

# LIFT & Shift™

## PROGRAM GUIDE

STRENGTH



INTENTION



STAMINA



GRATITUDE



# Welcome to **LIFT** & *Shift*<sup>™</sup>

*Thank you so much for making this investment in YOU. I'm so glad you are here.*

*My intention for this program is to help you tap into the deep strength you already have inside of you, so that you can work from the inside out to build layers of strength that support you in all facets of life.*

*This program is not about what you are taking AWAY from your body (aka burning calories, although you'll still do plenty of that!), but about what you are giving TO it (improving bone density, muscle, metabolism and more). This mindset applies to all aspects of your life. What you feed yourself physically (through your workouts, daily activity and the food you fuel with) and mentally (through what you read, watch and listen to, and who you surround yourself with) is so important. I believe fitness is about much more than how you look — it's about who you are. I want you to be able to live an exciting, fulfilling life with all of the extra strength, vitality and energy that regular training brings.*

*The primary focus of this plan is **STRENGTH**. Whether you are post-baby or post-menopause or simply need to level-up your current routine, we're all in need of more muscle power!*

*Why? After the age of 30, we begin to lose as much as 3 to 8 percent of our muscle mass each decade(1), and this rate is even higher after age 60. So if you haven't been diligently working to actively add muscle — not just maintain what you have — it could be what's missing from your current routine.*

*For those looking to lose weight and/or improve their body shape, adding muscle is vital. Decreased muscle can lead to an increase in fat composition and is associated with insulin resistance(1). This could cause you to develop diabetes, so strength training is important not just for helping you fit into your jeans better but for improving your overall health. Of course, how you fuel your body is crucial for weight loss, so be sure to pair your workouts with nutrition that meets your body's calorie and nutrient needs. **(If you need more specific guidance with this, we recommend checking out Rebecca the Dietitian's "[Nourished and Fit](#)" program here).***

*Additionally, research shows that strength training improves bone density and health(2), strengthens the nervous system and positively changes the brain(3), reduces aches and pains(4) and improves overall mental health. Strong muscles can also help your immune system stay strong(5), which is more important than ever. These are just a few of the many important reasons this program is centered around strength training.*

*This is the plan I've been doing for more than six months now, and I continue to do it. I'm on a journey right along with you, and I can tell you that so far, this program has helped me regain my strength after having a baby, build more muscle and make my joints feel better overall. I'm still a huge fan of walking and do it regularly, and this training has helped to fortify my body to better handle the repetitive movement. This is also the type of mindset work I'm now dedicated to sharing with you, as it's been such a helpful tool for where I find myself in my life and in the world these days. My hope is that you'll find this to be helpful too, wherever you are in this moment.*

*If you are ready to take your training to the next level, I believe this plan can help make growth and progression in your life easier as we build strength from the inside out.*

*During the workouts, you won't see me being polished or perfect by any means. I want to be available to you fully as me, and my hope is that by showing up in the present and as I am for you, you'll feel comfortable to do the same. I thank you for allowing me that freedom to show up in this way for you, and I want to thank you in advance for showing up for me with the same freedom and intention, so that we can make the most out of this experience together.*

*Thank you for allowing me to be with you on this journey. I will be right here with you during the entire plan and look forward to this trip together. This program is just you and me (OK, and Peanut too), training together at home.*

*Remember, to get to the top floor, you have to enter the building. Do what you need to do to get started, and build a foundation so that you can climb to the top over time with sustainability and longevity.*

*Always go at your own pace, honor your body and focus on what you can do, each and every day.*

*Let's do this!*

*Sincerely,*

*Jessica*

***“Fitness is a moving metaphor for personal development.  
Use your workout to improve your life,  
not just your body.”***

## OVERVIEW: THE WHY AND WHAT OF THE PROGRAM

Designed like a personal training session series, this uplifting, strength building program is:

**Intentional** – The entire plan has been tested, refined and set up for your success. Everything down to the exercise selection and workout order has been specifically curated for maximum results and safety.

**Specific** – This a specific, focused strength training system that includes supplemental core, mobility and foundational work to help you lift stronger, for longer.

**Simple** – It’s a 12-week rotation that creates a balance between variety and repetition. Complexity is the enemy of execution, so we’ve kept this plan simple enough so you can stick with it, while adding enough variety to include all of the important exercises and movements necessary to reach our goal.

**An action plan for growth** – Progression is built into every layer of the plan. You can repeat the 12-week series (and recommended recovery week) once, twice, three times (or many more!) and continue to grow with every round by increasing weights, reps or both.

***“Complexity is the enemy of execution.”***

*Six ways this program sets you up for success:*

*This is a progressive program.* If you are just starting out or up again, you can join us for these sessions using just your bodyweight or very light weights. As you master the movements and weights you are training with today, be sure to continually increase your amount of resistance at a safe and progressive pace. (You will know you are ready when you aren't fully fatigued by the end of our sets.)

