

TONY HORTON'S

10 MINUTE[®] TRAINER

A man and a woman are shown in a dynamic, low-to-the-ground pose, possibly a lunge or a starting position for a sprint. They are both leaning forward with their hands extended back and their feet planted firmly. The man is wearing a black t-shirt and black shorts, while the woman is wearing a light blue sports bra and black shorts. They are both wearing black athletic shoes. The background is a solid blue color with a subtle gradient.

EVERYTHING YOU NEED
FITNESS

TWINS1120

10-MINUTE

A large, stylized graphic of a clock face is positioned in the lower half of the page. It features a thick orange arc representing a portion of the clock's circumference. A grey pointer, resembling a clock hand, is shown pointing towards the bottom right of the arc.

Consult your physician and follow all safety instructions before beginning this or any exercise and nutrition program.

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If you are a member of the Team Beachbody® community, contact your Coach for information and support, or log in at TeamBeachbody.com. For Beachbody® and Team Beachbody Customer Service, go to Beachbody.com. TMINS1120

TRAINER®

IT'S ABOUT...

SIMPLICITY

SPEED

& RESULTS YOU WANT

... IN AS LITTLE AS 10 MINUTES A DAY.

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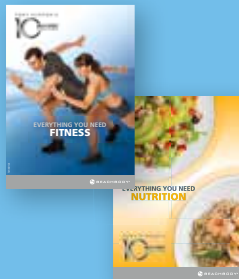
WHAT YOU GET:

EVERYTHING YOU NEED FITNESS GUIDE

Lays out all the fitness information you need to get results with the 10-Minute Trainer workouts.

EVERYTHING YOU NEED NUTRITION GUIDE

If you want great results, you need to eat healthy. This guide contains a recipe booklet of tasty, healthy meals that can all be prepared in 10 minutes or less. Plus, you'll find tips on how to maintain your results once you achieve them.



2 WALL CALENDARS

Shows you how to get the best results each day depending on your level of fitness. Try the "Just Takes 10" Calendar if you're just starting out. Or kick it up a notch with the "Stackable 10" Calendar.



2-DAY JUMP START

Kick-start your weight loss with Tony's proven plan to help you lose weight and a few inches in just 2 days.



"ON THE GO" WORKOUT CARDS

This 10-minute total-body workout is perfect when you don't have access to a DVD player. Just follow the moves in order from 1 to 10, performing each for a total of 1 minute.



A FREE COACH

A person who started as a customer just like you, who you can contact with questions, concerns, or for a bit of encouragement along the way. Get your free Coach today at TMTCoach.com.

THE WORKOUTS



- **CARDIO** – 10 minutes of high-energy, fat-burning moves that will melt fat off your entire body.
- **LOWER BODY** – Zero in on those stubborn problem areas to lift your glutes, slim your hips, and tone your thighs.
- **ABS** – 20 unique moves that hit your upper abs, lower abs, and obliques, so you'll get six-pack abs in 10 minutes.
- **TOTAL BODY** – Sculpt your body from head to toe with 10 of Tony's favorite Super Stacking® moves.
- **YOGA FLEX** – Stretch your muscles, stay loose and limber, and feel good all in 10 minutes.
- **TOTAL BODY 2** – Dial up the intensity with 10 more advanced moves that work your body from head to toe.
- **CORE CARDIO** – Scorch calories and tighten your abs at the same time with this core-focused cardio workout.
- **UPPER BODY** – Strengthen and tone your upper body with 10 moves that work your chest, shoulders, arms, biceps, and triceps.

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10
MINUTE
TRAINER

Check off the boxes as you do each workout to keep track of your progress.

When your day is already jam-packed with things to do, finding time to work out can seem like mission impossible.

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						
2	● TOTAL BODY	● CORE CARDIO	● UPPER BODY	● TOTAL BODY 2	● CARDIO	● ABS	● YOGA FLEX
3	● LOWER BODY	● CORE CARDIO	● TOTAL BODY 2	● UPPER BODY	● CARDIO	● ABS	● YOGA FLEX
4	● TOTAL BODY 2	● CORE CARDIO	● LOWER BODY	● CARDIO	● TOTAL BODY	● ABS	● YOGA FLEX

"STACKABLE 10" CALENDAR

Looking to maximize your results? This calendar gives you the option to stack your workouts so you can do one, two, or three workouts a day. Check off the boxes as you do each workout to keep track of your progress.

