forth between the lower and upper body during your workout. This elevates heart rate (subsequently burning more calories) and rapidly improves conditioning, while reducing the amount of lactic acid in the muscles (which is the cause of muscle fatigue).

BODY WEIGHT / FUNCTIONAL CORE-BASED TRAINING

This type of training mimics the way our body functions in our every day life. Using machines and artificially isolating a muscle isn't natural for us. Forcing the muscles in our body to synergize, balance and be agile is the most effective way to get lean fast. Plus, body weight doesn't overload the muscle fibers in such a way that they grow bigger. Instead, it conditions the body and gets the muscles lean, but not bulky.

PLYOMETRICS Jumping, bounding and hopping have been used in recent years to enhance power, explosiveness and accelerate results. Jump training has been shown to melt fat and produce the

greatest strength gains in the shortest time possible by connecting speed with power.

SUPER SETTING Super setting is an advanced training method in which you do two exercises on the same muscle group back-to-back, with no rest in between. For example: Push-ups into dumbbell flies. It allows you to overload your muscles for maximum results without using heavy weights, which can make you bulky or cause injuries.

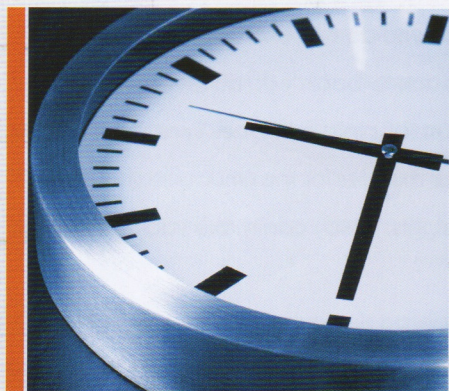
COMBO AND HYBRID LIFTS Working small muscle groups like biceps, shoulders, or triceps won't burn many calories because they don't require a lot of energy to raise your heart rate. But, if you train them, along with the lower

body in a combo or hybrid lift, then you are getting maximum calorie burn in the shortest period



of time. A combo lift would be a squat into a shoulder press. A hybrid lift is a squat with a shoulder press. Hybrids are slightly harder because two movements happen simultaneously. These exercises will be in the more advanced workouts towards the end of this system.

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two times a week with two days of rest, for recovery, between training sessions. In addition, this means that we must train muscles with the same function on the same day. So muscles that pull, like back and biceps, train on the same day. Muscles that push, like chest shoulders and triceps, get trained on the same day. This allows our muscles to work at maximum intensity without overtraining. For example: if you trained biceps on Monday, but tried to train back on Tuesday your back workout wouldn't be maximized because you utilized your biceps when training your back. This would cause overtraining of biceps and inhibit progress because your biceps would be fatigued, keeping you

from a powerful back workout. In addition, we utilize PHA as previously mentioned with these splits. So, we train the "front of the body" (Chest, triceps, shoulders, quads) as one split and the "back of the body" (glutes, hamstrings, back, and biceps) as the second split. This muscle grouping allows for the most advantageous muscle gains, helps to prevent injury, from overtraining and inadequate recovery time, and allows for maximum calorie burn with the use of PHA.

In addition, the sequence in which we train the muscles is key. You always want to train your muscles from largest to smallest. When you exercise one of the big muscle groups, say back, you also recruit the smaller muscles like biceps and forearm flexors, in a secondary or helper capacity. Your biceps will not work as hard during a lat pull-down as they will in a bicep curl. If you exhaust your biceps before you do your

back regimen, you will not be able to give your back the best workout possible. So, get the big muscles out of the way, like chest, back, quads, hamstrings, and glutes, before training the smaller ones like calves, biceps, shoulders, triceps for best muscle gains and performance gains which means fat burning over time.

FASTER RESULTS IN THE SHORTEST AMOUNT OF TIME POSSIBLE!

Ditch the excuses! Shorter, more focused workouts mean people with tight schedules can burn calories and melt fat before they hit the shower in the morning or right before dinner when they get home from work.

Start your total body transformation today and by tomorrow you'll be one step closer to the best shape of your life!

WHAT YOU GET

Jillian Michaels Body Revolution is an innovative 3-phase, 90-day system of 15 life-changing workouts. With each phase, you get 4 Metabolic Training DVDs plus 1 cardio DVD — that's 15 DVDs in total!

