

**The  
Firm Believers'  
Ultimate Compendium**

By:  
Ssfrmlver  
(Vanessa Howie)

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## **Introduction**

Hello Firm Fans!

I have compiled this reference to help guide you in selecting your Firm workouts no matter what rotation you choose. There are several sections to this Compendium, which are as follows:

The First section has DVD and VHS Abbreviations, equipment key and rating system. The Second section has Quick Time Reference for all workouts. The Third section has a quick reference for Premixes/Mix & Match/Express workouts. The Forth section is all the workouts sorted by the Equipment used in each DVD/VHS. The Fifth section is all DVD/VHS sorted by Category, Time, Equipment used, and abbreviation. The Sixth section is the Express workouts. The Eighth section are the dates in which all (that I could find) the workouts were released, and the ninth section is the workouts listed by the sets in which they are in. The tenth section is full of detailed information of all the Firm Workouts I have and of some accumulated via CL Steph. The Eleventh section has Firm "worksheets" from all Catagories listed in this Compendium. I placed these in by popular demand. Most Firm Believers said it help them track their prograss using worksheet on the workouts, so I provided what I could. The Twelfth section has Past Specialty Rotation Calendars. I wasn't sure which I should put in, so I put all the Specialty Rotations had and one from a Firm Believer. These Calenders are sorted by year, ABC's, and

Type. And Finally, for those too busy to make a Rotation Calendar Template, I placed for you at the very end. . the template I use for my Rotation Calendars. The final page is for notes, which you can write down suggestions and share with others, or use the information for yourself.

I hope everyone who gets this can find something in here they can use. I compiled this for all the Firmies out there who are just as devoted as myself to living a healthier life through proper exercise and a good diet.

I renamed the The Firm Compendium because I didn't feel like it fit any more. I had added SSSSOOO much more than for it to just be A Compendium. I call it The Firm Believers' Compendium because I have made this for all Firm Believers' everywhere!!!!

#### **NOTE:**

**I want to put this in large font for specific purposes. Since The Firm Believers' Ultimate Compendium is SSSOOO large (more than 300 pages), I strongly suggest you only print out Sections 1-9 to start. If you have ALL the Firm videos/DVDs that are out on the market and wish to print everything on here, just know it is almost 300 PAGES TO PRINT—IT WILL TAKE A LOT OF PAPER AND INK!**

**Just wanted to let you know in advance!!!!**

## Special Thanks!

There are many people I want to thank, because without their help it would have been SSSSOO much harder to put this information in.

I want to thank first and foremost Firm Instructor Kirsten for putting up the "Frequently Asked Questions" Forum, for which I would not have had the idea to do this in the first place. I want to thank CL Tonda for answering all my questions no matter how remedial they may have seemed at the time. Giving me all that information, helped me to put this together. You are a **TRUE** friend! I also want to thank CL Bethanne for encouraging me to pursue this project. I was not sure at first if I should, then I posted on the "Frequently Asked Questions" that I was doing this, and Bethanne gave such encouragement, that I felt I almost had an 'obligation' to do so, thanks so much Bethanne!! Carol (User name Carolk) I want to thank you for all the information you provided. I know you didn't have to, and it was lot of information to look up I'm sure, but without that information, this Compendium would NEVER have come about. Thank you! Also a thanks to (user name) "WhiteRosel" for posting a lot of the information on the "Frequently Asked Questions" Forum. Without that information it would have literally taken me 6 months to 1 year to compile all the information which you so generously provided! Thank you, Thank you, Thank you! A special thanks to "chouchoul" (Username) for providing my with the rotation calendar information I didn't have. My husband Doug for being a 'sounding board' with which I could talk to about this project—I do and will love you **ALWAYS**. And last, but not least, Every Firm Instructor who has ever been a part of any Firm VHS/DVD in the past, present, and future. Without you guiding us "Firmies" through these workouts we would not be were we are

today. Fit, happy and healthy! We **LOVE** the workouts you do and appreciate all the hard work you put into each and every one! Keep them coming!!!!

## **Maintenance/Errors/Discrepancies**

When The Firm releases new dvd's I'll do my best to update accordingly.

### **Errors/Discrepancies**

If you find/notice missing or mislabeled information, please PM me so I can make the necessary adjustment(s). I look forward to everyone looking at this and giving an opinion. This is a living document, so it will continuous be updated once new information is released. Your help in keeping this updated accordingly is deeply welcomed. I look forward to reading/hearing what you have to say about this.

Also, if there is a section you would like to see added please PM me so I can make the needed changes to the document. Thank you for all your support in all that you do.

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## DVD Abbreviation List

<b>Workout Abbreviation</b>	<b>Workout title</b>	<b>Premix/Express/Mix&amp;Match</b>
BSB (Vol 1)	Body Sculpting Basics Vol 1	
LIA (Vol 2)	Low Impact Aerobics Vol 2	
AIT (Vol 3)	Aerobic Interval Training Vol 3	
TCW (Vol 4)	Time Crunch Workout Vol 4	
AHTS (Vol 5)	Abs, Hips, and Thighs Sculpting Vol 5	
CAWT (Vol 6)	Complete Aerobic Weight Training Vol 6	
Hare	The Hare	
Tort	The Tortoise	
FC (SH)	Firm Cardio (Formerly StrongHeart)	
FS (SB)	Firm Strength (Formerly StrongBody)	
PPLB (PPLB)	Prime Power Lower Body Shaping (Prime Power Lower Body)	
PPTB (PPFB)	Prime Power Total Body (Formerly Prime Power Fat Burning)	
ABT	Abs, Buns & Thighs	
BFB	Basics Fat Burning	
SwW	Sculpting with Weights	
FB (AC)	Fat Blaster (Formerly All Cardio)	
BBB (BB)	Better Body & Buns (Formerly Better Buns)	
MBS (AW)	Maximum Body Shaping (Formerly All Weights)	
CK2 (PC)	Calorie Killer 2 (Formerly Power Cardio)	
CB	Cardio Burn	
MC	Maximum Cardio	
SC (SCM)	Super Cardio (a.k.a. Super Cardio Mix)	X (DVD version)
SS	Super Sculpting	
CSc	Cardio Sculpt	
Asc	Ab Sculpt	
BSc	Body Sculpt	X (DVD version)



## DVD Abbreviation List Cont.

Workout Abbreviation	Workout title	Premix/Express/Mix&Match
CScB	Cardio Sculpt Blaster	
SCSc	Super Cardio Sculpt	
BScB	Body Sculpt Blaster	
LBSc1	Lower Body Sculpt Vol 1	
LBSc2	Lower Body Sculpt Vol 2	
SBSc	Super Body Sculpt	
MCB	Maximum Cardio Burn	
CAWT	Complete Aerobics & Weight Training	
TSc	Total Sculpt plus Abs	
CK1	Calorie Killer 1	
FA	FIRM Abs	
UBSc	Upper Body Sculpt	
FBC	Fat Blasting Cardio	
TMSh	Total Muscle Shaping	
CBSc	Complete Body Sculpting	
ACX (ACB)	Advanced Cardio Express (a.k.a. Advanced Cardio Blast)	
XC	Express Cardio	
XTBSc	Express Total Body Shaping	
HTA	Hips, Thighs & Abs	X
PY	Power Yoga	
UCB	Ultimate Calorie Blaster	X (8 min ab segment)
ABS	Aerobic Body Shaping	X (10 min lower sculpting)
SSc	Supercharged Sculpting	X (12 min stretching)
JFA	Jiggle Free Arms	
JFB	Jiggle Free Buns	
JFAb	Jiggle Free Abs	

## DVD Abbreviation List Cont.

<b>Workout Abbreviation</b>	<b>Workout title</b>	<b>Premix/Express/Mix&amp;Match</b>
CSDS	Cardio Dance Slim Down	
FBSdB	Fat Burning Sculpting Ball	
UFBW	Ultimate Fat Burning Workout	
FBCT	Fat Burning Cardio Toning	
STP	Sculpt and Tone Pilates	
SScSB	Slim and Sculpt Stability Ball	
EY	Express Yoga	
SSY	Slim Solutions Yoga	
CP	Cardio Party	
CO	Cardio Overdrive	X
HCF	Hard Core Fusion	X
HDSc	Hi Def Sculpt	X
CI	Cardio Inferno	
BS	Burn & Shape	
CScF (TBL)	Cardio Sculpt Fusion (a.k.a. Total Body Lite)	X
TBTC	Total Body Time Crunch	X
TBT	Total Body Toner	
TBKL	Tight Buns and Killer Legs	
CS	Core Solutions	X
BMCB	BootCamp Maximum Calorie Burn	
PSc	Power Sculpt with Sculpting Stick	
RIO	Rock It Off	
RTW	Ride the Wave (Tutorial)	
EA	Express Abs	
SSS	Speed Slimming Sculpt	
RSA	Rock Solid Abs	

## DVD Abbreviation List Cont.

Workout Abbreviation	Workout title	Premix/Express/Mix&Match
RSC	Rock Solid Cardio	
RSB	Rock Solid Buns	
CDF	Cardio Dance Fusion	X
PHH	Power Half-Hour	
CTGK	Cardio To Go Kit	
PBK	Power Ball Kit	X
PJJ	Pump Jump and Jab	X (5 min Total Body toning)
TFY TZ (KBK)	TransFIRM Your Trouble Zones (5 lb. KettleBell Kit)	X
BT	Balance Trainer	X
CScB	Cardio Sculpting Balls	X (1 cardio; 1 sculpt)
DCA	Dangerous Curves Ahead	X (1 cardio; 1 sculpt; 1 abs/cardio)
500CalWork	500 Calorie Workout	
GC	Get Chisel'd	X (all cardio)
SL	Sculpt-ilates	
APD	Abs & Pelvic Diaphragm (Audio)	
EPWwW	Easy PowerWalk with Weights (Audio)	
HPWwW	Hard PowerWalk with Weights (Audio)	
UCT	Universal Cardio Trainer (Audio)	
NSTA (LAM)	Not-So-Tough Aerobic Mix (formerly Light Aerobic Mix)	
TAM	Tough Aerobic Mix	
LBS (FL)	Lower Body Sculpting (Formerly Floor Legs)	
SL	Standing Legs	
5DA	5-Day Abs	
UB	Upper Body	
5DS	5 Day Stretch	