*Cardio is optional.* This plan can be combined with our other programs or your favorite workouts. (We’ve made suggestions on your calendar of which days it may be most beneficial to do cardio. Please always do your strength sessions first if you want to do both on the same day. We want your gas tank full for all of these routines.)

*Cool down and stretch periods are limited.* This is on purpose. While we end our sessions in a recovered heart rate zone, some research(6) indicates that stretching immediately after a strength training session may not be optimal for building strength, but may be most beneficial well after resistance training is completed(7). Stretching before bed can enhance the relaxation response and help release tight muscles before you fall asleep, so if you would like to add in additional stretching time, we suggest doing it at the end of the day, if possible (our “Mobility Moves: Wind Down” session works great for this!).

However, if you prefer to stretch immediately after our workouts, please feel free to use our bonus “Express Post Workout Stretch” session anytime (this is also a helpful stretch to do right after a cardio workout as well). Otherwise, we recommend our “Mobility Moves: Wind Down” session in the evenings and “Mobility Moves: Wake Up Mix” in the morning. These can be done daily, if desired. (You can also add in supplemental stretching anytime you wish. Our “Simply Stretch” sessions are also a great option as well).

*Working with an injury, limitations or specific condition?* Please, please get your doctor’s clearance before beginning this or any other workout program. If you experience any pain or discomfort, or have any specific injuries, conditions or limitations you are working with, please be sure to get an expert diagnosis/treatment plan from a qualified medical expert and/or physical therapist before starting this or any other exercise.

Please remember that not all exercises are suitable for everyone, so make any adjustments or modifications to the movements as needed to make them work best for your body and your needs. For example:

#### *How to dial it down*

Don’t forget about the power of the PAUSE button! Especially as we begin this series together, there may be times when you need to add in recovery time. Feel free to use the pause button as often as necessary to continue training at a safe intensity for your current fitness level. If your heart rate is too high, you need more breaks in between exercises. Please use the pause button to build in additional time to recover (our rep ranges are also created to help you build in rest if needed). This plan is designed to help you make safe and gradual progress, and challenging your limits while still honoring your body is all a part of the growth process.

**You can choose to work out 5-6 days per week with this rotation, but if you need to train less often, feel free to follow the same rotation with an every-other day schedule.**

#### *How to dial it up*

With these routines, added intensity will come from the amount of weight you use for the strength sessions. While some exercises have more advanced versions available that you can also add in any time, if you are looking to increase your challenge, increasing the amount of weight you are lifting is the key, even during the most basic movements. We recommend going up by 5 pounds per weight when you feel ready, and using a drop set technique (finishing off your reps by going down to the next-lighter set of weights you have and continuing to drop down as much as needed, and/or finishing with your body weight) to safely and most cost-effectively train to fatigue at home.

*Stability and mobility are keys to safe, functional strength.* Our stability and mobility routines are particularly important for your best performance and results. They will help you build the foundational strength and alignment mastery needed for our weighted workouts.

Our mobility work also helps ensure you are able to perform the movements through a full range of motion, both improving the level of safety and effectiveness of the exercises. You will see these routines suggested on your 'off' days during the week, but you can do them as often as you like. (Both routines can be added before or after your daily workout.)

The last segment of both of our "Mobility Moves" (Wake Up Mix and Wind Down) routines also include part of the 'SHIFT' work we're doing. If this part doesn't resonate with you, feel free to skip it, but if you can, try to do your best to experience it with an open mind. You may resist it at first (interestingly, resistance may be a sign that it's a practice that you may really need right now) and feel it is not necessary, but if you can stay open and try it, you may find it helps you make some bigger shifts in your life overall. Plus, the more often you do it, the more shifts you may be able to make.

*We added bonus motivation.* Finally, we know strength training can get a little tedious at times. We also know that you're probably training with us at home, as we are, so you'll probably see our little French bulldog, Peanut, in some of the workouts. She's there to remind you that exercise doesn't have to be perfect or too serious! We know you're working with distractions at home too, so just keep doing the best you can with what you have, and remember that smiles build muscles too.

The program includes 12 complete sessions (plus, our bonus post workout stretch):

## SESSION #1: TOTAL BODY STRENGTH [COMPOUND SUPERSETS]

*(Total Workout Time: Approx. 50 Minutes)*

**EQUIPMENT NEEDED:** Heavy, moderate and light sets of dumbbells, gliding tools and a mat.

**WORKOUT GOAL:** To fatigue muscles to the point of failure using a superset technique. You'll work the same muscle groups back to back within a set while minimizing the need for rest (and therefore maximizing caloric output and aerobic conditioning) by moving quickly from one set to the next, repeating the full circuit twice in total.