Each phase lasts 30 days. You'll do 4 Metabolic Training workouts per week and 2 pure cardio workouts twice a week to optimize endurance, conditioning and fat burn. Jillian's system also includes

a comprehensive Fat Burning Meal Plan, detailed Fitness Guide, Rotation Calendar, 7-Day Kickstart Your Metabolism Plan, 90-Day Journal and bookmark. No gym membership required!

PHASE 1

Blast calories. Blast fat. Blast metabolism into the stratosphere! Phase 1 workouts put you on the fast track to weight loss with a metabolic makeover. This workout is designed to take the couch potato off the sofa and put you into the driver's seat. Jillian lays the foundation for success with low impact, results-focused resistance moves that build core strength, stability and endurance. The goal of Phase 1 is to remove your initial 20 to 30 pounds and prepare you for the intensity of Phase 2.

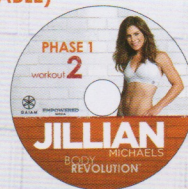
WORKOUT 1 (WEIGHTS)

Start off strong with basic moves that target "front of the body" muscles like chest, shoulders, arms, quads and core! This workout is about building balance and core strength in order to burn calories and prep your body for the upcoming workouts. Your body and light weights provide the resistance. Low impact cardio bursts make this a non-stop fat burner.



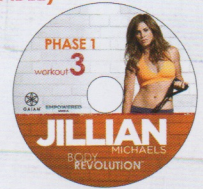
WORKOUT 2 (WEIGHTS, RESISTANCE CABLE)

Continue building your foundation with classic "back of the body" moves that work your back, biceps, glutes, hamstrings and core using your weights, a resistance cable and your own body weight. Like Workout 1, strength, balance and stability are the goal as you burn mega-calories.



WORKOUT 3 (WEIGHTS, RESISTANCE CABLE)

Ratchet up the intensity with high-energy sculpt moves using weights and a resistance cable for super sculpting and mega-fat melting. A real "front of the body" challenge.



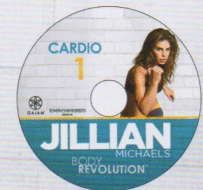
WORKOUT 4 (WEIGHTS)

This "back of the body" workout introduces more plyometrics and traditional athletic drills using weights for superior sculpting and a dramatically spiked calorie burn.



CARDIO 1

Low impact cardio moves for "extra credit" calorie burn that leaves you lean and mean.



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**BODY
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**PHASE
ONE**

PHASE 2

Get ready for a total body transformation. The results you will see in the mirror and in your physical performance will be staggering in Phase 2. Greater resistance, dynamic movements, and more challenging exercises continue to shed fat and shred your physique. Phase 2 brings out your inner athlete, showing you strength and power you never knew you had. In this portion of the program, your weight loss will continue at a rapid pace in response to your body's supreme conditioning. The routines are quick, fun and non-stop, allowing you to achieve the results you've always wanted.

WORKOUT 5 (WEIGHTS, RESISTANCE CABLE)

A yoga-inspired warm up blasts right into a killer "front of the body" routine using weights and a resistance cable. Cardio blasts are fast and fierce for maximum fat burning.



push-up positions plus serious athletic drills using weights and a resistance cable. Sizzling cardio intervals burn massive calories and stoke metabolism.

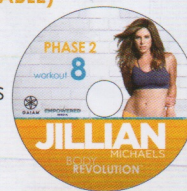
WORKOUT 6 (WEIGHTS, RESISTANCE CABLE)

Multi-tasking moves synchronize the upper "back of the body" muscles with lower body work to raise the roof on conditioning and fat burning. More intense cardio intervals accelerate metabolism to burn even more post-workout bonus calories. You'll need all your weights plus a resistance cable for this one.



WORKOUT 8 (WEIGHTS, RESISTANCE CABLE)

A potent blend of intermediate to advanced "back of the body" moves using weights, a resistance cable, plus an emphasis on balance and coordination to enhance the sculpting power of the routine. Cardio bursts include weights for the first time to ensure a heart pounding, high energy, calorie burn.



