

## "JUST TAKES 10"

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	TAKE YOUR "BEFORE" PHOTO	• TOTAL BODY	• ABS	• UPPER BODY	• CORE CARDIO	• LOWER BODY	• YOGA FLEX
	• CARDIO		"NO EXCUSES" TIP: Hit snooze one less time.		"NO EXCUSES" TIP: Bring your lunch to work so you avoid waiting in the lunch line.		"NO EXCUSES" TIP: Skip the first 10 minutes of your favorite show. That's what the DVR is for.
2	• TOTAL BODY	• CORE CARDIO	• UPPER BODY	• TOTAL BODY 2	• CARDIO	• ABS	• YOGA FLEX
	"NO EXCUSES" TIP: Set your alarm for 10 minutes earlier than usual.		"NO EXCUSES" TIP: Don't have anywhere to exercise at work? Ask to borrow your boss' office while they're out to lunch.	"NO EXCUSES" TIP: Work out while you're doing laundry.	"NO EXCUSES" TIP: Lay your clothes out the night before and save 10 minutes picking out an outfit in the morning.		
3	• LOWER BODY	• CORE CARDIO	• TOTAL BODY 2	• UPPER BODY	• CARDIO	• ABS	• YOGA FLEX
		"NO EXCUSES" TIP: Skip the morning Starbucks® run so you can take a proper break at lunch.		"NO EXCUSES" TIP: Work out while dinner's in the oven!	"NO EXCUSES" TIP: Work out while your kids are eating their breakfast.		"NO EXCUSES" TIP: Get your coworkers to join! Meetings won't get interrupted if you're all working out!
4	• TOTAL BODY 2	• CORE CARDIO	• LOWER BODY	• CARDIO	• TOTAL BODY	• ABS	TAKE YOUR "AFTER" PHOTO
	"NO EXCUSES" TIP: Challenge your kids to brush their teeth and get dressed for school in 10 minutes.		"NO EXCUSES" TIP: Skip the gym and work out at home while the kids watch TV. No babysitter needed!	"NO EXCUSES" TIP: Make your kids lunch the night before so you can get your workout done in the morning.	• YOGA FLEX		

## "STACKABLE 10"

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	TAKE YOUR "BEFORE" PHOTO	• TOTAL BODY • CARDIO • CORE CARDIO	• ABS • CORE CARDIO • CARDIO	• UPPER BODY • LOWER BODY • YOGA FLEX	• CORE CARDIO • CARDIO • ABS	• LOWER BODY • CARDIO • TOTAL BODY	• YOGA FLEX
	• CARDIO • CORE CARDIO • UPPER BODY						
2	• TOTAL BODY • CORE CARDIO • CARDIO	• CORE CARDIO • CARDIO • LOWER BODY	• UPPER BODY • TOTAL BODY • YOGA FLEX	• TOTAL BODY 2 • CARDIO • ABS	• CARDIO • LOWER BODY • CORE CARDIO	• ABS • UPPER BODY • TOTAL BODY 2	• YOGA FLEX
3	• LOWER BODY • CORE CARDIO • ABS	• CORE CARDIO • UPPER BODY • LOWER BODY	• TOTAL BODY 2 • CARDIO • YOGA FLEX	• UPPER BODY • ABS • CARDIO	• CARDIO • CORE CARDIO • TOTAL BODY	• ABS • LOWER BODY • CARDIO	• YOGA FLEX
4	• TOTAL BODY 2 • CORE CARDIO • UPPER BODY	• CORE CARDIO • CARDIO • ABS	• LOWER BODY • CARDIO • UPPER BODY	• CARDIO • TOTAL BODY 2 • YOGA FLEX	• TOTAL BODY • LOWER BODY • CORE CARDIO	• ABS • UPPER BODY • CARDIO	TAKE YOUR "AFTER" PHOTO
							• YOGA FLEX