## DVD Abbreviation List Cont.

<b>Workout Abbreviation</b>	<b>Workout title</b>	<b>Premix/Express/Mix&amp;Match</b>
TCM	Tough Cardio Mix	
CSM	Cardio Step Mix	
TBSM	Total Body Shaping Mix	
M5DA	More 5 Day Abs	
TT2	Tough Tape 2	
BC	Boot Camp 3-in-1 Mix	
BA	Ballroom Aerobics	
SBHT (LDWO)	Sculpted Buns, Hips & Thighs (formerly Lie Down and Workout)	
TT/TT1	Tough Tape	
CC1	Core Cardio	
CC2	Core Cardio 2	
B&B	Bust & Butt	
UBSp	Upper Body Split	
LBSp	Lower Body Split	
CS1	Cardio Split 1 (Super Shapers)	

## Rating System

Equipment Key
Dumbbells = DB
Resistance Band = RB
Resistance Loop = RL
Firm Cord = FC
Balancing Trainer = BT
Ankle Weights = AW
Sculpting Stick = SS
Fanny Lifter = FL
Transfirmer = TF
The Firm Wave = FW
Firm Box = FB
Cardio Sculpting Balls = CSB
Yoga Strap = YS
Yoga Block = YB
Yoga Mat = YM
Kettlebell = KB
CardioWeights = CW
Jump Rope = JR
Power Ball = PB
Sculpting Ball = SB

- \* Not much effort involved
- \*\* Low End Of the target heart range
- \*\*\* Difficult, strenuous
- \*\*\*\* Very hard, major sweating
- \*\*\*\*\* Cannot do workout straight through without breaks

These descriptions are just suggestions. Feel free to rename them as you see fit. The asterisks are intended to go in the Blank column to the right of the workout Length.

## Workout Time Quick Reference

Body Sculpting Basics (V. 1)	60 min	Ab Sculpt	25 min
Low Impact Aerobics (V. 2)	65 min	Body Sculpt	48 min
Aerobic Interval Training (V. 3)	65 min	Cardio Sculpt Blaster (add on)	30 min
Time Crunch Workout (V. 4)	42 min	Super Cardio Sculpt (add on)	39 min
Abs, Hips & Thighs Sculpting (V. 5)	45 min	Body Sculpt Blaster (add on)	31 min
Complete Aerobic Weight Training (V. 6)	54 min	Lower Body Sculpt Vol 1 (add on)	30 min
The Hare	62 min	Lower Body Sculpt Vol 2 (add on)	30 min
The Tortoise	62 min	Super Body Sculpt (add on)	43 min
Firm Strength (Formerly StrongBody)	57 min	Maximum Cardio Burn plus Abs	55 min
Firm Cardio (Formerly StrongHeart)	58 min	Comp. Aerobics & Weight Training	58 min
Prime Power Lower Body Shaping		Total Sculpt plus Abs	58 min
(Prime Power Lower Body)	42 min	Calorie Killer 1 (add on)	39 min
Prime Power Total Body (Formerly		FIRM Abs (add on)	30 min
Prime Power Fat Burning	46 min	Upper Body Sculpt (add on)	35 min
Abs, Buns & Thighs	45 min	Fat Blasting Cardio	30 min
Basics Fat Burning	45 min	Total Muscle Shaping	46 min
Basics Sculpting with Weights	45 min	Complete Body Sculpting	49 min
Fat Blaster (Formerly All Cardio)	45 min	Advanced Cardio Express (a.k.a.	
Better Body & Buns (Formerly Better		Advanced Cardio Blast)(add on)	30 min
Buns)	45 min	Express Cardio (add on)	30 min
Maximum Body Shaping (Formerly All		Express Total Body Sculpting	
Weights)	45 min	(add on)	30 min
Calorie Killer 2 (Formerly Power		Hips, Thighs & Abs (add on)	32 min
Cardio)	44 min	Power Yoga (add on)	33 min
Cardio Burn	46 min	Ultimate Calorie Blaster	45 min
Maximum Cardio	46 min	Aerobic Body Shaping	55 min
Super Cardio (a.k.a Super Cardio Mix)	60 min	Supercharged Sculpting	35 min
Super Sculpting	48 min	Jiggle Free Arms (add on)	30 min
Cardio Sculpt	57 min	Jiggle Free Buns (add on)	30 min

### Workout Time Quick Reference Continued.

Jiggle Free Abs (add on)	30 min	Cardio Dance Fusion	45 min
Cardio Dance Slim Down	40 min	Rock Solid Cardio (add on)	30 min
Fat Burning Sculpting Ball	30 min	Power Half-Hour	30 min
Ultimate Fat Burning Workout	40 min	Cardio To-Go Kit	40 min
Fat Burning Cardio Toning	30 min	Power Ball Kit	40 min
Sculpt and Tone Pilates	30 min	Pump Jump and Jab	41 min
Slim and Sculpt Stability Ball	30 min	TransFIRM Your Trouble Zones (5 lb. Kettlebell Kit)	45 min
Express Yoga	15 min	Cardio Step Mix	62 min
Slim Solutions Yoga	30 min	Balance Trainer	45 min
Cardio Party	40 min	Cardio Sculpting Balls	55 min
Cardio Overdrive	45 min	Dangerous Curves Ahead	55 min
Hard Core Fusion	55 min	500 Calorie Workout	60 min
Hi-Def Sculpt	45 min	Get Chisel'd	40 min
Cardio Inferno (add on)	30 min	Sculpt-ilates	50 min
Burn & Shape (add on)	40 min	Abs & Pelvic Diaphragm	(audio)
Cardio Sculpt Fusion (a.k.a. Total Body Lite) (add on)	45 min	Easy PowerWalk with Weights	(audio)
Total Body Time Crunch (add on)	45 min	Hard PowerWalk with Weights	(audio)
Total Body Toner (add on)	40 min	Universal Cardio Trainer	(audio)
Tight Buns and Killer Legs (add on)	30 min	Not-So-Tough Aerobic Mix (Formerly Light Aerobic Mix)	42 min
Core Solutions (add on)	30 min	Tough Aerobic Mix	47 min
Bootcamp Maximum Calorie Burn	50 min	Lower Body Sculpting (Formerly Floor Legs)	29 min
Power Sculpt with Sculpting Stick	20 min	Standing Legs	35 min
Rock It Off	40 min	5 Day Abs	37 min
Ride The Wave (Tutorial)	10 min	Upper Body	39 min
Express Abs	10 min		
Speed Slimming Sculpt	30 min		

### Workout Time Quick Reference Continued.

Rock Solid Abs (add on)	30 min
Total Body Shaping Mix	66 min
More 5 Day Abs	28 min
Tough Tape 2	44 min
Boot Camp 3-in-1 Mix	71 min
Ballroom Aerobics	45 min
Sculpting Buns, Hips & Thighs (Formerly Lie Down and Workout)	34 min
Tough Tape	45 min
Core Cardio 1	46 min
Core Cardio 2	47 min
Bust & Butt	43 min
Upper Body Split	61 min
Lower Body Split	69 min
Cardio Split 1	51 min
5 Day Stretch	40 min
Tough Cardio Mix	45 min
Rock Solid Buns (add on)	30 min



## PreMix/Mix & Match/Express Quick Reference

Aerobic Body Shaping		Cardio Core Fusion	
Lower Body Sculpting	10 min	Cardio Absession	25 min
Ultimate Calorie Blaster		Burn, Shape & Tone	25 min
Ab Sculpting	8 min	Get Chisel'd	
Supercharged Sculpting		Kick It Into Gear	14 min
Stretch Workout	12 min	Power Ball Kit	
Hi-Def Sculpt		Express	25 min
Express	25 min	Jump, Pump & Jab	
Cardio Overdrive		Total Body Toning	5 min
Express	25 min	5 lb Kettlebell Kit	
Hard Core Fusion		Express	25 min
Express	25 min	BootCamp 3-in-1 Mix	
Total Body Time Crunch		Sculpt	41 min
Express	25 min	BootCamp 3-in-1 Mix	
Cardio Sculpt Fusion (a.k.a. Total		Sculpt	42 min
Body Lite)		Slim w/o the Gym	
Express	25 min	Lower Body	10 min
Cardio Dance Fusion		Firm Hips, Thighs & Abs	
Club Version	20 min	Hips, Thighs & Abs	20 min
Latin Version	20 min	Rock Solid Buns	
Jive Version	20 min	Buns	20 min
Dangerous Curves Ahead		Rock It Off	
Express Cardio	35 min	Cardio	20 min
Express Sculpting	30 min	Slim w/o the Gym	
Express Core Cardio	25 min	Cardio	10 min
Skills, Drills and Thrills		Slim & Trim	
Express	25 min	Abs	5 min
TransFIRM Your Trouble Zones		Slim w/o the Gym	
Abs	8 min	Abs	10 min

## PreMix/Mix & Match/Express Quick Reference

Pump, Jump and Jab		
Abs		5 min
FIRM Hips, Thighs & Abs		
Abs		10 min
Slim w/o the Gym		
Abs		10 min

## Workout by Equipment Quick Reference

### No Equipment Needed

Cardio Dance Fusion  
Cardio Party  
Cardio Dance Slim Down

### Dumbbells Only/Cardio Weights

Total Body Time Crunch  
Cardio Sculpt Fusion (a.k.a.  
Total Body Lite)  
Burn & Shape  
BootCamp Maximum Calorie Burn  
Total Body Toner  
Tight Buns and Killer Legs  
Core Solutions  
Cardio Overdrive  
Hi-Def Sculpt  
Hard Core Fusion  
Ultimate Fat Burning Workout  
Cardio Inferno  
Power Half-Hour  
Pump, Jump and Jab  
500-Calorie Workout  
Get Chisel'd  
Cardio Inferno