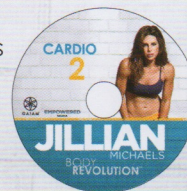
WORKOUT 7 (WEIGHTS, RESISTANCE CABLE)

Quick, focused resistance training shreds the "front of the body," core especially, with fun plank and

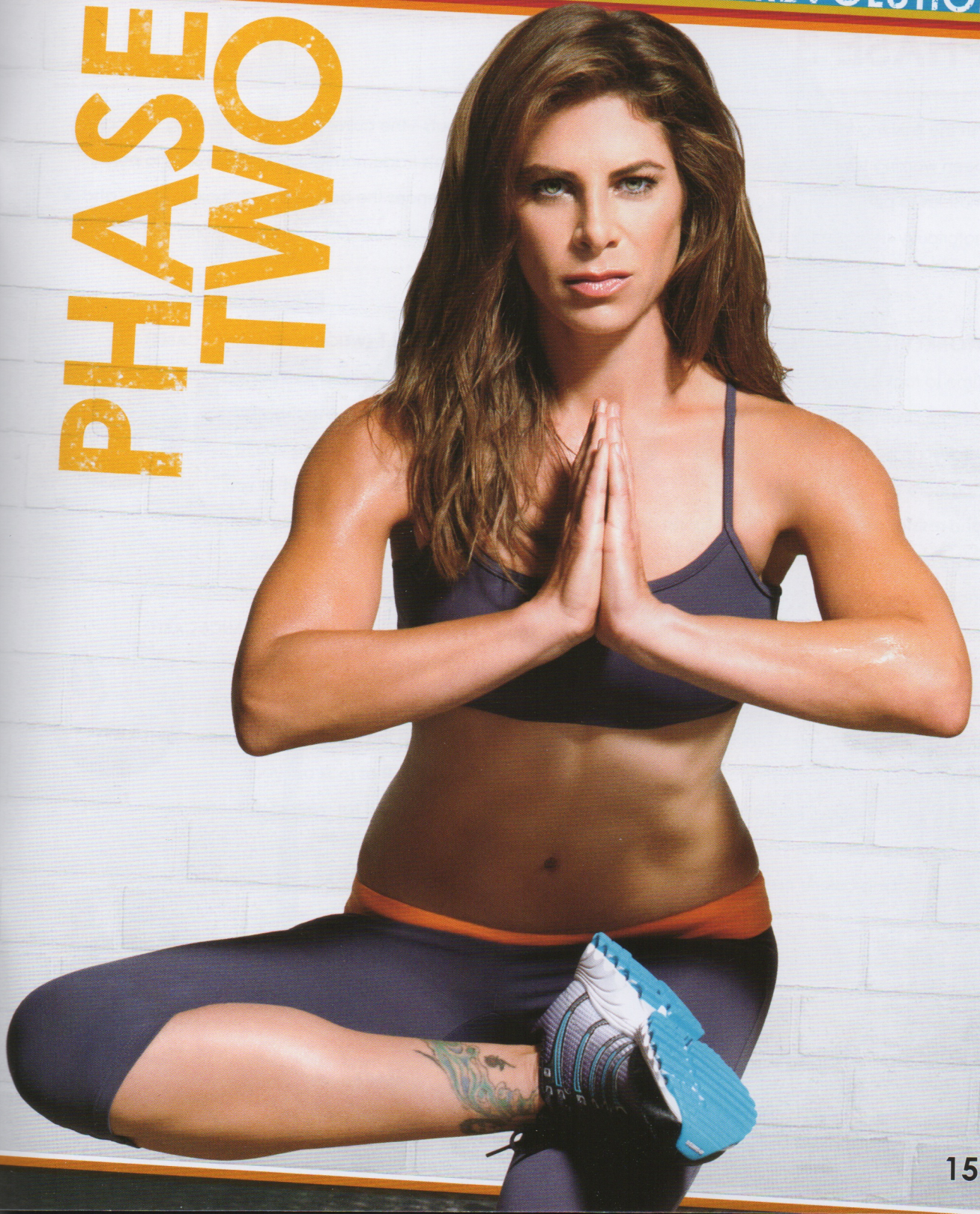


CARDIO 2

Intermediate cardiovascular workouts with low to high impact moves to max out calorie burn and melt fat from trouble zones.



