# Your Daily Fitness Planner





#### Welcome to the Everyday Health-ExerciseTV 8-Week Slim-Down Challenge!

ExerciseTV and Everyday Health have teamed up to help you tone and slim your body in just eight short weeks. Each week's slim-down schedule incorporates six days of training, including cardio of your choice, yoga and Pilates, and easy-to-follow video workouts from ExerciseTV. Print this planner and check off your workouts each day — you're sure to see great results!

#### Week 1: Jump-Start Your Body **Video Circuit 1:** Day 3: **Day 4: Day 7:** Day 1: **Day 2: Day 5:** Day6: • Hips and Buns 30 minutes Video 30 minutes Yoga or Pilates Video Your day 30 minutes • Skydiver: Abs of cardio Circuit 1 of cardio Circuit 1 of cardio workout of rest • Punch It Out: Upper Body • Beautiful Biceps • Fencer's Lunge • Oh My Legs Core Power Hollywood Hot Body

Week 2: Shape Up							
Video Circuit 2:  Stretch Punch It Out: Upper Body Core Tricep Burner Powerful Push-Ups Tight, Toned Butt & Thighs Plié Squat With Limbo Yoga: Eagle Pose Core Cuts for Abs	<b>Day 1:</b> 40 minutes of cardio	<b>Day 2:</b> Video Circuit 2	<b>Day 3:</b> 40 minutes of cardio	<b>Day 4:</b> Yoga or Pilates workout	<b>Day 5:</b> Video Circuit 2	<b>Day 6:</b> Your day of rest	<b>Day 7:</b> Video Circuit 2

Video Circuit 3:							
<ul> <li>Supported Bridge Pose</li> <li>Skydiver: Abs</li> <li>Core Cuts for Abs</li> <li>Powerful Push-Ups</li> <li>Summer Arms</li> <li>Fencer's Lunge: Lower Body</li> <li>Hollywood Hot Body</li> <li>Push-Ups</li> <li>Bottoms Up: Lower Body</li> </ul>	<b>Day 1:</b> 50 minutes of cardio	<b>Day 2:</b> Video Circuit 3	Day 3: Yoga or Pilates workout	<b>Day 4:</b> Video Circuit 3	<b>Day 5:</b> 50 minutes of cardio	<b>Day 6:</b> Your day of rest	Day 7: Video Circuit 3

Core

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#### Week 4: Blast Fat

#### **Video Circuit 4:**

- Plié Squat With Limbo
- Pilates: 100s
- Perfect Posture Rows
- Push-Up
- Oh My Legs
- Total Body Toning
- Flabby to Fit Arms
- Legs Love Lunges
- Core Blast
- Yoga: Eagle Pose

## **Day 1:** 60 minutes of cardio

## **Day 3:**Yoga or Pilates workout

#### Day 4: Video Circuit 4

# **Day 5:**60 minutes of cardio

#### **Day6:** Your day of rest

#### Day 7: Video Circuit 4

#### Week 5: Sculpt and Slim

#### **Video Circuit 5:**

- Target Tone: Hips and Buns
- Skydiver: Abs
- Summer Arms
- Perfect Posture Rows
- Tight, Toned Butt & Thighs
- Red Carpet 3-Tiered Butt Workout
- Sexy Shoulders
- Below the Waist
- Back Envy
- Perfect Pecs
- Core Cuts for Abs

### **Day 1:** 60 minutes of cardio

+ Video Circuit 5

#### **Day 2:** Yoga or Pilates workout

**Day 2:** 

Video

Circuit 4

### **Day 3:** 60 minutes of cardio

#### Day 4: 60 minutes of cardio + Video

Circuit 5

#### Day 5: Video Circuit 5

#### **Day 6:** Your day of rest

#### **Day 7:** 60 minutes of cardio

#### Week 6: Real Results

#### Video Circuit 6:

- Hot Bod Quads
- Target Tone: Abs
- 100 Sit Up Challenge
- Based Push-Up
- Tricep Burner
- Fencer's Lunge
- Lower Body
- Lower Body Martial Moves
- Very Sexy Arms
- Ab Trimmer

#### Day 1: 30 minutes

of cardio +

+ 2x Video Circuit 6

#### **Day 2:** 60 minutes of cardio

1x Video Circuit 6

### Day 3:

Yoga or Pilates workout

#### Day 4: 30 minutes of cardio

2x Video Circuit 6

#### Day 5: 60 minutes

of cardio + 1x Video Circuit 6

#### Day 6: Your day of rest

**Day 7:** 30 minutes of cardio

2x Video Circuit 6

### **Your Daily Fitness Planner**





#### Week 7: Body Burn

#### **Video Circuit 7:**

- Target Tone: Hips & Buns Workout
- Summer Arms
- Tricep Burner
- Beautiful Biceps
- Tight, Toned Butt & Thighs
- Leg Make Over
- Core Blast (Sexy Beach Abs)
- Sexy Shoulders
- COREssentials
- Yoga: Eagle Pose

#### Day 1: 35 minutes of cardio

2x Video Circuit 7

#### **Day 2:** 35 minutes of cardio

2x Video Circuit 7

#### Day 3: Yoga or Pilates

**Day 4:** 35 minutes workout of cardio

2x Video Circuit 7

**Day 5:** 35 minutes of cardio

2x Video Circuit 7

Day 6: Your day of rest

**Day 7:** 35 minutes of cardio 2x Video

Circuit 7

#### Week 8: Body Burn

#### **Video Circuit 8:**

- Hot Bod Quads
- Based Push-Up
- Powerful Push-Ups
- Thigh Power
- Oh My Legs
- Hardcore Abs
- Red Carpet 3-Tiered Butt Workout
- Legs Love Lunges
- Lower Body Lunge
- Very Sexy Arms
- Core Blast (Sexy Beach Abs)

#### Day 1:

45 minutes of cardio

2x Video Circuit 8

#### **Day 2:** 45 minutes

of cardio 2x Video

Circuit 8

#### Day 3:

Yoga or Pilates workout

of cardio 2x Video

**Day 4:** 

45 minutes

Circuit 8

of cardio 2x Video Circuit #8

**Day 5:** 

45-minutes

Day 6: Your day of rest

of cardio 2x Video

Circuit 8

**Day 7:** 

45 minutes

#### BONUS Week 9: Jillian Michael's Total Body Shred

#### **Bonus Circuit:**

- Compound Movement
- Armed and Dangerous
- Lean and Mean Leg
- Ripped Up Abs
- Super Shoulders
- Butt-of-Course
- Best Chest Mini
- Upside Down Abdominal
- Get Back
- Core Power

#### Day 1:

Choose your cardio

Bonus Video Circuit

### Day 2:

#### Choose your cardio

Bonus Video Circuit

#### Day 3:

Yoga or Pilates

workout cardio Bonus Video

#### **Day 4:** Choose your

Circuit

Choose your

Bonus Video Circuit

**Day 5:** 

cardio

#### Day 6: Your day of rest

cardio Bonus Video

Circuit

**Day 7:** 

Choose your