### Resistance Band/Resistance Loop & Dumbbells

Dangerous Curves Ahead  
Sculpt-ilates  
Sculpt and Tone Pilates

### Balancing Disc

Skills, Drills and Trills

### Stability Ball

Slim and Sculpt Stability Ball

### Kettle Bell

5 lb Kettlebell Kit Workout

### Power Ball, Mat

Power Ball Kit

### Jump Rope, Resistance Loop & Firm Cord

Cardio To-Go Kit

## Workout by Equipment Quick Reference Continued.

### **Sculpting Ball**

Fat Burning Sculpting Ball Workout

### **Firm Cord**

Fat Burning Cardio Toning Workout

### **Cardio Sculpting Balls**

Cardio Core Fusion

### **3-in-1 Fanny Lifter**

Ab Sculpt

### **3-in-1 Fanny Lifter & Dumbbells**

Cardio Sculpt

Body Sculpt

Body Sculpt Blaster

Lower Body Sculpt Vol 1

Lower Body Sculpt Vol 2

Super Body Sculpt

Total Muscle Shaping

Complete Body Sculpting

Upper Body Sculpt

Aerobic Body Shaping

Supercharged Sculpting

### **3-in-1 Fanny Lifter & Dumbbells Cont.**

Ballroom Aerobics

Cardio Sculpt Blaster

Super Cardio Sculpt

### **Sculpting Stick**

Power Sculpt Workout

Express Total Body Shaping

### **Firm (original) Box (10/14 inch), dumbbells, And Ankle Weights**

Aerobic Interval Training (Vol 3)

Time Crunch Workout (Vol 4)

Abs, Hips & Thighs Sculpting (Vol 5)

### **Firm (original) Box (10/14 inch), dumbbells, And Barbell**

Complete Aerobic Weight Training (Vol 6)

### **Firm (original) Box (10-14 inch), dumbbells, Barbell, & Ankle Weights**

Firm Cardio

Firm Strength

## Workout by Equipment Quick Reference Continued.

**Firm (original) Box (10-14 inch),  
dumbbells, Barbell, & Ankle  
Weights Cont.**

The Tortoise  
The Hare  
Standing Legs

**Firm (Original) Box (10-14 inch), Dowel  
Dumbbells**

Sculpting with Weights  
Fat Burning  
Abs, Buns & Thighs Sculpting (Vol 5)  
Fat Blaster (Formerly All Cardio)  
Maximum Body Shaping

**Prime Power Lower Body Shaping (Prime  
Power Lower Body)**

Prime Power Total Body (Formerly Prime  
Power Fat Burning)

**Dumbbells & Ankle Weights Only**

Body Sculpting Basics (Vol 1)  
Low Impact Aerobics (Vol 2)  
Lower Body Sculpting

**Firm (original) Box (10-14 inch) only**

5 Day Abs  
More 5 Day Abs

**3-in-1 Fanny Lifter, Dumbbells & Sculpting  
Stick (Continued)**

Upper Body Sculpt  
Calorie Killer

**The Firm Box & Dumbbells**

Fat Blasting Cardio  
Express Cardio

**Firm (Original) Box (10-14 inch) &  
Dumbbell**

Upper Body  
Tough Aerobic Mix  
Not-So-Tough Aerobics (Formerly Light  
Aerobic Mix)  
Tough Tape 1  
Tough Tape 2

## Workout by Equipment Quick Reference Continued.

**Firm (Original) Box (10-14 inch), Dowel  
Dumbbells, & Ankle Weights**

Better Body and Buns (Formerly Better Buns)  
Maximum Body Shaping (Formerly All Weights)

**3-in-1 Fanny Lifter, Dumbbells & Sculpting  
Stick**

Complete Aerobics & Weight Training  
Total Sculpt plus Abs

**Ankle Weights & Dumbbells**

Sculpted Buns, Hips & Thighs

**Firm Box, Dumbbells**

Total Muscle Shaping  
Complete Body Sculpting

**3-in-1 Fanny Lifter & Sculpting Stick**

Maximum Cardio Burn plus Abs  
Firm Abs

**Firm (Original) Box (10-14 inch), dowel,  
dumbbells, ankle weights, barbell,  
& Weighted Ball**

Calorie Killer 2 (Formerly Power Cardio)  
Cardio Split 1

**Firm (Original) Box (4-10 inch), weighted  
ball, & dumbbells**

Super Cardio (a.k.a. Super Cardio Mix)  
Core Cardio 1  
Core Cardio 2  
Upper Body Split  
Lower Body Split

**TransFIRMer Only**

Jiggle Free Abs

**Yoga mat, Yoga Block & Yoga Strap**

Power Yoga  
Slim Solutions Yoga

## Workout by Equipment Quick Reference Continued.

**Firm (original) Box (10-14 inch), weights,  
barbell, medicine ball**

Maximum Cardio  
Bust & Butt  
Cardio Burn  
Maximum Cardio  
BootCamp 3-in-1 Mix

### **TransFIRMer & Dumbbells**

Aerobic Body Shaping  
Supercharged Sculpting  
Ultimate Calorie Blaster  
Jiggle Free Buns  
Jiggle Free Arms

**Firm (original) Box (10-14 inch), weights  
Dowel, Barbell, ankle weights**

Super Sculpting

### **Exercise Band, Yoga Mat**

Sculpt & Tone Pilates  
Sculpt-ilates

### **Yoga Mat**

Express Yoga

**Firm (original) Box (10-14 inch), weights,  
Barbell, dowel**

Super Sculpting

### **Firm Box Only**

Firm Hips, Thighs & Abs  
Advanced Cardio Blast

### **Firm Wave, Resistance Band**

Rock Solid Buns

### **Exercise Mat**

5 Day Stretch

### **Weights, Ankle Weights & Barbell**

Total Body Shaping Mix

### **Firm Wave, Weights**

Rock It Off  
Speed Slimming Sculpt  
Rock Solid Cardio

**Workout by Equipment Quick Reference Continued.**

**Firm Wave**

Ride the Wave

Express Abs



## DVD/VHS Workout Categories/Time/Equipment/Abbreviation

<b>Cardio + Sculpt</b>			
<b>Classics</b>			
<b>Title</b>	<b>Time</b>	<b>Equipment Used</b>	<b>Abbreviation</b>
Body Sculpting Basics Vol 1	60 min	DB, AW	BSB Vol. 1
Low Impact Aerobics Vol 2	65 min	DB, AW	LIA Vol. 2
Aerobic Interval Training Vol 3	65 min	DB, AW, FL	AIT Vol. 3
Time Crunch Workout Vol 4	42 min	DB, AW, FL	TCW Vol. 4
Abs, Hips & Thighs Sculpting Vol 5	45 min	DB, FL	AHTSc Vol. 5
Complete Aerobic Weight Training Vol 6	52 min	DB, FL, BB	CAWT Vol. 6
Complete Aerobics & Weight Training	58 min	FL, DB, SS	CA&WT
Total Muscle Shaping	46 min	FB, DB	TMSh
Aerobic Body Shaping	55 min	TF, DB	ABS
Hard Core Fusion	55 min	CW	HCF
Total Body Time Crunch	45 min	CW	TBTC
Cardio Sculpt Fusion (a.k.a. Total Body Lite)	45 min	CW	CScF (TBL)
Dangerous Curves Ahead	55 min	CW, RL	DCA
The 500 Calorie Workout	60 min	CW	500CalWork
Burn & Shape	40 min	CW	B&S
Rock It Off	40 min	FW, CW	RIO

**DVD/VHS Workout Categories/Time/Equipment/Abbreviation Cont.**

<b>Tortoise</b>			
<b>Title</b>	<b>Time</b>	<b>Equipment Used</b>	<b>Abbreviation</b>
Basic Abs, Buns and Thighs	45 min	DB, FL, Dowel	BABT
Firm Strength (Formerly StrongBody)	57 min	DB, FL, AW, BB	FS (SB)
The Tortoise	62 min	DB, FL, BB, AW	Tort
Cardio Split	51 min	FL, DB	CS1
Total Body Shaping Mix	66 min	FL, DB, AW	TBSM
Cardio Sculpt	57 min	FL, DB	CS
Complete Body Sculpting	49 min	FB,DB	CBSc
Slim without the Gym	40 min	JR, RL, FC	Sw/oG
Fat Burning Cardio Toning	30 min	FC	FBCT

**DVD/VHS Workout Categories/Time/Equipment/Abbreviation Cont.**

<b>Hare</b>			
<b>Title</b>	<b>Time</b>	<b>Equipment Used</b>	<b>Abbreviation</b>
Basic Fat Burning	45 min	DB, FL, Dowel	BFB
The Hare	62 min	DB, FL, AW	Hare
Firm Cardio (Formerly StrongHeart)	58 min	DB, FL, AW	FC (SH)
Maximum Cardio	46 min	FL, SB, DB, BB	MC
Cardio Burn	46 min	FL, SC, DB	CB
Calorie Killer 2 (Formerly Power Cardio)	44 min	FL, SB, DB, BB, Dowel, AW	CK2 (PC)
Ultimate Fat Burning Workout	40 min	DB	UFBW
BootCamp Maximum Calorie Burn	50 min	DB	BMCB
Fat Burning Sculpting Ball Workout	30 min	SB	FBSbBW
TransFIRM your Trouble Zones (Kettlebell Workout)	45 min	KB	TYTZ (KBW)
Skills, Drills, and Trills	45 min	BT	SDT
Cardio Core Fusion	55 min	CSB	CCF
Power Half-Hour	30 min	CW	PHH
Pump, Jump and Jab	41 min	DB	PJ&J

<b>Parts (Lower Body)</b>			
<b>Title</b>	<b>Time</b>	<b>Equipment Used</b>	<b>Abbreviation</b>
Prime Power Lower Body Shaping (Prime Power Lower Body)	42 min		PPLBS (PPLB)
Jiggle Free Buns	30 min	TF, DB	JFB

<b>Parts (Upper Body)</b>			
<b>Title</b>	<b>Time</b>	<b>Equipment Used</b>	<b>Abbreviation</b>
Prime Power Fat Burning (Prime Power Total Body)	46 min		PPFB (PPTB)
Jiggle Free Arms	30 min	TF, DB	JFA

**DVD/VHS Workout Categories/Time/Equipment/Abbreviation Cont.**

<b>Cardio</b>			
<b>Hare</b>			
<b>Title</b>	<b>Time</b>	<b>Equipment Used</b>	<b>Abbreviation</b>
Maximum Cardio Burn	55 min	FL, DB	MCB
Total Fat Blaster	46 min	FL, DB	TBFB

