

START DATE: _____

FINISH DATE: _____

10 MINUTE TRAINER MONTH 1



**THE
EXERCISE MOVEMENT**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WEEK 1	TOTAL BODY	YOGA FLEX	CARDIO	TOTAL BODY	YOGA FLEX	CARDIO	CARDIO
WEEK 2	TOTAL BODY	CARDIO	TOTAL BODY	ABS	CARDIO	LOWER BODY	CARDIO
WEEK 3	ABS	YOGA FLEX	LOWER BODY	CARDIO	YOGA FLEX	CARDIO	CARDIO
WEEK 4	TOTAL BODY	YOGA FLEX	CARDIO	TOTAL BODY	YOGA FLEX	CARDIO	CARDIO

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10 MINUTE TRAINER MONTH 2



**THE
EXERCISE MOVEMENT**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WEEK 5	TOTAL BODY CARDIO	YOGA FLEX	CARDIO ABS	TOTAL BODY LOWER BODY	YOGA FLEX CARDIO	CARDIO YOGA FLEX	CARDIO LOWER BODY
WEEK 6	TOTAL BODY LOWER BODY	CARDIO	TOTAL BODY ABS	ABS YOGA FLEX	CARDIO LOWER BODY	LOWER BODY ABS	CARDIO ABS
WEEK 7	ABS CARDIO	YOGA FLEX	TOTAL BODY LOWER BODY	CARDIO LOWER BODY	YOGA FLEX TOTAL BODY	CARDIO ABS	CARDIO LOWER BODY
WEEK 8	TOTAL BODY CARDIO	YOGA FLEX	CARDIO ABS	TOTAL BODY LOWER BODY	YOGA FLEX CARDIO	CARDIO YOGA FLEX	CARDIO LOWER BODY

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10 MINUTE TRAINER MONTH 3



**THE
EXERCISE MOVEMENT**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WEEK 9	TOTAL BODY CARDIO LOWER BODY	YOGA FLEX	CARDIO ABS YOGA FLEX	TOTAL BODY LOWER BODY CARDIO	YOGA FLEX CARDIO ABS	CARDIO YOGA FLEX TOTAL BODY	CARDIO LOWER BODY ABS
WEEK 10	TOTAL BODY LOWER BODY YOGA FLEX	CARDIO	TOTAL BODY ABS CARDIO	ABS YOGA FLEX CARDIO	CARDIO LOWER BODY YOGA FLEX	LOWER BODY ABS TOTAL BODY	CARDIO ABS YOGA FLEX
WEEK 11	ABS CARDIO LOWER BODY	YOGA FLEX	LOWER BODY TOTAL BODY CARDIO	CARDIO LOWER BODY ABS	YOGA FLEX TOTAL BODY CARDIO	CARDIO ABS LOWER BODY	CARDIO LOWER BODY ABS
WEEK 12	TOTAL BODY CARDIO LOWER BODY	YOGA FLEX	CARDIO ABS YOGA FLEX	TOTAL BODY LOWER BODY CARDIO	YOGA FLEX CARDIO ABS	CARDIO YOGA FLEX TOTAL BODY	CARDIO LOWER BODY ABS

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