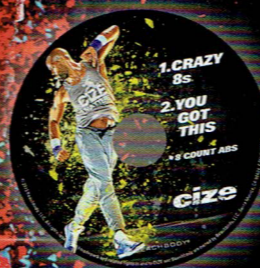


BEGINNER CALENDAR

Follow the routines in the order listed. Take your time and stick with each routine until you are ready to move on; that may be 2 days, 3 days, or even a full week. They aren't easy, so be patient!
 If you want more of a challenge, check out the **ADVANCED** Calendar on the other side.



cize
 THE END OF EXERCISE™



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

BEFORE YOU START – Don't forget to take your "before" photos and stats! And videotape yourself each time you do a routine for the first time.

Share your videos with us!



/CIZEITUP



@CIZEITUP



@CIZEITUP

#cizeitup

1. CRAZY 8s

DAY 1: DAY 2: DAY 3: DAY 4: DAY 5: DAY 6: DAY 7:

2. YOU GOT THIS

DAY 1: DAY 2: DAY 3: DAY 4: DAY 5: DAY 6: DAY 7:

3. FULL OUT

DAY 1: DAY 2: DAY 3: DAY 4: DAY 5: DAY 6: DAY 7:

4. IN THE POCKET

DAY 1: DAY 2: DAY 3: DAY 4: DAY 5: DAY 6: DAY 7:

5. GO FOR IT

DAY 1: DAY 2: DAY 3: DAY 4: DAY 5: DAY 6: DAY 7:

6. LIVIN IN THE 8s

DAY 1: DAY 2: DAY 3: DAY 4: DAY 5: DAY 6: DAY 7:

Now that you've mastered all 6 routines, take your "after" photos and stats!

WANT TO TRY A CIZE CLASS LIVE?

Find a class at CIZELIVEClass.com