<b>Cardio</b>			
<b>Title</b>	<b>Time</b>	<b>Equipment Used</b>	<b>Abbreviation</b>
Calorie Killer (Calorie Killer 1)	39 min	FL, DB, SS	CK (CK1)
Super Cardio Sculpt	39 min	FL, DB	SCSc
Core Cardio 1	46 min		CC1
Core Cardio 2	47 min		CC2
Cardio Sculpt Blaster	30 min	FL, DB	CScB
Ballroom Aerobics	45 min		BA
Cardio Step Mix	62 min		CSM
Not-So-Tough Aerobics	42 min	FL, DB	NSTA
Tough Aerobic Mix	47 min	FL, DB	TAM
Tough Cardio Mix	45 min		TCM
Fat Blasting Cardio	30 min	FB, DB	FBC
Express Cardio	30 min	FB, DB	EC
Advanced Cardio Blast	30 min	FB	ACB
Ultimate Calorie Blaster	45 min	TF, DB	UCB
Cardio Dance Slim Down	40 min	None	CDSD
Cardio Dance Fusion	40 min	None	CDF
Ride The Wave (Tutorial)	10 min	FW	RTW
Cardio Overdrive	45 min	CW	CO
Cardio Party	40 min	None	CP

**DVD/VHS Workout Categories/Time/Equipment/Abbreviation Cont.**

<b>Cardio</b>			
<b>Title</b>	<b>Time</b>	<b>Equipment Used</b>	<b>Abbreviation</b>
Rock Solid Cardio	30 min	FW, DB	RSC
Get Chisel'd ("Kick it Into Gear")	15 min	None	GC (KIG)
Cardio Inferno	30 min	CW	CI

<b>Sculpt</b>			
<b>Total Body Sculpt</b>			
<b>Title</b>	<b>Time</b>	<b>Equipment Used</b>	<b>Abbreviation</b>
Tough Tape	44 min	FL, DB	TT1
Tough Tape 2	45 min	FL, DB	TT2
Bust & Butt	43 min	FL, DB, BB, WB	BB
Body Sculpt Blaster	31 min	FL, DB	BSB
Body Sculpt	48 min	FL, DB	BS
Super Body Sculpt	45 min	FL, DB	SBS
Super Sculpting	48 min	FL, DB, BB, Dowel	SS
BootCamp 3-in-1 Mix	71 min	FL, DB, BB, WB	BC3in1
Total Sculpt plus Abs	58 min	FL, SS, DB	TS
Supercharged Sculpting	35 min	TF, DB	SchS
Hi-Def Sculpt	45 min	CW	HDS
Total Body Toner	40 min	CW	TBT
Power Sculpt Workout	20 min	SS	PSW
Speed Slimming Sculpt	30 min	FW, DB	SSS
Get Chisel'd	40 min	CW	GC

**DVD/VHS Workout Categories/Time/Equipment/Abbreviation Cont.**

<b>Parts (Upper Body)</b>			
<b>Title</b>	<b>Time</b>	<b>Equipment Used</b>	<b>Abbreviation</b>
Upper Body Sculpt	35 min	FL, SS, DB	UBSc
Upper Body Split	61 min	FL, DB	UBSp
Upper Body	35 min	FL, DB	UB

<b>Abs</b>			
<b>Title</b>	<b>Time</b>	<b>Equipment Used</b>	<b>Abbreviation</b>
FIRM Abs	30 min	FL, SS	FA
Ab Sculpt	25 min	FL,	AS
5 Day Abs	37 min	FL	5DA
More 5 Day Abs	37 min	FL	M5DA
Jiggle Free Abs	30 min	TF	JFA
Rock Solid Abs	30 min	FW, RB	RSA
Express Abs	30 min	FW	EA

<b>Split (Lower Body)</b>			
<b>Title</b>	<b>Time</b>	<b>Equipment Used</b>	<b>Abbreviation</b>
Lower Body Split	69 min		LBS
Sculpted, Buns, Hips & Thighs (Formerly Lie Down & Workout)	30 min	FL, AW, DB	SBHT (LDWO)
Standing Legs	35 min	FL, AW, DB	SL
Lower Body Sculpting	20 min	FL, AW, DB	LBSc
Lower Body Sculpt Vol 1	30 min	FL, DB	LBS1
Lower Body Sculpt Vol 2	30 min	FL, DB	LBS2
Hips, Thighs, and Abs	30 min	FB	HTA
Rock Solid Buns	30 min	FW, RB	RSB
Slim w/o The Gym	10 min	FC, RL	SWTG

**DVD/VHS Workout Categories/Time/Equipment/Abbreviation Cont.**

<b>Tortoise</b>			
<b>Title</b>	<b>Time</b>	<b>Equipment Used</b>	<b>Abbreviation</b>
Maximum Body Shaping (Maximum Body Sculpting)	45 min		MBS (MBSc)
Better Body and Buns	45 min	FL, DB, AW, Dowel	BB&B
Sculpting with Weights	45 min	FL, DB, Dowel	Sw/W

<b>Hare</b>			
<b>Title</b>	<b>Time</b>	<b>Equipment Used</b>	<b>Abbreviation</b>
Express Total Body Shaping	30 min	SS	ETBSh

<b>Yoga/Pilates</b>			
<b>Yoga</b>			
<b>Title</b>	<b>Time</b>	<b>Equipment Used</b>	<b>Abbreviation</b>
Express Yoga	15 min	YM	EY
FIRM Power Yoga	35 min	YM	PY
Slim Solutions Yoga for Beginners	30 min	YM, YS, YB	SSYB

<b>Pilates</b>			
<b>Title</b>	<b>Time</b>	<b>Equipment Used</b>	<b>Abbreviation</b>
Sculpt & Tone Pilates	30 min	YM, RB	S&TP
Sculpt-ilates	50 min		S-I

<b>Stretch</b>			
<b>Title</b>	<b>Time</b>	<b>Equipment Used</b>	<b>Abbreviation</b>
5 Day Stretch	35 min	Mat	5DS

## Express Workouts

<b>Cardio + Sculpt Classics</b>			
Title	Time	Equipment Used	Abbreviation
Hard Core Fusion (Express)	25 min	CW	HCFE
Total Body Time Crunch (Express)	25 min	CW	TBTCE
Cardio Sculpt Fusion (a.k.a. Total Body Lite) (Express)	25 min	CW	CSFE (TBLE)

<b>Hare</b>			
Title	Time	Equipment Used	Abbreviation
Skills, Drills, and Thrills (Express)	25 min	BD	SDTE
TransFIRM your Trouble Zones (5 lb. KettleBell Kit) (Express)	20 min	KB	TYTZE
Slim & Trim (Power Ball Workout) (Express)	20 min	PB	STE

<b>Cardio</b>			
Title	Time	Equipment Used	Abbreviation
Cardio Overdrive (Express)	25 min	CW	COE
Cardio Dance Fusion (Club Version)	20 min	None	CDFC
Cardio Dance Fusion (Latin Version)	20 min	None	CDFL
Cardio Dance Fusion (Jazz Version)	20 min	None	CDFJ
Dangerous Curves Ahead (All Cardio)	35 min	None	DCAC
Cardio Core Fusion (Cardio Absession)	25 min	CSB	CCFCA



### Express Workouts Cont.

<b>Sculpt Total Body</b>			
Title	Time	Equipment Used	Abbreviation
Hi-Def Sculpt (Express)	25 min	CW	HDSE
Dangerous Curves Ahead (All Sculpting)	30 min	CW, RL	DCASc
Cardio Core Fusion (Burn, Shaping and Tone)	25 min	CSB	CCFBST
Pump, Jump and Jab (Total Toning)	5 min	CW	PJTT

  

<b>Abs</b>			
Title	Time	Equipment Used	Abbreviation
Dangerous Curves Ahead (Ab Sculpting)	25 min	RL	DCAASc
Slim and Trim (Power Ball) (Ab Sculpt)	8 min	PB	STASc
TransFIRM your Trouble Zones (5 lb. Kettlebell) (Ab Sculpt)	5 min	KB	TYTZASc

## Title of Videos/DVD & Release Date

Title	Year Released	Title	Year Released
Body Sculpting Basics (Vol. 1)	1986	Sculpted Buns, Hips & Thighs	
Low Impact Aerobics (Vol. 2)	1987	(Formerly Lie Down & Workout)	1996
Aerobic Interval Training (Vol. 3)	1989	Basics Abs, Buns & Thighs	1997
Time Crunch Workout (Vol. 4)	1990	Basics Fat Burning	1997
Abs, Hips & Thighs Workout (Vol. 5)	1991	Sculpting with Weights	1997
Complete Aerobic Weight Training		Fat Blaster (Formerly All Cardio)	1998
(Vol. 6) (a.k.a. Boomers Workout)	1992	Better Body & Buns (Formerly Better	
Tough Aerobic Mix	1993	Buns)	1998
Not-So-Tough Aerobics (Formerly		Maximum Body Shaping (Formerly All	
Light Aerobic Mix)	1994	Weights)	1998
The Hare	1994	Calorie Killer 2 (Formerly Power	
The Tortoise	1994	Cardio)	1999
Firm Strength (Formerly StrongBody)	1995	Cardio Burn	1999
Firm Cardio (Formerly StrongHeart)	1995	Maximum Cardio	1999
Lower Body Sculpting (Formerly Floor		Super Cardio (a.k.a. Super Cardio	
Legs)	1995	(Mix)	1999
Standing Legs	1995	Cardio Step Mix	1999
5 Day Abs	1995	Total Body Shaping Mix	1999
Upper Body	1995	Core Cardio 1	1999
5 Day Stretch	1995	Core Cardio 2	1999
Tough Tape	1995	Bust & Butt	1999
Tough Tape 2	1995	Upper Body Split	1999
Lower Body Sculpting (Prime Power		Lower Body Split	1999
Lower Body)	1996	Cardio Split	1999
Prime Power Total Body (Formerly		Tough Cardio Mix	
Prime Power Fat Burning)	1996	Ballroom Aerobics	
		Super Sculpting	1999