*This circuit is set up to help you achieve failure. Why would we want to strive to fail? Reaching failure is how we grow. Our muscles get stronger after they have been broken down. The repair/reset is what makes them get stronger and more resilient.*

## SESSION #2: FINE TONING

*(Total Workout Time: Approx. 31 Minutes)*

**EQUIPMENT NEEDED:** Light dumbbells (no more than 5 pounds) and a mat.  
(Bare feet are recommended.)

**WORKOUT GOAL:** This active recovery day session is designed to help create supportive strength for the joints and core muscles throughout the body with the goal of helping to prevent injury, but still have you moving and grooving enough for a moderate workout. Working barefoot can help you get even more out of the exercises, further engaging the intrinsic muscles in your feet and ankles.

*The deep inner work is what allows us to make and sustain big lifts and shifts. We're creating the supportive strength we need internally to generate and maintain the power and force needed to achieve our goals and make our vision a reality.*

## SESSION #3: TOTAL-BODY DEFINITION [PAIRED SUPERSETS]

*(Total Workout Time: Approx. 51 Minutes)*

**EQUIPMENT NEEDED:** Heavy, moderate and light sets of dumbbells, a step with 2-5 risers, and a mat.

**WORKOUT GOAL:** Fatigue all major muscle groups to the point of failure. You'll use a superset technique, training opposing muscle groups within a single set. This minimizes the need for rest (and therefore maximizes caloric output and aerobic conditioning). Repeating each set twice before moving to the next set helps effectively reach overload.

*This series of supersets is designed to balance the primary push and pull forces in our muscles and movements. If we do too much pushing and not enough pulling (or vice versa), imbalances occur, and we're thrown off center in our body – and in life. This workout is designed to mirror the ebb and flow of life, the natural ups and downs. Getting in shape and reaching your goals is a nonlinear journey, so enjoy both the push and pull of the process.*



## SESSION #4: TOTAL-BODY STAMINA [THE FUNDAMENTALS CIRCUIT]

*(Total Workout Time: Approx. 41 Minutes)*

**EQUIPMENT NEEDED:** Heavy and moderate sets of dumbbells, a step (optional) and a mat.

**WORKOUT GOAL:** To work the entire body using a circuit (repeated three times) of six essential movements while emphasizing various tempo schemes to further challenge the muscles. This is the opportunity to use heavy weights, as the focus is on control and form.

*This intentionally repetitive circuit is designed to challenge both your body and mind. It's a mental meditation to stay focused and in the moment with no distracting moves or faster-paced footwork. This is also the perfect workout to use as a check-in for your strength development. (We recommend noting your weights each time you complete this session to track your progress.)*

## SESSION #5: MOBILITY MOVES: WIND DOWN

*(Total Workout Time: Approx. 21 Minutes)*

**EQUIPMENT NEEDED:** Mat and a sturdy high-back chair.

**WORKOUT GOAL:** To provide a series of essential mobility exercises to help release muscle tightness and tension in an effort to improve the range of motion for better workout performance and capability, longevity and overall injury prevention.

*This series is designed to help release muscle tightness and tension in an effort to improve range of motion. It's gentle enough to do as many days (if not every day) a week as you like. There is a time to build strength and a time to let go. Now is the time to let go, release stress and be present.*

## SESSION #6: LOWER-BODY CIRCUIT

*(Total Workout Time: Approx. 42 Minutes)*

**EQUIPMENT NEEDED:** Heavy, moderate and light sets of dumbbells (drop set down if needed), a step with 2-5 risers, gliding tools, resistance band and a mat.

**WORKOUT GOAL:** Build strength, endurance and functionality in the lower body with a mix of various exercises, planes of motion, movements and resistance.

*This three-set circuit workout is designed to fully fatigue both the large and smaller (and often undertrained) muscles of the lower body. The work you are putting in during the climb is building the strength, energy, vitality and capability you need to be strong and successful in all areas of your life. Just as there are no 'miracle' moves or magic potions to build the perfect backside, there are no quick fixes in life either. The challenge of the climb – not actually reaching the top – is what changes us. As you go to work on your goals, your goals go to work on you.*



## SESSION #7: UPPER-BODY CIRCUIT

*(Total Workout Time: Approx. 44 Minutes)*

**EQUIPMENT NEEDED:** Heavy, moderate, and light sets of dumbbells (drop set down if needed), resistance band and a mat.

**WORKOUT GOAL:** Build strength, endurance and functionality in the upper body and core musculature with a thorough mix of various exercises, lifting tempos, movements and resistance.

*This two-set circuit workout is designed to fully fatigue both the large and smaller (and often undertrained) muscles of the upper body. This session is about staying present, centered and focused on the work. There's so much demanding our attention all day that it's easy to get and stay distracted. You are where your attention is, so stay focused on what matters most to you. Lift yourself up with the strength you are building with your own two hands.*

## SESSION #8: CORE CONTROL [FUNCTIONAL SEQUENCE SERIES]

*(Total Workout Time: Approx. 15 Minutes)*

**EQUIPMENT NEEDED:** Mat, small soft ball or pillow.

**WORKOUT GOAL:** To activate and strengthen the often overlooked deep core muscles of the pelvic floor, transverse abdominis and serratus. This series of exercises is designed to fully address both the form and function of the abdominal muscles in a sequence that fully activates and fatigues each section of the core and balances out the demand on the accessory muscles.

