

START DATE: \_\_\_\_\_

FINISH DATE: \_\_\_\_\_

# TURBOJAM: BEGINNER SCHEDULE



**THE  
EXERCISE MOVEMENT**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WEEK 1	LEARN & BURN	LEARN & BURN	20 MIN WORKOUT	20 MIN WORKOUT	REST	REST	REST
WEEK 2	20 MIN WORKOUT	20MIN WORKOUT ABS JAM	CARDIO PARTY	20MIN WORKOUT ABS JAM	20 MIN WORKOUT	REST	REST
WEEK 3	20MIN WORKOUT ABS JAM	CARDIO PARTY	TURBO SCULPT ABS JAM	CARDIO PARTY	20MIN WORKOUT ABS JAM	REST	REST
WEEK 4	CARDIO PARTY	20MIN WORKOUT ABS JAM	20 MIN WORKOUT	CARDIO PARTY	TURBO SCULPT ABS JAM	REST	REST

Join The Exercise Movement at [TheExerciseMovement.com](http://TheExerciseMovement.com)  
Make me your FREE coach by emailing me at [CoachTeriMD@gmail.com](mailto:CoachTeriMD@gmail.com)  
For daily support and motivation, follow me at [www.Facebook.com/TheExerciseMovement](http://www.Facebook.com/TheExerciseMovement)

START DATE: \_\_\_\_\_

FINISH DATE: \_\_\_\_\_

# TURBOJAM: ADVANCED SCHEDULE



**THE  
EXERCISE MOVEMENT**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WEEK 1	LEARN & BURN	20 MIN WORKOUT	CARDIO PARTY	20 MIN WORKOUT	CARDIO PARTY	REST	REST
WEEK 2	CARDIO PARTY	20 MIN WORKOUT ABS JAM	CARDIO PARTY	20 MIN WORKOUT ABS JAM	CARDIO PARTY	REST	REST
WEEK 3	CARDIO PARTY	TURBO SCULPT	20 MIN WORKOUT ABS JAM	TURBO SCULPT	CARDIO PARTY	REST	REST
WEEK 4	CARDIO PARTY	TURBO SCULPT ABS JAM	CARDIO PARTY	TURBO SCULPT ABS JAM	CARDIO PARTY	REST	REST

Join The Exercise Movement at [TheExerciseMovement.com](http://TheExerciseMovement.com)  
Make me your FREE coach by emailing me at [CoachTeriMD@gmail.com](mailto:CoachTeriMD@gmail.com)  
For daily support and motivation, follow me at [www.Facebook.com/TheExerciseMovement](http://www.Facebook.com/TheExerciseMovement)