## Title of Videos/DVD & Release Date Cont.

Title	Year Released	Title	Year Released
BootCamp 3-in-1 Mix	2000	Jiggle Free Arms (add on)	2005
Cardio Sculpt	2002	Jiggle Free Abs (add on)	2005
Body Sculpt	2002	Cardio Dance Slim Down	2006
Ab Sculpt	2002	Fat Burning Sculpting Ball	2006
Cardio Sculpt Blaster (add on)	2002	Ultimate Fat Burning Workout	2006
Super Cardio Sculpt (add on)	2002	Fat Burning Cardio Toning	2006
Lower Body Sculpt Vol. 1 (add on)	2002	Sculpt and Tone Pilates	2006
Lower Body Sculpt Vol. 2 (add on)	2002	Slim and Sculpt Stability Ball	2006
Super Cardio Sculpt (add on)	2002	Express Yoga	2006
Maximum Cardio Burn	2003	Slim Solutions Yoga for Beginners	2006
Complete Aerobics & Weight Training	2003	Cardio Party	2007
Total Sculpt plus Abs	2003	Cardio Overdrive	2007
Calorie Killer 2 (add on)	2003	Hard Core Fusion	2007
FIRM Abs (add on)	2003	Hi-Def Sculpt	2007
Upper Body Sculpt (add on)	2003	Cardio Inferno (add on)	2007
Fat Blasting Cardio	2004	Burn & Shape (add on)	2007
Total Muscle Shaping	2004	Cardio Sculpt Fusion (a.k.a. Total Body Lite)	2007
Complete Body Sculpting	2004	Total Body Time Crunch	2007
Advanced Cardio Blast (add on)	2004	Total Body Toner	2007
Express Cardio (add on)	2004	Tight Buns & Killer Legs	2007
Express Total Body Sculpting (add on)	2004	Core Solutions	2007
Hips, Thighs & Abs (add on)	2004	BootCamp Maximum Calorie Burn	2007
Power Yoga (add on)	2004	Power Sculpt with Sculpting Stick	2007
Ultimate Calorie Blaster	2005	Rock It Off	2008
Aerobic Body Shaping	2005	Ride The Wave	2008
Supercharged Sculpting	2005	Express Abs	2008
Jiggle Free Buns (add on)	2005		

**Title of Videos/DVD & Release Date Cont.**

<b>Title</b>	<b>Year Released</b>
Speed Slimming Sculpt	2008
Rock Solid Cardio (add on)	2008
Rock Solid Buns (add on)	2008
Rock Solid Abs (add on)	2008
Cardio Dance Fusion	2008
Power Half-Hour	2008
Cardio To-Go Kit	2008
Slim & Trim (Power Ball Kit)	2008
Pump, Jump and Jab	2008
TransFIRM Your Trouble Zones (5 lb Kettlebell Workout)	2008
Skills, Drills and Thrills (Balance Trainer)	2008
Cardio Core Fusion (Cardio Sculpting Balls)	2008
Dangerous Curves Ahead	2008
500-Calorie Workout	2008
Get Chisel'd	2008
Sculpt-ilates	2008

## Workouts By Sets

<b>Title</b>	<b>Set</b>	<b>Title</b>	<b>Set</b>
Body Sculpting Basics (Vol. 1)	Firm Classics	Prime Powers Total Body (Formerly Prime Power Fat Burning)	Firm Prime Powers
Low Impact Aerobics (Vol. 2)	Firm Classics		
Aerobic Interval Training (Vol. 3)	Firm Classics	<b>Title</b>	<b>Set</b>
Time Crunch Workout (Vol. 4)	Firm Classics	Abs, Buns & Thighs Basics Fat Burning Sculpting with Weights	Firm Basics Firm Basics Firm Basics
Abs, Hips & Thighs Sculpting (Vol. 5)	Firm Classics		
Complete Aerobic Weight Training (Vol. 6) (a.k.a. Boomers Workout)	Firm Classics	<b>Title</b> Fat Blaster (Formerly All Cardio) Better Body & Buns (Formerly Better Body)	<b>Set</b> Firm Tri- Trainers Firm Tri- Trainers Firm Tri- Trainers
<b>Title</b>	<b>Set</b>	<b>Title</b>	<b>Set</b>
The Hare	Firm Cross- Trainers	Maximum Body Shaping (Formerly All Weights)	Firm Tri- Trainers
The Tortoise	Firm Cross- Trainers	<b>Title</b> Calorie Killer 2 (Formerly Power Cardio)	<b>Set</b> Firm New Cardios Firm New Cardios Firm New Cardios
Firm Strength (Formerly Strong Body)	Firm Cross- Trainers	Cardio Burn	
Firm Cardio (Formerly Strong Heart)	Firm Cross- Trainers	Maximum Cardio	

## Workouts By Sets Cont.

<b>Title</b>	<b>Set</b>	<b>Title</b>	<b>Set</b>
Super Cardio (a.k.a. Super Cardio Mix)	Firm Super Shapers	Complete Body Sculpting	Firm BSS3
Super Sculpting	Firm Super Shapers	Advanced Cardio Blast (add on)	Firm BSS3
		Express Cardio (add on)	Firm BSS3
		Express Total Body Sculpting (add on)	Firm BSS3
<b>Title</b>	<b>Set</b>	Hips, Thighs & Abs (add on)	Firm BSS3
Cardio Sculpt	Firm BSS1	Power Yoga (add on)	Firm BSS3
Body Sculpt	Firm BSS1		
Ab Sculpt	Firm BSS1	<b>Title</b>	<b>Set</b>
Cardio Sculpt Blaster (add on)	Firm BSS1	Ultimate Calorie Blaster	Firm BSS4
Super Cardio Sculpt (add on)	Firm BSS1		TransFIRMer
Body Sculpt Blaster (add on)	Firm BSS1	Aerobic Body Shaping	Firm BSS4
Lower Body Sculpt Vol. 1 (add on)	Firm BSS1		TransFIRMer
Lower Body Sculpt Vol. 2 (add on)	Firm BSS1	Supercharged Sculpting	Firm BSS4
Super Body Sculpt (add on)	Firm BSS1		TransFIRMer
		Jiggle Free Buns (add on)	Firm BSS4
<b>Title</b>	<b>Set</b>	Jiggle Free Arms (add on)	TransFIRMer
Maximum Cardio Burn plus Abs	Firm BSS2		Firm BSS4
Complete Aerobics & Weight Training	Firm BSS2	Jiggle Free Abs (add on)	TransFIRMer
Total Sculpt plus Abs	Firm BSS2		Firm BSS4
Calorie Killer 2 (add on)	Firm BSS2	<b>Title</b>	<b>Set</b>
FIRM Abs (add on)	Firm BSS2	Cardio Dance Slim Down	Retail
Upper Body Sculpt (add on)	Firm BSS2		Release
<b>Title</b>	<b>Set</b>	Fat Burning Sculpting Ball	Retail
Fat Blasting Cardio	Firm BSS3		Release
Total Muscle Shaping	Firm BSS3		

### Workouts By Sets Cont.

<b>Title</b>	<b>Set</b>	<b>Title</b>	<b>Set</b>
Ultimate Fat Burning Workout	Retail Release	Total Body Time Crunch (add on)	Firm BSS5 TransFIRMaTion
Fat Burning Cardio Toning	Retail Release	Total Body Toner (add on)	Firm BSS5 TransFIRMaTion
Sculpt and Tone Pilates	Retail Release	Tight Buns & Killer Legs (add on)	Firm BSS5 TransFIRMaTion
Slim and Sculpt Stability Ball	Retail Release	Core Solutions (add on)	Firm BSS5 TransFIRMaTion
Express Yoga	Retail Release		
Slim Solutions Yoga for Beg.	Retail Release	<b>Title</b>	<b>Set</b>
		Bootcamp Maximum Calorie Burn	Retail Release
		Power Sculpt with Sculpting Stick	Retail Release
<b>Title</b>	<b>Set</b>		
Cardio Party	Firm BSS5 TransFIRMaTion	<b>Title</b>	<b>Set</b>
Cardio Overdrive	Firm BSS5 TransFIRMaTion	Rock It Off	Firm BSS6 The Wave
Hard Core Fusion	Firm BSS5 TransFIRMaTion	Ride The Wave	Firm BSS6 The Wave
Hi Def Sculpt	Firm BSS5 TransFIRMaTion	Speed Slimming Sculpt	Firm BSS6 The Wave
Cardio Inferno (add on)	Firm BSS5 TransFIRMaTion	Express Abs	Firm BSS6 The Wave
Burn & Shape (add on)	Firm BSS6 TransFIRMaTion	Rock Solid Cardio (add on)	Firm BSS6 The Wave
Cardio Sculpt Fusion (add on) (a.k.a. Total Body Lite)	Firm BSS5 TransFIRMaTion	Rock Solid Buns (add on)	Firm BSS6 The Wave

### Workouts By Sets Cont.

<b>Title</b>	<b>Set</b>	<b>Title</b>	<b>Set</b>
Rock Solid Abs (add on)	Firm BSS6 The Wave	Get Chisel'd  Sculpt-irates	Retail Release Retail Release
<b>Title</b>	<b>Set</b>	<b>Title</b>	<b>Set</b>
Cardio Dance Fusion	Retail Release	Abs, Pelvic & Diaphragm	Firm Audio
Power Half-Hour	Retail Release	Easy PowerWalk with Weights	Firm Audio
Cardio To-Go Kit	Retail Release	Hard PowerWalk with Weights	Firm Audio
Power Ball Kit	Retail Release	Universal Cardio Trainer	Firm Audio
Pump, Jump and Jab	Retail Release		
TransFIRM Your Trouble Zones (5 Lb Kettlebell kit)	Retail Release	<b>Title</b>	<b>Set</b>
Skills, Drills and Thrills (Balance Trainer)	Retail Release	Not-So-Tough Aerobic Mix (Formerly Light Aerobic Mix)(from Classics)	Firm Parts
Cardio Core Fusion (Cardio Sculpting Balls)	Retail Release	Tough Aerobic Mix (from Classics)	Firm Parts
Dangerous Curves Ahead	Retail Release	Lower Body Sculpting (Formerly Floor Legs) (from Classics)	Firm Parts
500-Calorie Workout	Retail Release	Standing Legs (from Classics)	Firm Parts
		5 Day Abs (from Classics)	Firm Parts



## Workouts By Sets Cont.

<b>Title</b>	<b>Set</b>	<b>Title</b>	<b>Set</b>
Upper Body (from Classics)	Firm Parts	Core Cardio 1 (From New Cardios)	Firm Parts/ Blast Set
5 Day Stretch (from Classics)	Firm Parts	Core Cardio 2 (from New Cardios)	Firm Parts/ Blast Set
Tough Cardio Mix (From Post- Classics)	Firm Parts	Bust & Butt	Firm Parts/ Blast Set
Cardio Step Mix (from Post- Classics)	Firm Parts	Upper Body Split (from Post- Classics)	Firm Parts/ Blast Set
Total Body Shaping Mix (from Post-Classics)	Firm Parts	Lower Body Split (from Post- Classics)	Firm Parts/ Blast Set
More 5 Day Abs (from Post- Classics)	Firm Parts	<b>Title</b>	<b>Set</b>
Tough Tape 2 (from Post-Classics)	Firm Parts	Cardio Split	Firm Parts/ Super Shapers
BootCamp 3-in-1 Mix (from Post- Classics)	Firm Parts		
Ballroom Aerobics (from Tortoise & Hare)	Firm Parts		
Sculpting Buns, Hips & Thighs (formerly Lie Down & Workout)	Firm Parts		
(from Tortoise & Hare)			
Tough Tape (from Tortoise & Hare)	Firm Parts		

