

# ADVANCED CALENDAR

Follow this calendar if you're ready to take your dance skills to the next level...you'll only get 3 days to master each routine, and then it's time to move on to the next. After 30 days, you'll be dancing like a pro!

## INSTRUCTIONS:

Each day, give yourself 1, 2, or 3 check marks based on how well you perform during the **CIZE IT UP** section:

DAY 1:


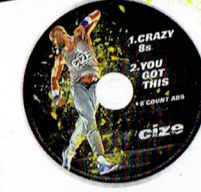
BACKUP DANCER







FRONT AND CENTER

READY FOR MY MUSIC VIDEO

Take your "BEFORE" photos & measurements

WEEK 1


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <b>CRAZY 8s</b> <input type="checkbox"/>	 <b>YOU GOT THIS</b> <input type="checkbox"/> <b>8 COUNT ABS</b>	 <b>CRAZY 8s</b> <input type="checkbox"/>	 <b>YOU GOT THIS</b> <input type="checkbox"/> <b>8 COUNT ABS</b>	 <b>CRAZY 8s</b> <input type="checkbox"/>	 <b>YOU GOT THIS</b> <input type="checkbox"/> <b>8 COUNT ABS</b>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 <b>FULL OUT</b> <input type="checkbox"/>	 <b>IN THE POCKET</b> <input type="checkbox"/> <b>8 COUNT ABS</b>	 <b>FULL OUT</b> <input type="checkbox"/>	 <b>IN THE POCKET</b> <input type="checkbox"/> <b>8 COUNT ABS</b>	 <b>FULL OUT</b> <input type="checkbox"/>	 <b>IN THE POCKET</b> <input type="checkbox"/> <b>8 COUNT ABS</b>	REST

WEEK 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 <b>GO FOR IT</b> <input type="checkbox"/>	 <b>LIVIN IN THE 8s</b> <input type="checkbox"/> <b>8 COUNT ABS</b>	 <b>GO FOR IT</b> <input type="checkbox"/>	 <b>LIVIN IN THE 8s</b> <input type="checkbox"/> <b>8 COUNT ABS</b>	 <b>GO FOR IT</b> <input type="checkbox"/>	 <b>LIVIN IN THE 8s</b> <input type="checkbox"/> <b>8 COUNT ABS</b>	REST

WEEK 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 <b>CRAZY 8s</b> <input type="checkbox"/> <b>8 COUNT ABS</b>	 <b>YOU GOT THIS</b> <input type="checkbox"/>	 <b>FULL OUT</b> <input type="checkbox"/> <b>8 COUNT ABS</b>	 <b>IN THE POCKET</b> <input type="checkbox"/>	 <b>GO FOR IT</b> <input type="checkbox"/> <b>8 COUNT ABS</b>	 <b>LIVIN IN THE 8s</b> <input type="checkbox"/>	REST

Take your "AFTER" photos & measurements

**cize**  
THE END OF EXERCISE

\*READY FOR MORE? Check out **TURN IT ON** and **GET INTO IT** from the **WEIGHT LOSS SERIES**.  
To purchase, go to [Beachbody.com](http://Beachbody.com) or [TeamBeachbody.com](http://TeamBeachbody.com)

