



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	Cardio	Strength	Recovery	Circuit	Strength	Core	Recovery
WEEK 2	Cardio	Strength	Recovery	Circuit	Strength	Core	Recovery
WEEK 3	Cardio	Strength	Recovery	Circuit	Strength	Core	Recovery
SHRED IT!							
WEEK 4	Cardio	Strength	Core	Circuit	Strength	Core	Recovery
WEEK 5	Cardio	Strength	Core	Circuit	Strength	Core	Recovery

We recommend 25-30 minutes of exercise training on each workout day.

To keep things simple, do three sets, 30-60 seconds of each exercise when alternating exercises. We recommend picking three exercises and rotating through three sets of each, then choosing another three exercises and rotating through three sets of those. Repeat this process until you've completed 25-30 minutes of exercise.

Lean Body System - ***FITNESS GUIDE***

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Cardio	Strength 1 or 2	Circuit or HIIT	Core
Recovery Day	Cardio	Strength 2	Recovery Day	HIIT	Strength 1	Booty
Recovery Day	Cardio	Strength 2	Recovery Day	Circuit	Strength 1	Core
Recovery Day	Shred It Week 1 Cardio or HIIT	Strength 1 or 2	Core or Booty	Circuit or HIIT	Strength 1 or 2	Core or Booty
Recovery Day	Shred It Week 2 Cardio or HIIT	Strength 1 or 2	Core or Booty	Circuit or HIIT	Strength 1 or 2	Core or Booty

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CARDIO	STRENGTH	CIRCUIT	CORE
<p>Walk</p> <p>Run</p> <p>Jumping Jacks</p> <p>Jump Rope</p> <p>High Knee March or Run</p> <p>Straight Legs run in place</p> <p>Soccer Run</p> <p>Mountain Climbers</p> <p>Squats, Squats with calf raises, Jump-Squats</p> <p>Lunges,</p> <p>Sports: Basketball, Racquetball, Tennis</p>	<p>UPPER BODY:</p> <p>Push Ups: Regular, Wide, Narrow</p> <p>Pull Ups</p> <p>Chest Press</p> <p>Triceps Extensions or Dips</p> <p>Shoulder Press</p> <p>Lateral or Front Raises</p> <p>Bicep Curls: regular or wide</p> <p>LOWER BODY:</p> <p>Squats</p> <p>Lunges</p> <p>Wall Sit</p> <p>One-legged Squat/Dips</p> <p>Dead Lifts</p> <p>Calf Raises</p>	<p>Burpees</p> <p>Burpees + push up and/or jump</p> <p>Squat or Squat Jumps</p> <p>180 Squat Jumps</p> <p>Lunges</p> <p>Jumping Lunges</p> <p>Side Lunges</p> <p>Bear Crawls</p> <p>Mountain Climbers</p> <p>Plank hold</p> <p>Side Plank hold</p>	<p>Sit Ups</p> <p>Crunches</p> <p>Leg Lifts (lay on back, legs extended, lift floor to ceiling)</p> <p>Planks (Full or on Elbows)</p> <p>Plank Shoulder Taps</p> <p>Plank Leg Lifts</p> <p>Rope Pull Crunches</p> <p>Prayer Crunches</p> <p>Supermans</p> <p>Windshield Wipers - bent knee or straight leg (lay on back, move knees side to side)</p> <p>Side-reach crunches (reach for your hands towards your pinky toes one hand at a time; rotate)</p>

Note to Beginners:

Just get moving! Use any of these moves to get your body moving and your heart pumping. Be safe and modify wherever necessary.

FITNESS GUIDE

YOUR EXERCISE GUIDELINES

Q: What is the key to success in getting results with fitness?

A: Commitment. Commit to a program and stick with it. If you're getting up each day without a plan, you're sure to fail. Decide to follow the program and stick to the schedule you've created for yourself. Get into a routine as soon as possible. It will become easier and easier as you get into better shape and begin to see results. Before long, you will have created a healthy habit that will pay dividends for years to come.

Q: How often do I need to work out?

A: Anything is better than nothing, but shoot for at least 3 times per week. The Lean Body System is recommending 5 workout days per week. We encourage you to follow this guideline even if you have to modify the exercises.

Q: How long should my workouts be?

A: The answer depends entirely on how hard you're willing to work. According to a recent study, 20 minutes of high-intensity interval training (HIIT) — which alternates short bursts of intense effort with periods of low-intensity rest — produced a similar health outcome as 40 minutes of continuous moderate to vigorous exercise.

Q : What's the best time of day to work out?

A: The best time to work out is the time that works best for you. Some people slay the morning. Others will exercise on a lunch break or midday while kids are at school. Some people enjoy working out at night. The bottom line: Pick a time that works for you, SCHEDULE IT (do not leave your workout to chance), and follow your program. If you can create a routine, consistency will become easier to achieve.

Q: What should I eat before I work out?

A: It depends. If it's a light workout, you should be able to power through it without extra fuel. But if you're going to hit it hard and keep hitting it for a while, eat a healthy snack that contains a mixture of carbs and protein (e.g., apple slices with peanut butter) 1 to 3 hours before you begin.

Q: I'm sore from my last workout. Should I go hard, go easy, or take a rest day?

A: Listen to your body. If you're not used to working out every day, be mindful of your limits. A little bit of movement can boost your circulation and shorten recovery time, so resist the urge to skip your workout if your soreness is minimal to moderate. Instead, opt for a light workout, and be sure to stretch and/or foam roll afterward.

If you're completely hobbled or concerned that you might have pulled a muscle, go ahead and rest — your body needs a recovery day (or days) now and then. We have built recovery days into the Lean Body System but feel free to move these around or accommodate them in a way that works for you.