**Details on Firm Workouts  
Classics**

<b>Body Sculpting Basics (Volume 1)</b>	<b>Time</b>	<b>Low Impact Aerobics (Volume 2)</b>	<b>Time</b>
Warm up	5:05	Warm up	7:25
<b>Tune 1 Sculpt</b>	<b>3:30</b>	<b>Tune 1 Cardio + Weights</b>	<b>5:10</b>
<b>Tune 2 Cardio</b>	<b>4:35</b>	<b>Tune 2 Cardio</b>	<b>5:00</b>
<b>Tune 3 Sculpt</b>	<b>4:05</b>	<b>Tune 3 Sculpt</b>	<b>4:50</b>
<b>Tune 4 Sculpt</b>	<b>4:00</b>	<b>Tune 4 Sculpt</b>	<b>5:30</b>
<b>Tune 5 Sculpt</b>	<b>5:10</b>	<b>Tune 5 Sculpt</b>	<b>5:30</b>
<b>Tune 6 Sculpt</b>	<b>7:00</b>	<b>Tune 6 Sculpt</b>	<b>8:20</b>
<b>Tune 7 Sculpt</b>	<b>4:00</b>	<b>Tune 7 Sculpt</b>	<b>6:25</b>
<b>Tune 8 Sculpt</b>	<b>7:00</b>	<b>Tune 8 Sculpt</b>	<b>7:00</b>
<b>Tune 9 Sculpt</b>	<b>4:20</b>	<b>Tune 9 Sculpt</b>	<b>2:25</b>
<b>Tune 10 Sculpt</b>	<b>6:20</b>	<b>Tune 10 Sculpt</b>	<b>2:05</b>
Stretch	6:00	Stretch	6:40

<b>Time Crunch Workout (Volume 4)</b>	<b>Time</b>
Warm Up	7:00
<b>Tune 1 Cardio</b>	<b>2:45</b>
<b>Tune 2 Cardio</b>	<b>1:40</b>
<b>Tune 3 Sculpt</b>	<b>4:55</b>
<b>Tune 4 Cardio</b>	<b>1:40</b>
<b>Tune 5 Cardio</b>	<b>2:30</b>
<b>Tune 6 Sculpt</b>	<b>4:20</b>
<b>Tune 7 Cardio</b>	<b>2:25</b>
<b>Tune 8 Sculpt</b>	<b>4:15</b>
<b>Tune 9 Sculpt</b>	<b>5:45</b>
Stretch	4:50

<b>Abs, Hips &amp; Thighs Sculpting (Vol. 5)</b>	<b>Time</b>
Warm Up	6:15
<b>Tune 1 Cardio</b>	<b>2:00</b>
<b>Tune 2 Cardio</b>	<b>3:35</b>
<b>Tune 3 Cardio</b>	<b>2:30</b>
<b>Tune 4 Sculpt</b>	<b>4:25</b>
<b>Tune 5 Sculpt</b>	<b>9:00</b>
<b>Tune 6 Sculpt</b>	<b>7:15</b>
<b>Tune 7 Sculpt</b>	<b>1:20</b>
<b>Tune 8 Sculpt</b>	<b>7:25</b>
Stretch	4:20

**Details on Firm Workouts Cont.  
Classics**

<b>Aerobic Interval Training (Volume 3)</b>	<b>Time</b>
Warm Up	5:20
<b>Tune 1 Sculpt</b>	<b>1:15</b>
<b>Tune 2 Cardio</b>	<b>1:55</b>
<b>Tune 3 Sculpt</b>	<b>1:10</b>
<b>Tune 4 Cardio</b>	<b>3:30</b>
<b>Tune 5 Sculpt</b>	<b>4:35</b>
<b>Tune 6 Sculpt</b>	<b>4:15</b>
<b>Tune 7 Cardio</b>	<b>3:28</b>
<b>Tune 8 Sculpt</b>	<b>1:15</b>
<b>Tune 9 Sculpt</b>	<b>0:33</b>
<b>Tune 10 Sculpt</b>	<b>1:15</b>
Cool down	1:05
<b>Tune 11 Sculpt</b>	<b>6:25</b>
<b>Tune 12 Sculpt</b>	<b>5:15</b>
<b>Tune 13 Sculpt</b>	<b>4:05</b>
<b>Tune 14 Sculpt</b>	<b>2:00</b>
<b>Tune 15 Sculpt</b>	<b>4:15</b>
Stretch	3:20
<b>Tune 16 Sculpt</b>	<b>8:00</b>
Stretch	2:05

<b>Comp. Aerobic Weight Training (Vol 6)</b>	<b>Time</b>
Warm Up	7:15
<b>Tune 1 Cardio</b>	<b>5:30</b>
<b>Tune 2 Cardio</b>	<b>3:10</b>
<b>Tune 3 Cardio</b>	<b>2:35</b>
<b>Tune 4 Sculpt</b>	<b>4:50</b>
<b>Tune 5 Cardio</b>	<b>2:40</b>
<b>Tune 6 Sculpt</b>	<b>5:20</b>
<b>Tune 7 Sculpt</b>	<b>6:01</b>
<b>Tune 8 Sculpt</b>	<b>4:00</b>
<b>Tune 9 Sculpt</b>	<b>4:30</b>
Stretch	8:00

<b>Complete Aerobics &amp; Weight Training</b>	<b>Time</b>
Warm Up	7:07
<b>Tune 1 Sculpt</b>	<b>6:17</b>
<b>Tune 2 Cardio</b>	<b>4:22</b>
<b>Tune 3 Sculpt</b>	<b>4:18</b>
<b>Tune 4 Sculpt</b>	<b>5:25</b>
<b>Tune 5 Cardio</b>	<b>4:35</b>
<b>Tune 6 Sculpt</b>	<b>4:35</b>
<b>Tune 7 Sculpt</b>	<b>5:10</b>
<b>Tune 8 Cardio</b>	<b>3:35</b>
<b>Tune 9 Sculpt</b>	<b>10:15</b>
Stretch	5:15

**Details on Firm Workouts Cont.  
Classics**

<b>Total Muscle Shaping</b>	<b>Time</b>
Warm Up	5:10
<b>Tune 1 Sculpt</b>	<b>5:10</b>
<b>Tune 2 Cardio</b>	<b>3:15</b>
<b>Tune 3 Sculpt</b>	<b>5:10</b>
<b>Tune 4 Cardio</b>	<b>3:00</b>
<b>Tune 5 Sculpt</b>	<b>7:15</b>
<b>Tune 6 Cardio</b>	<b>3:00</b>
<b>Tune 7 Sculpt</b>	<b>5:05</b>
<b>Tune 8 Sculpt</b>	<b>4:44</b>
<b>Tune 9 Sculpt</b>	<b>4:52</b>
Stretch	4:35

<b>Aerobic Body Shaping</b>	<b>Time</b>
Warm Up	2:07
<b>Tune 1 Sculpt</b>	<b>4:55</b>
<b>Tune 2 Cardio</b>	<b>3:05</b>
<b>Tune 3 Sculpt</b>	<b>5:44</b>
<b>Tune 4 Cardio</b>	<b>4:00</b>
<b>Tune 5 Sculpt (Part 1)</b>	<b>5:35</b>
<b>Tune 6 Cardio</b>	<b>4:00</b>
<b>Tune 7 Sculpt (Part 2)</b>	<b>5:35</b>
<b>Tune 8 Cardio</b>	<b>3:02</b>
<b>Tune 9 Sculpt</b>	<b>3:21</b>
<b>Tune 10 Sculpt</b>	<b>4:35</b>
Stretch	4:50

<b>Total Body Time Crunch</b>	<b>Time</b>
Warm Up	5:34
<b>Tune 1 Sculpt</b>	<b>5:05</b>
<b>Tune 2 Cardio</b>	<b>5:50</b>
<b>Tune 3 Sculpt</b>	<b>4:35</b>
<b>Tune 4 Cardio</b>	<b>5:05</b>
<b>Tune 5 Sculpt</b>	<b>5:10</b>
<b>Tune 6 Cardio</b>	<b>5:33</b>
<b>Tune 7 Sculpt</b>	<b>5:10</b>
Stretch	5:39

<b>Total Body Lite</b>	<b>Time</b>
Warm Up	5:00
<b>Tune 1 Sculpt</b>	<b>4:50</b>
<b>Tune 2 Sculpt</b>	<b>5:10</b>
<b>Tune 3 Cardio</b>	<b>5:19</b>
<b>Tune 4 Sculpt</b>	<b>5:35</b>
<b>Tune 5 Cardio</b>	<b>5:14</b>
<b>Tune 6 Sculpt</b>	<b>5:35</b>
<b>Tune 7 Sculpt</b>	<b>5:02</b>
Stretch	6:10

**Details on Firm Workouts Cont.  
Classics**

<b>Dangerous Curves Ahead</b>	<b>Time</b>
Warm Up	5:00
<b>Tune 1 Cardio</b>	<b>8:00</b>
<b>Tune 2 Sculpt</b>	<b>8:30</b>
<b>Tune 3 Cardio</b>	<b>8:00</b>
<b>Tune 4 Sculpt</b>	<b>7:30</b>
<b>Tune 5 Cardio</b>	<b>8:45</b>
<b>Tune 6 Sculpt</b>	<b>5:00</b>
CD/stretch	5:00

<b>The 500 Calorie Workout</b>	<b>Time</b>
Warm Up	5:05
<b>Tune 1 Sculpt</b>	<b>5:25</b>
<b>Tune 2 Cardio</b>	<b>4:50</b>
<b>Tune 3 Sculpt</b>	<b>4:55</b>
<b>Tune 4 Cardio</b>	<b>5:20</b>
<b>Tune 5 Sculpt</b>	<b>6:35</b>
<b>Tune 6 Cardio</b>	<b>5:35</b>
<b>Tune 7 Sculpt</b>	<b>5:20</b>
<b>Tune 8 Cardio</b>	<b>4:25</b>
<b>Tune 9 Sculpt</b>	<b>6:10</b>
<b>Tune 10 Sculpt</b>	<b>5:20</b>
Stretch	6:20