## SESSION #9: TOTAL-BODY CIRCUIT [PRIMARY MOVES]

*(Total Workout Time: Approx. 54 Minutes)*

**EQUIPMENT NEEDED:** Moderately heavy and light sets of dumbbells, resistance band, and a mat.

**WORKOUT GOAL:** This complete, heart-pumping circuit of multi-muscle, compound moves built around the five primary movement patterns of the body builds strength that helps us improve our functionality and capability in all aspects of life.

*This workout features three circuits (performed twice through) of five moves, each which is based upon the primary movement patterns of the body. Focusing on these five various types of human locomotion provides another dimension to our functional training and purpose to the sequencing and series.*

## SESSION #10: MOBILITY MOVES: WAKE UP MIX

*(Total Workout Time: Approx. 21 Minutes)*

**EQUIPMENT NEEDED:** A mat. (A chair or wall may be used for balance assistance.)

**WORKOUT GOAL:** To provide a series of dynamic movements and stretches to help improve range of motion, stability and balance. The final meditation provides an opportunity to set your intention for the day and connect more deeply with your true self.

*This active mobility series is designed to help you wake up your body for a workout or just to start your day off on the right foot.*

## SESSION #11: HIGH-INTENSITY INTERVAL RESISTANCE TRAINING [HIIRT]

*(Total Workout Time: Approx. 52 Minutes)*

**EQUIPMENT NEEDED:** Moderately heavy and light sets of dumbbells (drop set down if needed), a step with 2-5 risers and a mat. (A chair may be used to modify the metabolic cardio finishers.)

**WORKOUT GOAL:** To utilize a mix of high- to medium-intensity circuits to create an oxygen debt and increased metabolic demand using a faster tempo with a slightly lower load.

*Interval training doesn't have to happen only in your cardio training! This session features a nonstop mix of moves designed to push the heart rate from endurance to power zones while still allowing time for active recovery within each circuit. We'll be challenging our limits during this workout, but as always, still taking care of ourselves.*

## SESSION #12: CORE CHALLENGE [PERFORMANCE SEQUENCE SERIES]

*(Total Workout Time: Approx. 11 Minutes)*

**EQUIPMENT NEEDED:** A mat.

**WORKOUT GOAL:** This short workout features a mix of core-centric training designed to challenge your core muscles from every angle. As you build your strength and stamina, consider repeating this series twice through in total to add additional challenge as needed.

## BONUS SESSION: EXPRESS [POST-WORKOUT] STRETCH

*(Total Movement Time: Approx. 5 Minutes)*

This bonus session is featured in our "Simply Stretch" program. Feel free to use this brief, full body stretch as an add-on to the end of any workout.

## EQUIPMENT LIST (AND ALTERNATIVES)

Let's talk about what you'll need for the workouts.

- **The must-have basics:** Dumbbells (ideally, heavy, moderate and light-to-you sets of dumbbells and/or a pair of adjustable dumbbells), a resistance band (medium resistance with handles is recommended), a sturdy high back chair and a mat.
- **If you have them (or can invest in them) these are great additional tools:** A step (with two to five risers), a small, soft ball (a small pillow can also be used) and a pair of gliding tools or sliders. (You can also use paper (not styrofoam) plates on carpet, or washcloths or soft cloths on wood or tile floors.)

Since we're so often asked about the equipment pieces we use and love, we created a page where you can find all of the tools you'll see in our videos here on Amazon:

<https://www.amazon.com/shop/jessicasmithtv>

## TIPS FOR MAKING THE MOST OUT OF THE PLAN

***“Don't just go through it, grow through it.”***

Here are a few key terms and points to be familiar with when you're working through the program.

**REP RANGE** - Each exercise is done with what we call a 'rep range'. This simply means we want you to perform as many reps as possible with each exercise, but know that you may not make it through all the reps. This is done intentionally, so that you can progress by performing more reps with the same amount of weight before having to invest in the next set of weights. This also gives you a specific goal to work toward. When you are able to perform all of the reps with good form and control, that's a great indication that you are ready to increase your weight.

**MODIFICATION POP-UP WINDOWS** - When appropriate, we have included what we call 'pop-up windows' to show you options on how to make the movements more or less challenging, or to work with the equipment you may or may not have.

**DROP SET** - This just means dropping down to a lighter weight (when you can't keep good form with your current amount) to finish a set of reps during an exercise. For example, if you started your set of bicep curls at 15 pounds and by the tenth rep you can't keep from thrusting your hips

forward to lift the weight anymore, you can either choose to finish the set there and take a brief rest before the next exercise, OR drop down to 10 pounds or even 8 pounds to finish a few more (or all) of the reps left in the set.