PHASE TWO



PHASE 3

Put the finishing touches on that hot new bod'! The apex of workouts—the culmination of everything you have been working towards. This is where it all comes together with Jillian's trademark high-energy circuits to polish muscles to perfection and obliterate any remaining fat. Jillian sequences the best-of-the-best exercises to attack notoriously stubborn trouble zones like the abs, butt and thighs. No plateaus—*just awesome results.*

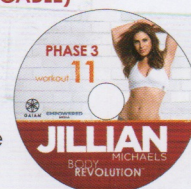
WORKOUT 9 (WEIGHTS, RESISTANCE CABLE)

Time to rock-and-roll with super intense "front of the body" moves inspired in part by power yoga and hardcore bootcamp. The weights and resistance cable provide sculpting and mega fat burn. Lightning fast cardio bursts are cranked up to incinerate calories and fire up metabolism.



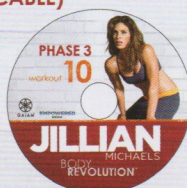
WORKOUT 11 (WEIGHTS, RESISTANCE CABLE)

A Gold Medal workout jam packed with athletic moves, weights and a resistance cable to inspire you to give it all you've got and get what you came for. It puts the finishing touches on "front of the body" muscles.



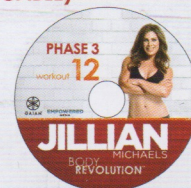
WORKOUT 10 (WEIGHTS, RESISTANCE CABLE)

Target the "back of the body" in a super quick, intense routine that pushes you to your ultimate potential. Higher resistance on the weights and resistance cable means superior toning and scorching calorie burn.



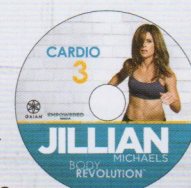
WORKOUT 12 (WEIGHTS, RESISTANCE CABLE)

This is it! An all-out, pedal-to-the-metal blur of body sculpt moves for the "back of the body" and wicked cardio bursts that max out your calorie burn and fat melting potential.



CARDIO 3

Bang out this fast-paced, high-energy, high-impact, plyometric workout by burning more calories per minute than you ever thought possible to complete your total body transformation.



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PHASE THREE



START NOW



METABOLIC TRAINING ROTATION CALENDAR

Jillian has designed the unique and precise sequencing of the workouts, within the Rotation Calendar, which changes from week to week and month to month to keep your body guessing, prevent plateau and enhance results.

The workouts become progressively more intense; challenging your balance, agility, speed and power in order to accelerate your calorie burn, develop your level of fitness and dramatically amplify your metabolism.

The Rotation Calendar alternates muscle usage, with each workout, to deliver a precise amount of work and rest for every muscle. And, by frequently modifying the exercises and the workouts, your body is constantly being pushed so you're always working towards your highest potential—without boredom or burn out. It's the most effective way to get you lean and shredded fast!

READY TO KICKSTART YOUR METABOLISM?

Follow the Kickstart Your Metabolism Meal Plan and the precise sequencing of this Kickstart Rotation Calendar, created specifically for rapid and healthy weight loss. By using this plan, you could drop up to a jean size in a week. If you prefer not to use this plan, you may begin the 90-Day *Jillian Michaels Body Revolution* program starting on page 20 (Weeks 1-13) in conjunction with the Fat Burning Meal Plan.