Use this calendar right from the get-go, or you can start with the "JUST TAKES 10" calendar and switch over after 30 days.

Check out the "STACK MULTIPLE WORKOUTS" option on the main menu screen of your DVD. This feature allows you to seamlessly stack your workouts so they play from start to finish without any interruptions.



WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	TAKE YOUR "BEFORE" PHOTO ● CARDIO ● CORE CARDIO ● UPPER BODY	● 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
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

WHAT'S YOUR WORKOUT PERSONALITY?

When your day is already jam-packed with things to do, it may seem impossible to find time for 10-Minute Trainer.

A good place to start is to try and figure out your “workout personality.” Are you most likely to work out first thing in the morning? Squeeze in a workout during your lunch break? Finish the day by breaking a sweat?

The bullet points below will help you figure out which suits you best. Find the one that describes your lifestyle, then schedule your workouts into your day like any other appointment.

7:00

AM GET UP AND GO!

- I'm an early riser.
- I like to grab coffee, read the paper, and get my day going early.
- I like the idea of getting my workout done before the day even starts.

12:00

PM CRUNCHES FOR LUNCH

- My days are unpredictable; sometimes I have to go into work early, other times I have to stay late.
- My lunch break is the only time I have for myself during the day.
- I'm not a morning person and evenings are family time.

8:00

PM LATE NIGHTER

- My mornings are the most hectic part of my day.
- My time to relax and unwind is after work.
- I usually don't have time for myself until after the kids are asleep.

“MEASURE YOUR SUCCESS” PROGRESS CHART

USE THE CHART BELOW TO KEEP TRACK OF YOUR PROGRESS. TAKE YOUR “BEFORE” MEASUREMENTS ON DAY 1. THEN TAKE THEM EVERY 30 DAYS AS YOU CONTINUE DOING THE 10-MINUTE TRAINER PROGRAM.

MEASUREMENTS	DAY 1	DAY 30	DAY 60	& BEYOND
WEIGHT				
CHEST				
WAIST				
ARMS				
THIGHS				



DID 10-MINUTE TRAINER TAKE AWAY
YOUR EXCUSES?

GET A FREE
"NO MORE EXCUSES" T-SHIRT



SEND US YOUR "BEFORE" AND "AFTER"
PHOTOS TO GET YOURS—PLUS THE CHANCE
TO WIN CASH AND PRIZES!

There's no better way to stay motivated—and get in great shape with **10-MINUTE TRAINER**—than by signing up for the **BEACHBODY CHALLENGE™**! With that kind of peer support, and a shot at winning cash and prizes, you'll see results in no time. And when you share your photos with us, you'll get a **FREE T-SHIRT** and a chance to win more than \$100,000. Visit the site below for full details!

Free10MinTShirt.com

HOW TO TAKE "BEFORE" AND "AFTER" PHOTOS

Take your "BEFORE" pictures before you Push Play on your first workout.

POSES TO INCLUDE

FRONT



BEFORE



AFTER

3/4



BEFORE



AFTER

SIDE



BEFORE



AFTER

TIPS

CAMERA

Use a digital camera or a smartphone to take your photos and send the photos in "large" size.

CLOTHES

Wear the SAME or SIMILAR clothing for your "before" and "after" photos, so you can best see your transformation.

POSE

Be sure to take photos in all the poses pictured. And try not to suck it in OR push it out. You want to see a true reflection of your body's transformation from 10-Minute Trainer.

IT'S EASIER TO REACH YOUR FITNESS GOALS WHEN YOU JOIN THE TEAM BEACHBODY® CLUB!



Want to make EXTRA SURE you'll lose weight and get in great shape with **10-MINUTE TRAINER?** Join the Team Beachbody Club and get access to:

- Personalized online meal plans
- A database of delicious, nutritionist-approved recipes that make it easy to lose weight
- Diet and workout advice from fitness and nutrition experts
- Nutrition tools, including a healthy weight calculator and a body fat calculator
- A FREE Coach for questions, concerns, or just a bit of encouragement along the way. And don't forget to check out the Message Boards for expert advice and tips.

Go to **TeamBeachbody.com/SignUp** to get started!