**RECOMMENDED WEIGHTS** - The weight range recommendations we've made are based on home workout equipment. We know that many of you may not be starting out with heavy, heavy weights just yet (unless you are doing these from the gym, which works too!), which is why we've included a range of reps that goes as high as 20 per set. This is to allow you to fatigue your muscles with the weights you have. However, if you work your way up to a full 20 reps with your dumbbells, we highly suggest that you invest in the next heavier set of weights (increasing three to five pounds, when appropriate) to continue your progression. When you add weight, know that you may then need to drop back down to 8-10 reps, 10-12 reps, or drop sets to finish the full set. There is so much room for advancement within these workouts, as these exercises are most effectively advanced by adding weight. (We also demo more advanced versions of the moves where appropriate.)

HEAVY\* = 10 - 35+ pound dumbbells

MODERATE = 8 - 25 pound dumbbells

LIGHT = 5 - 15 pound dumbbells

\*These are general range recommendations; you may need to use even lighter (or heavier) weights depending on your current fitness level.

**NEED SHORTER WORKOUT OPTIONS?** If you find yourself short on time, feel free to adjust the daily recommended workout. You can skip ahead to the next shorter session [such as "Fine Toning" or any of the Core or Mobility sessions], or do the "Total-Body Strength [Compound Supersets]" workout once through for a full-body workout that you can complete in about a half hour.

**UNDER THE WEATHER?** While you should always check with your doctor before attempting any exercise while sick, you may also want to follow our Recovery Week Schedule (either following the 7- or 14-day plan) if you are well enough to do some light, gentle exercise.

**MENSTRUAL CYCLES** - Some women find that their energy and capabilities are limited in the days before and during their periods, while others may be unaffected. Common symptoms of menstrual cramping, lower back pain, etc., may benefit from your regular workout. Or you may choose to do our Recovery Week Schedule during this time to help you conserve energy and specifically alleviate symptoms.

***"We get stronger and stay in better alignment  
when we slow down."***

## WHAT'S NEXT?

This program isn't meant to end after 12 weeks. It's a plan you can continue to cycle through countless times if you wish. We've included a set of Recovery/Rest week recommendations for a 7-day reset (you can also make it 14 days if you prefer by following the plan every other day) before starting another round of the series. The calendar included here makes it easy to print off new calendars with each and every rotation of the plan.

Remember that progression is built into the plan, so with each repetition of the series you can continue to gain strength by adding additional weight and advancement options, as appropriate.

Knowing that you have room for growth can inspire you to push for more, but for right now, let's focus on making the most out of each moment. Show up fully each day and do the best you can with each and every session. Don't rush to get to the next level of weight too fast, or skip those routines that you feel aren't quite as exciting. Try to experience each session fully and to the best of your best ability.

***“Be where your feet are.”***

## WEIGHT LOSS, WEIGHT GAIN AND NUTRITION

It's important to remember that skinny doesn't necessarily equal healthy! Losing weight can often mean also losing muscle and bone density. Instead, we want to improve your body composition (aka less excess fat and more metabolically active, supportive muscle), bone density, overall strength, functionality and agility.

**The key to changing your body composition relies heavily on the combination of both your training and your nutrition**, so please be sure to fuel your body properly, with a deficit or surplus of calories depending on your goal for weight loss or gain. If you need help making adjustments, please consult with a qualified professional. (We recommend working with a registered dietitian.)

And if you are looking for a specific program to guide you through, be sure to check out [“Nourished and Fit”](#). Created by a registered dietitian (and former yo-yo dieter), Rebecca the Dietitian helps get to the important basics of a healthy eating plan to maximize your workout results. She also has a special offer available for all of our LIFT & SHIFT'ers!. Use this [link here](#) to save 25 percent off of her program, and you'll receive a special bonus “Fueling for Fitness” immediately upon your sign up.

***“Losing weight can often also mean losing muscle and bone density. Instead, we want to improve your body composition (aka less excess fat and more metabolically active, supportive muscle), bone density, overall strength, functionality and agility.”***

## TOOLS

Your printable calendars for the plan are located at the end of the guide. You can print them out as many times as you like, for as many rounds of the program as you would like to complete.

Here are a few tips to help you make the schedule work best for you:

**SCHEDULING** -- You can choose to work out 5-6 days per week with this rotation, but if you need to train less often (2-4 days), feel free to follow the same rotation with an every-other day schedule.

To stick with a 5-day-a week schedule on Weeks 10 and 12, you may choose to skip either the Mobility or HIIRT days and/or pick up with them on your next workout day.

**CARDIO SUGGESTIONS** -- On those optional cardio days, you'll see where we have made suggestions for the type of cardio routine you may want to add in during your off-strength-training days. "Intervals" refers to a session where your heart rate range will vary between about 65-85% of your maximum; "endurance" typically refers to a more steady state zone, somewhere between 55-75% of your max.