KICKSTART YOUR METABOLISM

MONDAY

AM WORKOUT 1

Shoulders, Triceps, Chest, Abs, Quads

PM WORKOUT: **CARDIO 1**

TUESDAY

AM WORKOUT 2

Back, Biceps, Hamstrings, Glutes, Abs

PM WORKOUT: **CARDIO 1**

WEDNESDAY

AM WORKOUT: **CARDIO 1**

PM WORKOUT: **CARDIO 1**

THURSDAY

AM WORKOUT 1

Shoulders, Triceps, Chest, Abs, Quads

PM WORKOUT: **CARDIO 1**

FRIDAY

AM WORKOUT 2

Back, Biceps, Hamstrings, Glutes, Abs

PM WORKOUT: **CARDIO 1**

SATURDAY

AM WORKOUT: **CARDIO 1**

PM WORKOUT: **CARDIO 1**

SUNDAY

REST

... now continue with Weeks 2-13

ROTATION CALENDAR PHASE 1

	week 1	week 2
MONDAY	WORKOUT 1 Shoulders, Triceps, Chest, Abs, Quads	WORKOUT 1 Shoulders, Triceps, Chest, Abs, Quads
TUESDAY	WORKOUT 2 Back, Biceps, Hamstrings, Glutes, Abs	WORKOUT 2 Back, Biceps, Hamstrings, Glutes, Abs
WEDNESDAY	CARDIO 1	CARDIO 1
THURSDAY	WORKOUT 1 Shoulders, Triceps, Chest, Abs, Quads	WORKOUT 1 Shoulders, Triceps, Chest, Abs, Quads
FRIDAY	WORKOUT 2 Back, Biceps, Hamstrings, Glutes, Abs	WORKOUT 2 Back, Biceps, Hamstrings, Glutes, Abs
SATURDAY	CARDIO 1	CARDIO 1
SUNDAY	REST	REST

week 3

MONDAY

WORKOUT 3

Shoulders, Triceps, Chest, Abs, Quads

TUESDAY

WORKOUT 4

Back, Biceps, Hamstrings, Glutes, Abs

WEDNESDAY

CARDIO 1

THURSDAY

WORKOUT 3

Shoulders, Triceps, Chest, Abs, Quads

FRIDAY

WORKOUT 4

Back, Biceps, Hamstrings, Glutes, Abs

SATURDAY

CARDIO 1

SUNDAY

REST

week 4

MONDAY

WORKOUT 3

Shoulders, Triceps, Chest, Abs, Quads

TUESDAY

WORKOUT 4

Back, Biceps, Hamstrings, Glutes, Abs

WEDNESDAY

CARDIO 1

THURSDAY

WORKOUT 3

Shoulders, Triceps, Chest, Abs, Quads

FRIDAY

WORKOUT 4

Back, Biceps, Hamstrings, Glutes, Abs

SATURDAY

CARDIO 1

SUNDAY

REST

ROTATION CALENDAR PHASE 2

week 5		week 6	
MONDAY	WORKOUT 5 Shoulders, Triceps, Chest, Abs, Quads	MONDAY	WORKOUT 5 Shoulders, Triceps, Chest, Abs, Quads
TUESDAY	WORKOUT 6 Back, Biceps, Hamstrings, Glutes, Abs	TUESDAY	WORKOUT 6 Back, Biceps, Hamstrings, Glutes, Abs
WEDNESDAY	CARDIO 2	WEDNESDAY	CARDIO 2
THURSDAY	WORKOUT 5 Shoulders, Triceps, Chest, Abs, Quads	THURSDAY	WORKOUT 5 Shoulders, Triceps, Chest, Abs, Quads
FRIDAY	WORKOUT 6 Back, Biceps, Hamstrings, Glutes, Abs	FRIDAY	WORKOUT 6 Back, Biceps, Hamstrings, Glutes, Abs
SATURDAY	CARDIO 2	SATURDAY	CARDIO 2
SUNDAY	REST	SUNDAY	REST

	week 7	week 8
MONDAY	WORKOUT 7 Shoulders, Triceps, Chest, Abs, Quads	WORKOUT 7 Shoulders, Triceps, Chest, Abs, Quads
TUESDAY	WORKOUT 8 Back, Biceps, Hamstrings, Glutes, Abs	WORKOUT 8 Back, Biceps, Hamstrings, Glutes, Abs
WEDNESDAY	CARDIO 2	CARDIO 2
THURSDAY	WORKOUT 7 Shoulders, Triceps, Chest, Abs, Quads	WORKOUT 7 Shoulders, Triceps, Chest, Abs, Quads
FRIDAY	WORKOUT 8 Back, Biceps, Hamstrings, Glutes, Abs	WORKOUT 8 Back, Biceps, Hamstrings, Glutes, Abs
SATURDAY	CARDIO 2	CARDIO 2
SUNDAY	REST	REST

