

10 MINUTE TRAINER

Accelerated Results

Customize your workouts based on your schedule!
Track your workouts by checking the boxes.

Almost no time?
Then do just one 10-minute workout!

A little time?
Do two workouts for faster results.

More time?
For best results, schedule three workouts.



	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	
Week 1	<input type="checkbox"/> CARDIO <input type="checkbox"/> + Core Cardio <input type="checkbox"/> + Upper Body	<input type="checkbox"/> CARDIO <input type="checkbox"/> + Core Cardio <input type="checkbox"/> + Total Body	Take the day off.	<input type="checkbox"/> CARDIO <input type="checkbox"/> + Core Cardio <input type="checkbox"/> + Abs	<input type="checkbox"/> CARDIO <input type="checkbox"/> + Lower Body <input type="checkbox"/> + Cardio	<input type="checkbox"/> CARDIO <input type="checkbox"/> + Core Cardio <input type="checkbox"/> + Yoga Flex	<input type="checkbox"/> CORE CARDIO <input type="checkbox"/> + Total Body <input type="checkbox"/> + Lower Body	
Week 2	<input type="checkbox"/> CARDIO <input type="checkbox"/> + Core Cardio <input type="checkbox"/> + Total Body	<input type="checkbox"/> CARDIO <input type="checkbox"/> + Core Cardio <input type="checkbox"/> + Lower Body	Relax and enjoy the day.	<input type="checkbox"/> TOTAL BODY 2 <input type="checkbox"/> + Cardio <input type="checkbox"/> + Abs	<input type="checkbox"/> YOGA FLEX <input type="checkbox"/> + Total Body <input type="checkbox"/> + Cardio	<input type="checkbox"/> CORE CARDIO <input type="checkbox"/> + Cardio <input type="checkbox"/> + Lower Body	<input type="checkbox"/> CARDIO <input type="checkbox"/> + Core Cardio <input type="checkbox"/> + Yoga Flex	<input type="checkbox"/> CARDIO <input type="checkbox"/> + Core Cardio <input type="checkbox"/> + Yoga Flex
Week 3	<input type="checkbox"/> UPPER BODY <input type="checkbox"/> + Core Cardio <input type="checkbox"/> + Abs	<input type="checkbox"/> CARDIO <input type="checkbox"/> + Abs <input type="checkbox"/> + Lower Body	Take it easy today.	<input type="checkbox"/> TOTAL BODY <input type="checkbox"/> + Abs <input type="checkbox"/> + Yoga Flex	<input type="checkbox"/> ABS <input type="checkbox"/> + Lower Body <input type="checkbox"/> + Cardio	<input type="checkbox"/> CARDIO <input type="checkbox"/> + Core Cardio <input type="checkbox"/> + Upper Body	<input type="checkbox"/> LOWER BODY <input type="checkbox"/> + Cardio <input type="checkbox"/> + Core Cardio	<input type="checkbox"/> CARDIO <input type="checkbox"/> + Core Cardio <input type="checkbox"/> + Yoga Flex
Week 4	<input type="checkbox"/> TOTAL BODY 2 <input type="checkbox"/> + Core Cardio <input type="checkbox"/> + Upper Body	<input type="checkbox"/> UPPER BODY <input type="checkbox"/> + Abs <input type="checkbox"/> + Cardio	Enjoy your day off.	<input type="checkbox"/> YOGA FLEX <input type="checkbox"/> + Core Cardio <input type="checkbox"/> + Cardio	<input type="checkbox"/> CORE CARDIO <input type="checkbox"/> + Cardio <input type="checkbox"/> + Lower Body	<input type="checkbox"/> CARDIO <input type="checkbox"/> + Yoga Flex <input type="checkbox"/> + Total Body	<input type="checkbox"/> CARDIO <input type="checkbox"/> + Core Cardio <input type="checkbox"/> + Total Body	<input type="checkbox"/> CARDIO <input type="checkbox"/> + Core Cardio <input type="checkbox"/> + Total Body



Important! Take your "Before" and "After" photos!

Submit Your Success Stories!™ We love to celebrate our customers' success. Now you can submit your success story (including your "before" and "now" pictures, personal stats, and transformation story). They will be the best reminders of where you started. Please visit MillionDollarBody.com for more details.

*Eligibility to receive the transformation contest requires enrollment in the Million Dollar Body™ Club.

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