Without a heart rate monitor, you can gauge your intensity using perceived exertion; using a scale of 1-10 (10 being something impossible to maintain it's so difficult, 1 being resting on the couch). A 6-8/9 effort would correspond to that 60-85% range; while 5-7/8 would be closer to the 55-75% range. You may choose to follow along with any of our cardio sessions with "intervals" in the title, or "steady state or endurance" type routines on the corresponding days.

You can also use the below outlines as a general outline for a cardio session that you may want to do while cycling, power walking and/or running (indoors or out):

### **INTERVAL SESSION (15-45 Minutes):**

*Warm Up:* 3-5 Minutes (gradually building intensity to about a 5)

*Interval Power Pace:* 2-3 Minutes at a steady, power pace (intensity of about a 6-7)

*Interval Power Push:* 30-60 Seconds of a very fast pace (intensity about a 8-9 on a 1-10 scale).

*(Repeat as many times through the intervals as time allows for this session, based on your current fitness level and your time constraints. As you build your fitness, you can increase the length and/or intensity of the more challenging intervals (building to one minute, or adding some brief jogging, for instance) and, if you like, decrease your steady pace/recovery time (shortening from 3 minutes to 2, for example).*

*Cool Down/Recovery:* 3-5 Minutes at a comfortable, easy pace (back down to a 4-5)

### ENDURANCE SESSION (30–75 Minutes):

*Warm Up:* 3–5 Minutes (gradually building intensity to about a 5)

*Steady State, Brisk Pace:* At this effort, you should be breathing harder but still able to maintain a conversation (5–7 effort)

*(This type of training helps build and maintain aerobic stamina and fitness. Feel free to adjust the amount of time you spend in this endurance zone based upon your current fitness level and schedule).*

*Cool Down/Recovery:* 3–5 Minutes at a comfortable, easy pace (back down to a 4)

**RECOVERY WEEK** -- During the recommended (but optional) recovery week, you may want to add in additional sessions as you see fit, and you may want to extend it to a two week period by following along with every other day. It's all up to you!

***“Today's decisions are tomorrow's realities.  
Let's get started!”***

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# MONTH 1 (FORM & FOUNDATION) PROGRAM CALENDAR

WEEK 1	DAY 1 <input checked="" type="checkbox"/> DID IT!	DAY 2 <input checked="" type="checkbox"/> DID IT!	DAY 3 <input checked="" type="checkbox"/> DID IT!	DAY 4 <input checked="" type="checkbox"/> DID IT!	DAY 5 <input checked="" type="checkbox"/> DID IT!	DAY 6 <input checked="" type="checkbox"/> DID IT!	DAY 7 <input checked="" type="checkbox"/> DID IT!		
	TOTAL-BODY STRENGTH [COMPOUND SUPERSET]	FINE TONING	TOTAL-BODY DEFINITION [PAIRED SUPERSET]	MOBILITY MOVES: WIND DOWN [Optional Cardio Day - Endurance - Do cardio first, then Wind Down after or at the end of the day]	TOTAL-BODY STAMINA [THE FUNDAMENTALS CIRCUIT]	OPTIONAL Cardio Day - Intervals	ACTIVE REST DAY! (Enjoy the day off, but stay in motion!)		
	WEEK 2	DAY 8 <input checked="" type="checkbox"/> DID IT!	DAY 9 <input checked="" type="checkbox"/> DID IT!	DAY 10 <input checked="" type="checkbox"/> DID IT!	DAY 11 <input checked="" type="checkbox"/> DID IT!	DAY 12 <input checked="" type="checkbox"/> DID IT!	DAY 13 <input checked="" type="checkbox"/> DID IT!	DAY 14 <input checked="" type="checkbox"/> DID IT!	
		LOWER-BODY CIRCUIT	UPPER-BODY CIRCUIT	CORE CONTROL	TOTAL-BODY CIRCUIT [PRIMARY MOVES]	MOBILITY: WAKE UP MIX [Optional Cardio Day - Intervals- after Wake Up Mix]	OPTIONAL Cardio Day - Endurance	ACTIVE REST DAY! (Enjoy the day off, but stay in motion!)	
		WEEK 3	DAY 15 <input checked="" type="checkbox"/> DID IT!	DAY 16 <input checked="" type="checkbox"/> DID IT!	DAY 17 <input checked="" type="checkbox"/> DID IT!	DAY 18 <input checked="" type="checkbox"/> DID IT!	DAY 19 <input checked="" type="checkbox"/> DID IT!	DAY 20 <input checked="" type="checkbox"/> DID IT!	DAY 21 <input checked="" type="checkbox"/> DID IT!
			HIGH INTENSITY INTERVAL RESISTANCE TRAINING [HIIRT]	FINE TONING	TOTAL-BODY STRENGTH [COMPOUND SUPERSET]	MOBILITY MOVES: WIND DOWN [Optional Cardio Day - Endurance - Do cardio first, then Wind Down after or at the end of the day]	TOTAL-BODY DEFINITION [PAIRED SUPERSET]	OPTIONAL Cardio Day - Intervals	ACTIVE REST DAY! (Enjoy the day off, but stay in motion!)
			WEEK 4	DAY 22 <input checked="" type="checkbox"/> DID IT!	DAY 23 <input checked="" type="checkbox"/> DID IT!	DAY 24 <input checked="" type="checkbox"/> DID IT!	DAY 25 <input checked="" type="checkbox"/> DID IT!	DAY 26 <input checked="" type="checkbox"/> DID IT!	DAY 27 <input checked="" type="checkbox"/> DID IT!
LOWER-BODY CIRCUIT				UPPER-BODY CIRCUIT	CORE CHALLENGE	TOTAL-BODY CIRCUIT [PRIMARY MOVES]	MOBILITY: WAKE UP MIX [Optional Cardio Day - Intervals- after Wake Up Mix]	OPTIONAL Cardio Day - Endurance	ACTIVE REST DAY! (Enjoy the day off, but stay in motion!)