<b>Hard Core Fusion</b>	<b>Time</b>
Warm Up	5:00
<b>Tune 1 Sculpt</b>	<b>5:00</b>
<b>Tune 2 Cardio</b>	<b>5:00</b>
<b>Tune 3 Sculpt</b>	<b>5:00</b>
<b>Tune 4 Cardio</b>	<b>5:00</b>
<b>Tune 5 Sculpt</b>	<b>5:00</b>
<b>Tune 6 Cardio</b>	<b>5:00</b>
<b>Tune 7 Sculpt</b>	<b>5:00</b>
<b>Tune 8 Cardio</b>	<b>5:00</b>
<b>Tune 9 Sculpt</b>	<b>5:00</b>
Stretch	5:45

**Details on Firm Workouts  
Tortoise**

<b>Firm Strength</b>	<b>Time</b>
Warm Up	5:25
<b>Tune 1 Cardio + Weights</b>	<b>3:20</b>
<b>Tune 2 Sculpt</b>	<b>3:25</b>
<b>Tune 3 Sculpt</b>	<b>5:00</b>
<b>Tune 4 Sculpt</b>	<b>2:10</b>
<b>Tune 5 Sculpt</b>	<b>4:40</b>
<b>Tune 6 Cardio</b>	<b>3:25</b>
<b>Tune 7 Sculpt</b>	<b>3:30</b>
<b>Tune 8 Sculpt</b>	<b>3:35</b>
<b>Tune 9 Cardio + Weights</b>	<b>4:05</b>
<b>Tune 10 Sculpt</b>	<b>3:15</b>
<b>Tune 11 Sculpt</b>	<b>3:00</b>
<b>Tune 12 Sculpt</b>	<b>3:00</b>
<b>Tune 13 Sculpt</b>	<b>2:30</b>
<b>Tune 14 Sculpt</b>	<b>4:05</b>
<b>Tune 15 Sculpt</b>	<b>2:30</b>
Stretch	4:20

<b>The Tortoise</b>	<b>Time</b>
Stretches	1:20
<b>Tune 1 Abdominals</b>	<b>3:07</b>
Warm Up with stretch	6:28
<b>Tune 2 Sculpt</b>	<b>4:20</b>
<b>Tune 3 Cardio</b>	<b>2:00</b>
<b>Tune 4 Sculpt</b>	<b>5:15</b>
Stretches	1:28
<b>Tune 5 Cardio</b>	<b>2:30</b>
<b>Tune 6 Sculpt</b>	<b>3:40</b>
<b>Tune 7 Cardio</b>	<b>2:00</b>
<b>Tune 8 Sculpt</b>	<b>2:45</b>
Stretches	:40
<b>Tune 9 Cardio</b>	<b>3:20</b>
<b>Tune 10 Sculpt</b>	<b>2:10</b>
<b>Tune 11 Sculpt</b>	<b>3:30</b>
<b>Tune 12 Sculpt</b>	<b>1:30</b>
<b>Tune 13 Sculpt</b>	<b>2:45</b>
<b>Tune 14 Cardio</b>	<b>2:35</b>
Stretches	1:10
<b>Tune 15 Sculpt</b>	<b>2:20</b>
<b>Tune 16 Stretch with pec flys</b>	<b>1:45</b>
<b>Tune 17 Sculpt</b>	<b>4:35</b>
Stretches	3:10

**Details on Firm Workouts Cont.  
Tortoise**

<b>Better Body and Buns</b>	<b>Time</b>
Warm up	6:16
<b>Tune 1 Sculpt</b>	<b>3:38</b>
<b>Tune 2 Sculpt</b>	<b>3:15</b>
<b>Tune 3 Sculpt</b>	<b>3:48</b>
<b>Tune 4 Sculpt</b>	<b>2:40</b>
<b>Tune 5 Cardio + Heavy Weights</b>	<b>4:00</b>
<b>Tune 6 Sculpt</b>	<b>4:20</b>
<b>Tune 7 Sculpt</b>	<b>2:45</b>
<b>Tune 8 Sculpt</b>	<b>4:17</b>
<b>Tune 9 Sculpt</b>	<b>1:20</b>
<b>Tune 10 Sculpt</b>	<b>6:18</b>
Stretch	3:20

<b>Cardio Sculpt</b>	<b>Time</b>
Warm Up	6:08
<b>Tune 1 Sculpt</b>	<b>7:02</b>
<b>Tune 2 Cardio</b>	<b>3:04</b>
<b>Tune 3 Sculpt</b>	<b>6:37</b>
<b>Tune 4 Cardio</b>	<b>3:00</b>
<b>Tune 5 Sculpt</b>	<b>6:25</b>
<b>Tune 6 Cardio</b>	<b>3:00</b>
<b>Tune 7 Sculpt</b>	<b>5:50</b>
<b>Tune 8 Sculpt</b>	<b>5:50</b>
<b>Tune 9 Sculpt</b>	<b>5:50</b>
Stretch	5:15

<b>Complete Body Sculpting</b>	<b>Time</b>
Warm Up	4:33
<b>Tune 1 Sculpt</b>	<b>6:15</b>
<b>Tune 2 Cardio</b>	<b>3:25</b>
<b>Tune 3 Sculpt</b>	<b>5:25</b>
<b>Tune 4 Cardio</b>	<b>3:00</b>
<b>Tune 5 Sculpt</b>	<b>4:12</b>
<b>Tune 6 Cardio</b>	<b>3:30</b>
<b>Tune 7 Sculpt</b>	<b>5:22</b>
<b>Tune 8 Sculpt</b>	<b>4:10</b>
<b>Tune 9 Sculpt</b>	<b>5:35</b>
Stretch	4:20

<b>Burn and Shape</b>	<b>Time</b>
Warm Up	7:34
<b>Tune 1 Sculpt</b>	<b>5:50</b>
<b>Tune 2 Cardio</b>	<b>4:01</b>
<b>Tune 3 Sculpt</b>	<b>5:50</b>
<b>Tune 4 Cardio</b>	<b>4:02</b>
<b>Tune 5 Sculpt</b>	<b>6:27</b>
<b>Tune 6 Sculpt</b>	<b>5:24</b>
Stretch	3:25

**Details on Firm Workouts  
Hare**

<b>Firm Cardio</b>	<b>Time</b>
Warm Up	6:05
<b>Tune 1 Sculpt</b>	<b>3:20</b>
<b>Tune 2 Cardio</b>	<b>3:50</b>
<b>Tune 3 Sculpt</b>	<b>4:35</b>
<b>Tune 4 Sculpt</b>	<b>3:15</b>
<b>Tune 5 Sculpt</b>	<b>3:00</b>
<b>Tune 6 Cardio</b>	<b>3:30</b>
<b>Tune 7 Sculpt</b>	<b>3:00</b>
<b>Tune 8 Cardio</b>	<b>3:15</b>
<b>Tune 9 Sculpt</b>	<b>3:15</b>
<b>Tune 10 Sculpt</b>	<b>3:50</b>
<b>Tune 11 Sculpt</b>	<b>4:35</b>
<b>Tune 12 Sculpt</b>	<b>3:25</b>
<b>Tune 13 Sculpt</b>	<b>2:25</b>
<b>Tune 14 Sculpt</b>	<b>5:00</b>
Stretch	4:35

<b>The Hare</b>	<b>Time</b>
Stretch	7:05
<b>Tune 1 Cardio</b>	<b>3:10</b>
<b>Tune 2 Cardio + Weights</b>	<b>2:25</b>
<b>Tune 3 Cardio</b>	<b>3:30</b>
<b>Tune 4 Sculpt</b>	<b>2:35</b>
<b>Tune 5 Cardio</b>	<b>2:20</b>
<b>Tune 6 Cardio + Weights</b>	<b>2:00</b>
<b>Tune 7 Cardio</b>	<b>2:30</b>
<b>Tune 8 Sculpt</b>	<b>2:25</b>
<b>Tune 9 Cardio</b>	<b>2:30</b>
<b>Tune 10 Cardio</b>	<b>4:35</b>
<b>Tune 11 Sculpt</b>	<b>1:30</b>
<b>Tune 12 Sculpt</b>	<b>3:00</b>
<b>Tune 13 Sculpt</b>	<b>1:40</b>
<b>Tune 14 Sculpt</b>	<b>1:24</b>
<b>Tune 15 Sculpt</b>	<b>4:00</b>
<b>Tune 16 Sculpt</b>	<b>3:25</b>
<b>Tune 17 Sculpt</b>	<b>2:25</b>
<b>Tune 18 Sculpt</b>	<b>1:45</b>
<b>Tune 19 Sculpt</b>	<b>2:05</b>
<b>Tune 20 Sculpt</b>	<b>4:00</b>
Stretch	4:09



**Details on Firm Workouts Cont.  
Hare**

<b>Fat Blaster</b>	<b>Time</b>
Warm Up	3:20
<b>Tune 1 Cardio</b>	<b>3:00</b>
<b>Tune 2 Cardio (step)</b>	<b>4:20</b>
<b>Tune 3 Cardio</b>	<b>2:30</b>
<b>Tune 4 Cardio with Tall Box</b>	<b>1:30</b>
<b>Tune 5 Cardio</b>	<b>4:15</b>
<b>Tune 6 Cardio + Step (weights optional)</b>	<b>2:35</b>
<b>Tune 7 Cardio + Step</b>	<b>2:25</b>
<b>Tune 8 Cardio + Tall box</b>	<b>1:30</b>
<b>Tune 9 Cardio</b>	<b>2:35</b>
<b>Tune 10 Cardio</b>	<b>2:25</b>
<b>Tune 11 Cardio + Weights</b>	<b>2:55</b>
<b>Cool Down</b>	<b>2:30</b>
<b>Tune 12 Sculpt</b>	<b>2:10</b>
<b>Tune 13 Sculpt</b>	<b>4:40</b>
Stretch	4:35

