

GET STARTED GUIDE



cize
THE END OF EXERCISE™

WELCOME TO THE END OF EXERCISE™

Does the END OF EXERCISE mean it's the end of hard work? No. It's just the end of the monotony of boring workouts. With **CIZE™**, you'll be so busy mastering all the moves, you'll completely forget that you're actually breaking a sweat, burning fat and calories, and getting into the best shape of your life. (And did we mention the music is awesome?) Will it be easy? Heck, no. Will it be the most fun you've ever had breaking a sweat? Very possibly.



THE BOTTOM LINE IS THAT
CIZE IS FUN,
THE **MUSIC ROCKS,**
AND YOU WILL **LEARN TO DANCE**
LIKE YOU NEVER THOUGHT YOU COULD.
AND YOU GET RESULTS!
IT'S A NO-BRAINER.
SO GET READY TO
CIZE IT UP!

START HERE:

STEP 1: TAKE YOUR **"BEFORE"** PHOTOS & STATS

WEIGHT AND MEASUREMENTS TRACKER

	WEIGHT	CHEST	WAIST	HIPS	THIGHS	TRICEPS	CALVES
BEFORE							
AFTER							

STEP 2: PUSH PLAY ON **CRAZY 8s**

STEP 3: PICK YOUR **CALENDAR**

Choose the **BEGINNER** Calendar, if you found Crazy 8s to be a challenge. If you nailed it (or came close!) follow the **ADVANCED** Calendar.



STEP 4: CHECK OUT THE **EAT UP! GUIDE**

IF YOU WANT RESULTS, you have to eat right too. Simple as that.

#CIZEITUP TIP: Record Yourself each time you do a routine for the first time, and then again once you've mastered it. Put the videos side-by-side to see how much your dance skills have improved! And we want to see too! **SHARE YOUR VIDEOS WITH US** on Facebook, Instagram, and Twitter.



/CIZEITUP



@CIZEITUP



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HOW TO MASTER THE MOVES:

1. RELAX...HAVE FUN...

And don't worry about being perfect.

2. GO IN ORDER.

The routines build on one another, so do them in the order they appear on the calendar.

3. REPETITION IS KEY.

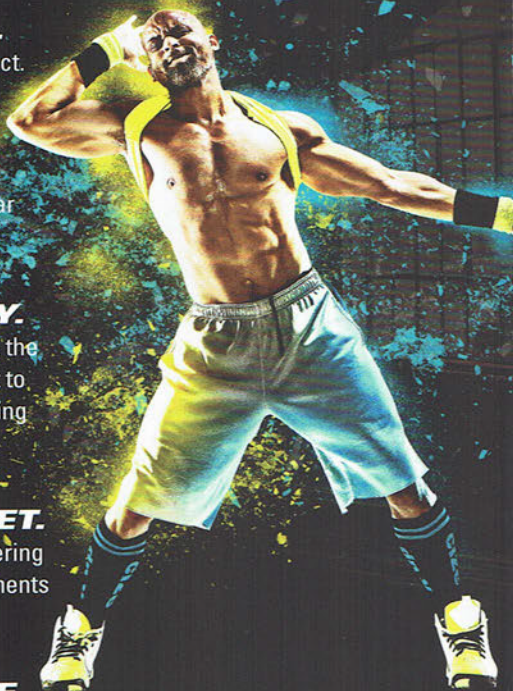
The more times you do the moves, the more your body will naturally start to remember them. So, commit to doing each routine at least 3 times.

4. FOCUS ON THE FEET.

If you're having a hard time mastering a move, try getting the foot movements first, then add the arms.

5. TRY IT IN REVERSE.

If you're having a hard time cizing it up, check out the **REVERSE ANGLE**, where Shaun shows you each of the routines from behind (located in Special Features on the DVD menu screen).




GET YOUR FREE PAIR OF CIZE IT UP SOCKS

At the end of 30 days, submit your results to FreeCIZESocks.com to get your FREE pair of **CIZE IT UP** socks!




WHAT YOU GET:

THE WORKOUTS:


Once you've mastered the moves, you'll get to **CIZE IT UP** to a popular piece of music. Look for the  next to each routine to see what song you'll be cizing it up to!

DISC 1 - LEVEL 1

CRAZY 8s • 30 min.

 "HANDS IN THE AIR," originally recorded by Timbaland


YOU GOT THIS • 43 min.

 "TREASURE," originally recorded by Bruno Mars




DISC 2 - LEVEL 2

FULL OUT • 34 min.

 "LOSE MY BREATH," originally recorded by Destiny's Child


IN THE POCKET • 37 min.

 "PROBLEM," originally recorded by Ariana Grande




DISC 3 - LEVEL 3

GO FOR IT • 40 min.

 "PASS THAT DUTCH," originally recorded by Missy Elliott


LIVIN IN THE 8s • 51 min.

 "CHANDELIER," originally recorded by Sia



BONUS:

8 COUNT ABS • 8 min.

 "HEADSPRUNG," originally recorded by LL Cool J

EAT UP! GUIDE:

This isn't a diet with strict rules and meals. It's an easy-to-follow eating plan that lets you eat the foods you want while teaching you the proper portions.



WEEKEND SURVIVAL GUIDE:

Learn the **DO'S** and **DON'TS** of a night out on the town, so you can go out and have fun without sabotaging your results!



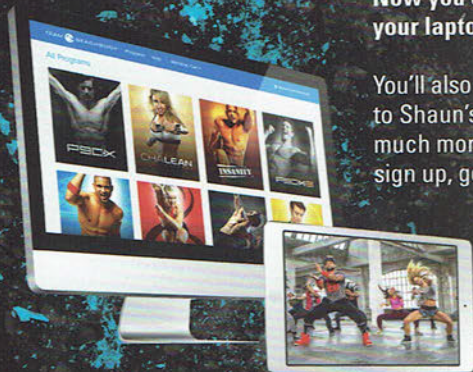
2 WALL-SIZED CALENDARS:

- **BEGINNER** CALENDAR
- **ADVANCED** CALENDAR

WANT STREAMING ACCESS TO CIZE?

Now you can do **CIZE** from your laptop, tablet, or phone!

You'll also get exclusive on-demand access to Shaun's **CIZE It Up MASH-UPS** and so much more! For more information or to sign up, go to BeachbodyOnDemand.com.





Consult your physician and follow all safety instructions before beginning this exercise program

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