# MONTH 2 (INTENSIFY & IMPROVE) PROGRAM CALENDAR

WEEK 5	DAY 29 HIGH INTENSITY INTERVAL RESISTANCE TRAINING [HIIRT]	DAY 30 FINE TONING	DAY 31 TOTAL-BODY DEFINITION [PAIRED SUPERSET]	DAY 32 MOBILITY MOVES: WIND DOWN <small>[Optional Cardio Day - Endurance - Do cardio first, then Wind Down after or at the end of the day]</small>	DAY 33 TOTAL-BODY STAMINA [THE FUNDAMENTALS CIRCUIT]	DAY 34 OPTIONAL Cardio Day - Intervals	DAY 35 ACTIVE REST DAY! <small>(Enjoy the day off, but stay in motion!)</small>
	DAY 36 TOTAL-BODY CIRCUIT [PRIMARY MOVES]	DAY 37 CORE CHALLENGE	DAY 38 LOWER-BODY CIRCUIT	DAY 39 UPPER-BODY CIRCUIT	DAY 40 MOBILITY: WAKE UP MIX <small>[Optional Cardio Day - Intervals- after Wake Up Mix]</small>	DAY 41 OPTIONAL Cardio Day - Endurance	DAY 42 ACTIVE REST DAY! <small>(Enjoy the day off, but stay in motion!)</small>
	DAY 43 HIGH INTENSITY INTERVAL RESISTANCE TRAINING [HIIRT]	DAY 44 FINE TONING	DAY 45 TOTAL-BODY DEFINITION [PAIRED SUPERSET]	DAY 46 MOBILITY MOVES: WIND DOWN <small>[Optional Cardio Day - Endurance - Do cardio first, then Wind Down after or at the end of the day]</small>	DAY 47 TOTAL-BODY STRENGTH [COMPOUND SUPERSET]	DAY 48 OPTIONAL Cardio Day - Intervals	DAY 49 ACTIVE REST DAY! <small>(Enjoy the day off, but stay in motion!)</small>
	DAY 50 TOTAL-BODY CIRCUIT [PRIMARY MOVES]	DAY 51 CORE CONTROL	DAY 52 LOWER-BODY CIRCUIT	DAY 53 UPPER-BODY CIRCUIT	DAY 54 MOBILITY: WAKE UP MIX <small>[Optional Cardio Day - Intervals- after Wake Up Mix]</small>	DAY 55 OPTIONAL Cardio Day - Endurance	DAY 56 ACTIVE REST DAY! <small>(Enjoy the day off, but stay in motion!)</small>