ROTATION CALENDAR PHASE 3

	week 9	week 10
MONDAY	WORKOUT 9 Shoulders, Triceps, Chest, Abs, Quads	WORKOUT 9 Shoulders, Triceps, Chest, Abs, Quads
TUESDAY	WORKOUT 10 Back, Biceps, Hamstrings, Glutes, Abs	WORKOUT 10 Back, Biceps, Hamstrings, Glutes, Abs
WEDNESDAY	CARDIO 3	CARDIO 3
THURSDAY	WORKOUT 9 Shoulders, Triceps, Chest, Abs, Quads	WORKOUT 9 Shoulders, Triceps, Chest, Abs, Quads
FRIDAY	WORKOUT 10 Back, Biceps, Hamstrings, Glutes, Abs	WORKOUT 10 Back, Biceps, Hamstrings, Glutes, Abs
SATURDAY	CARDIO 3	CARDIO 3
SUNDAY	REST	REST

week 11		week 12 - week 13	
MONDAY	WORKOUT 11 Shoulders, Triceps, Chest, Abs, Quads	MONDAY	WORKOUT 11 Shoulders, Triceps, Chest, Abs, Quads
TUESDAY	WORKOUT 12 Back, Biceps, Hamstrings, Glutes, Abs	TUESDAY	WORKOUT 12 Back, Biceps, Hamstrings, Glutes, Abs
WEDNESDAY	CARDIO 3	WEDNESDAY	CARDIO 3
THURSDAY	WORKOUT 11 Shoulders, Triceps, Chest, Abs, Quads	THURSDAY	WORKOUT 11 Shoulders, Triceps, Chest, Abs, Quads
FRIDAY	WORKOUT 12 Back, Biceps, Hamstrings, Glutes, Abs	FRIDAY	WORKOUT 12 Back, Biceps, Hamstrings, Glutes, Abs
SATURDAY	CARDIO 3	SATURDAY	CARDIO 3
SUNDAY	REST	SUNDAY	REST

TIPS AND TRICKS

The tips below will help you become stronger physically, which will help you push through plateaus and keep you on the smooth road to success:

1. SCHEDULE YOUR WORKOUTS.

Schedule your workouts just like any other appointment. Don't let a busy day or last-minute schedule change derail you. Make health and fitness a priority in your life. Follow the rotation calendar, included with this book, and get the job done!

2. EXTRA WORKOUT ACTIVITY. Take the stairs, park as far from your destination as possible, walk the dog. Squeezing in extra activity whenever possible helps you reach your goal sooner.

3. NEVER SKIP THE WARM-UP OR COOL-DOWN.

They are essential to maximizing your workouts. The warm-up prepares your body and gets your mind into the workout. The cool-down gradually decreases your heart rate and alleviates muscle stiffness and soreness and prepares your body for the next workout by improving your flexibility.

4. SLEEP! Get at least eight hours of sleep each night. Sleep is not a luxury—it is necessary for good health, balanced hormones and results. Not getting adequate sleep will pack on the pounds.

5. GOOD SHOES ARE A MUST. Have a good, supportive pair of well-fitting sneakers. You will notice a difference right away. Tip: try shoes on in the afternoon when your feet are bigger due to swelling.

6. DIG DEEP. Every day try to push yourself a little harder in your workouts. Can you make your movements a little bigger? Can you jump a little higher? Can you use more resistance? Can you stretch a little deeper? Really focus on the moves and how your body responds. Small steps will lead to big change! You should be sweating—it shouldn't be easy. If you breeze through an exercise, you are either not doing it correctly, need more resistance, or you need to increase intensity and range of motion. Dig deep and go BIG!

7. PERFECT YOUR FORM. Concentrate on exercise form. Really pay attention to form points throughout each workout. These are important body alignment tips that will not only help you reach your goals faster, but also help prevent injury. Think quality over quantity. Take the time to perfect your form. Check your form in front of a mirror to be sure you have good body awareness.

8. PICK A WEIGH DAY. Don't weigh yourself every day, but do pick a specific day and time to weigh yourself once a week using the same scale. Weighing every day can be very misleading as our bodies have natural fluctuations.

9. GUZZLE THE H₂O. Drink water throughout the day. Keep a refillable bottle with you at all times and try to drink at least once an hour to keep your body hydrated and to improve digestion and metabolism.

10. FUEL YOUR WORKOUTS. It is a myth that you burn more calories if you work out on an empty stomach. Working out on an empty stomach can lead to muscle loss, which can decrease your metabolism and reduce your weight loss results. Fuel your workouts so you have energy and burn fat instead of muscle. Eat a small snack an hour before you train.

*Drink at least once an hour
to keep your body hydrated
and to improve metabolism.*



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