<b>WEEK 9</b>	<b>DAY 57</b> <input checked="" type="checkbox"/> DID IT! <b>HIGH INTENSITY INTERVAL RESISTANCE TRAINING [HIIRT]</b>	<b>DAY 58</b> <input checked="" type="checkbox"/> DID IT! <b>CORE CHALLENGE</b>	<b>DAY 59</b> <input checked="" type="checkbox"/> DID IT! <b>TOTAL-BODY STRENGTH [COMPOUND SUPERSET]</b>	<b>DAY 60</b> <input checked="" type="checkbox"/> DID IT! <b>MOBILITY MOVES: WIND DOWN</b> <small>[Optional Cardio Day - Endurance - Do cardio first, then Wind Down after or at the end of the day]</small>	<b>DAY 61</b> <input checked="" type="checkbox"/> DID IT! <b>TOTAL-BODY DEFINITION [PAIRED SUPERSET]</b>	<b>DAY 62</b> <input checked="" type="checkbox"/> DID IT! <b>OPTIONAL Cardio Day - Intervals</b>	<b>DAY 63</b> <input checked="" type="checkbox"/> DID IT! <b>ACTIVE REST DAY!</b> <small>(Enjoy the day off, but stay in motion!)</small>			
	<b>WEEK 10</b>	<b>DAY 64</b> <input checked="" type="checkbox"/> DID IT! <b>TOTAL-BODY CIRCUIT [PRIMARY MOVES]</b>	<b>DAY 65</b> <input checked="" type="checkbox"/> DID IT! <b>FINE TONING</b>	<b>DAY 66</b> <input checked="" type="checkbox"/> DID IT! <b>LOWER-BODY CIRCUIT</b>	<b>DAY 67</b> <input checked="" type="checkbox"/> DID IT! <b>UPPER-BODY CIRCUIT</b>	<b>DAY 68</b> <input checked="" type="checkbox"/> DID IT! <b>MOBILITY: WAKE UP MIX</b> <small>[Optional Cardio Day - Intervals- after Wake Up Mix]</small>	<b>DAY 69</b> <input checked="" type="checkbox"/> DID IT! <b>HIGH INTENSITY INTERVAL RESISTANCE TRAINING [HIIRT]</b>	<b>DAY 70</b> <input checked="" type="checkbox"/> DID IT! <b>ACTIVE REST DAY!</b> <small>(Enjoy the day off, but stay in motion!)</small>		
		<b>WEEK 11</b>	<b>DAY 71</b> <input checked="" type="checkbox"/> DID IT! <b>TOTAL-BODY STAMINA [THE FUNDAMENTALS CIRCUIT]</b>	<b>DAY 72</b> <input checked="" type="checkbox"/> DID IT! <b>CORE CONTROL</b>	<b>DAY 73</b> <input checked="" type="checkbox"/> DID IT! <b>TOTAL-BODY STRENGTH [COMPOUND SUPERSET]</b>	<b>DAY 74</b> <input checked="" type="checkbox"/> DID IT! <b>MOBILITY MOVES: WIND DOWN</b> <small>[Optional Cardio Day - Endurance - Do cardio first, then Wind Down after or at the end of the day]</small>	<b>DAY 75</b> <input checked="" type="checkbox"/> DID IT! <b>TOTAL-BODY DEFINITION [PAIRED SUPERSET]</b>	<b>DAY 76</b> <input checked="" type="checkbox"/> DID IT! <b>OPTIONAL Cardio Day - Endurance</b>	<b>DAY 77</b> <input checked="" type="checkbox"/> DID IT! <b>ACTIVE REST DAY!</b> <small>(Enjoy the day off, but stay in motion!)</small>	
			<b>WEEK 12</b>	<b>DAY 78</b> <input checked="" type="checkbox"/> DID IT! <b>TOTAL-BODY CIRCUIT [PRIMARY MOVES]</b>	<b>DAY 79</b> <input checked="" type="checkbox"/> DID IT! <b>FINE TONING</b>	<b>DAY 80</b> <input checked="" type="checkbox"/> DID IT! <b>LOWER-BODY CIRCUIT</b>	<b>DAY 81</b> <input checked="" type="checkbox"/> DID IT! <b>UPPER-BODY CIRCUIT</b>	<b>DAY 82</b> <input checked="" type="checkbox"/> DID IT! <b>MOBILITY: WAKE UP MIX</b> <small>[Optional Cardio Day - Intervals- after Wake Up Mix]</small>	<b>DAY 83</b> <input checked="" type="checkbox"/> DID IT! <b>HIGH INTENSITY INTERVAL RESISTANCE TRAINING [HIIRT]</b>	<b>DAY 84</b> <input checked="" type="checkbox"/> DID IT! <b>ACTIVE REST DAY!</b> <small>(Enjoy the day off, but stay in motion!)</small>

You can choose to work out 5-6 days per week with this rotation, but if you need to train less often, feel free to follow the same rotation with an every-other day schedule.

To stick with a 5-day-a week schedule on Weeks 10 and 12, you may choose to skip either Mobility or HIIRT days and/or pick up with them on your next workout day.



# RECOVERY WEEK 7 DAY PLAN

## PROGRAM CALENDAR

<b>DAY 1</b> <b>FINE TONING</b>	<b>DAY 2</b> <b>OPTIONAL Cardio Day - Intervals</b> [optional to add the "Standing Stretch" session afterwards from our "Simply Stretch" program; sold separately]	<b>DAY 3</b> <b>CORE CONTROL</b> [optional to add or replace with one or both sessions from "Gentle Yoga Plus Pilates" program; sold separately]	<b>DAY 4</b> <b>MOBILITY: WAKE UP MIX</b> [Optional Cardio Day - Intervals]	<b>DAY 5</b> <b>CORE CHALLENGE</b> [optional to add or replace with one or both sessions from "Gentle Yoga Plus Pilates" program; sold separately]	<b>DAY 6</b> <b>OPTIONAL Cardio Day - Endurance</b> [optional to add the "Floor Stretch" session afterwards from our "Simply Stretch" program; sold separately]	<b>DAY 7</b> <b>ACTIVE REST DAY!</b> (Enjoy the day off, but stay in motion!)
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