<b>Calorie Killer 2</b>	<b>Time</b>
Warm Up	3:50
<b>Tune 1 Cardio (ball)</b>	<b>3:55</b>
<b>Tune 2 Cardio (step)</b>	<b>3:32</b>
<b>Tune 3 Sculpt</b>	<b>2:33</b>
<b>Tune 4 Cardio (impact)</b>	<b>4:18</b>
<b>Tune 5 Cardio</b>	<b>2:33</b>
<b>Tune 6 Cardio (weights)</b>	<b>3:22</b>
<b>Tune 7 Cardio (impact)</b>	<b>2:38</b>
<b>Tune 8 Cardio (weights)</b>	<b>3:22</b>
<b>Tune 9 Sculpt</b>	<b>1:13</b>
<b>Tune 10 Sculpt</b>	<b>3:00</b>
<b>Tune 11 Sculpt</b>	<b>2:00</b>
<b>Tune 12 Sculpt</b>	<b>2:30</b>
<b>Tune 13 Sculpt</b>	<b>2:58</b>
<b>Tune 14 Sculpt (abs)</b>	<b>3:33</b>
Stretch	2:35

**Details on Firm Workouts Cont.  
Hare**

<b>Maximum Cardio Burn Plus Abs</b>	<b>Time</b>
Warm Up	6:25
<b>Tune 1 Sculpt</b>	<b>4:10</b>
<b>Tune 2 Sculpt (Part 1)</b>	<b>2:10</b>
<b>Tune 3 Cardio</b>	<b>4:25</b>
<b>Tune 4 Cardio (step)</b>	<b>3:20</b>
<b>Tune 5 Cardio</b>	<b>4:17</b>
<b>Tune 6 Cardio (step)</b>	<b>4:37</b>
<b>Tune 7 Sculpt (part 2)</b>	<b>2:10</b>
<b>Tune 8 Cardio (weights)</b>	<b>4:29</b>
<b>Tune 9 Sculpt</b>	<b>6:00</b>
Cool	3:27
<b>Abs</b>	<b>6:25</b>
Stretch	3:30

<b>Bootcamp Maximum Calorie Burn</b>	<b>Time</b>
Warm Up	8:25
<b>Tune 1 Sculpt</b>	<b>6:15</b>
<b>Tune 2 Cardio</b>	<b>5:49</b>
<b>Tune 3 Sculpt</b>	<b>6:35</b>
<b>Tune 4 Cardio</b>	<b>4:15</b>
<b>Tune 5 Sculpt</b>	<b>6:00</b>
<b>Tune 6 Cardio</b>	<b>4:30</b>
<b>Abs, Cool Down and Stretch</b>	<b>9:45</b>

<b>Ultimate Fat Burning Workout</b>	<b>Time</b>
Warm Up	8:15
<b>Tune 1 Sculpt</b>	<b>4:35</b>
<b>Tune 2 Cardio</b>	<b>6:18</b>
<b>Tune 3 Sculpt</b>	<b>5:07</b>
<b>Tune 4 Cardio</b>	<b>8:05</b>
Cool Down and Stretch	8:34

**Details on Firm Workouts Cont.  
Hare**

<b>Skills, Drills and Thrills</b>	<b>Time</b>
Warm Up	5:00
<b>Tune 1 Cardio</b>	<b>6:00</b>
<b>Tune 2 Sculpt</b>	<b>10:00</b>
<b>Tune 3 Cardio</b>	<b>5:00</b>
<b>Tune 4 Sculpt</b>	<b>6:00</b>
<b>Tune 5 Sculpt</b>	<b>9:00</b>
CD/stretch	6:00

<b>Cardio Core Fusion</b>	<b>Time</b>
Warm Up	6:00
<b>Tune 1 Cardio</b>	<b>5:00</b>
<b>Tune 2 Sculpt</b>	<b>5:00</b>
<b>Tune 3 Core</b>	<b>5:00</b>
<b>Tune 4 Cardio</b>	<b>6:00</b>
<b>Tune 5 Sculpt</b>	<b>5:00</b>
<b>Tune 6 Abs</b>	<b>4:30</b>
<b>Tune 7 Cardio</b>	<b>5:00</b>
<b>Tune 8 Sculpt</b>	<b>5:00</b>
<b>Tune 9 Core</b>	<b>5:30</b>
CD/stretch	5:00

<b>TransFIRM Your Trouble Zones</b>	
<b>Full Workout</b>	<b>Time</b>
Warm Up	4:12
<b>Tune 1 Sculpt</b>	<b>6:29</b>
<b>Tune 2 Cardio + Sculpt</b>	<b>4:45</b>
<b>Tune 3 Cardio</b>	<b>3:45</b>
<b>Tune 4 Sculpt</b>	<b>5:14</b>
<b>Tune 5 Cardio</b>	<b>2:30</b>
<b>Tune 6 Sculpt</b>	<b>6:00</b>
<b>Tune 7 Cardio</b>	<b>2:13</b>
<b>Tune 8 Sculpt</b>	<b>6:00</b>
<b>Tune 9 Sculpt</b>	<b>4:15</b>
Stretch	3:45

**Details on Firm Workouts  
Cardio**

<b>Tough Aerobic Mix</b>	<b>Time</b>
Warm Up	7:07
<b>Tune 1 Cardio</b>	<b>5:00</b>
<b>Tune 2 Cardio + Weights</b>	<b>2:30</b>
<b>Tune 3 Cardio</b>	<b>2:25</b>
<b>Tune 4 Cardio</b>	<b>3:28</b>
<b>Tune 5 Cardio + Weights</b>	<b>3:15</b>
<b>Tune 6 Cardio</b>	<b>1:15</b>
<b>Tune 7 Cardio + Weights</b>	<b>3:05</b>
<b>Tune 8 Cardio</b>	<b>3:29</b>
<b>Tune 9 Cardio + Weights</b>	<b>5:30</b>
<b>Tune 10 Cardio + Weights</b>	<b>4:36</b>
<b>Tune 11 Cardio + Weights</b>	<b>3:34</b>
Cool Down	3:30
Stretch	3:10

<b>Not-So-Tough-Aerobics</b>	<b>Time</b>
Warm Up	6:13
<b>Tune 1 Cardio + Weights</b>	<b>5:11</b>
<b>Tune 2 Cardio</b>	<b>2:20</b>
<b>Tune 3 Cardio + Weights</b>	<b>2:25</b>
<b>Tune 4 Cardio</b>	<b>2:30</b>
<b>Tune 5 Cardio + Weights</b>	<b>3:07</b>
<b>Tune 6 Cardio + Weights</b>	<b>5:20</b>
<b>Tune 7 Cardio</b>	<b>3:10</b>
<b>Tune 8 Cardio + Weights</b>	<b>2:30</b>
<b>Tune 9 Cardio</b>	<b>2:35</b>
<b>Tune 10 Cardio + Weights</b>	<b>2:30</b>
Cool Down	1:05
Stretch	4:12

<b>Super Cardio Sculpt</b>	<b>Time</b>
Warm Up	6:32
<b>Tune 1 Cardio (step + weight)</b>	<b>4:39</b>
<b>Tune 2 Cardio (step)</b>	<b>5:08</b>
<b>Tune 3 Cardio</b>	<b>5:33</b>
<b>Tune 4 Cardio (step)</b>	<b>6:17</b>
<b>Tune 5 Cardio</b>	<b>4:32</b>
<b>Tune 6 Sculpt</b>	<b>1:13</b>
<b>Cool Down</b>	<b>4:04</b>
Stretch	4:04

**Details on Firm Workouts Cont.  
Cardio**

<b>Super Cardio Mix</b>	<b>Time</b>
Warm Up	4:08
<b>Tune 1 Cardio</b>	<b>3:28</b>
<b>Tune 2 Cardio</b>	<b>3:07</b>
<b>Tune 3 Cardio</b>	<b>5:13</b>
<b>Tune 4 Cardio</b>	<b>2:18</b>
<b>Tune 5 Cardio</b>	<b>2:41</b>
<b>Tune 6 Cardio + Sculpt</b>	<b>2:30</b>
<b>Tune 7 Cardio</b>	<b>5:40</b>
<b>Tune 8 Cardio + Sculpt</b>	<b>2:10</b>
<b>Tune 9 Cardio + Sculpt</b>	<b>6:27</b>
<b>Tune 10 Cardio</b>	<b>2:24</b>
<b>Tune 11 Cardio + Sculpt</b>	<b>3:25</b>
<b>Tune 12 Cardio</b>	<b>3:34</b>
<b>Tune 13 Cardio + Sculpt</b>	<b>3:14</b>
<b>Tune 14 Cardio + Cooldown</b>	<b>3:57</b>
<b>Tune 15 abs</b>	<b>2:40</b>
Stretch	3:13

<b>Calorie Killer 1</b>	<b>Time</b>
Warm Up	4:42
<b>Tune 1 Cardio (stick)</b>	<b>5:10</b>
<b>Tune 2 Sculpt</b>	<b>2:15</b>
<b>Tune 3 Cardio (step)</b>	<b>4:27</b>
<b>Tune 4 Cardio</b>	<b>4:20</b>
<b>Tune 5 Sculpt</b>	<b>2:06</b>
<b>Tune 6 Cardio</b>	<b>4:07</b>
<b>Tune 7 Cardio (step)</b>	<b>5:20</b>
<b>Cool Down</b>	<b>4:00</b>
Stretch	3:05

<b>Ultimate Calorie Blaster</b>	<b>Time</b>
Warm Up	6:37
<b>Tune 1 Cardio (step)</b>	<b>4:32</b>
<b>Tune 2 Cardio</b>	<b>4:20</b>
<b>Tune 3 Cardio (tall box)</b>	<b>3:12</b>
<b>Tune 4 Cardio (step)</b>	<b>4:20</b>
<b>Tune 5 Cardio (tall box + weights)</b>	<b>3:30</b>
<b>Tune 6 Cardio</b>	<b>4:33</b>
<b>Tune 7 Cardio (incline)</b>	<b>5:18</b>
<b>Tune 8 Sculpt</b>	<b>4:05</b>
<b>Cool down</b>	<b>3:34</b>
<b>Abs and Stretch</b>	<b>5:10</b>

**Details on Firm Workouts Cont.  
Cardio**

<b>Cardio Party</b>	<b>Time</b>
Warm Up	5:09
<b>Tune 1 Alison</b>	<b>3:10</b>
<b>Tune 2 Emily</b>	<b>8:04</b>
<b>Tune 3 Rebeka</b>	<b>8:05</b>
<b>Tune 4 Annie</b>	<b>8:09</b>
<b>Tune 5 Allie</b>	<b>6:10</b>
<b>Cool Down Stretch</b>	2:24

<b>Cardio Dance Fusion</b>	
<b>Full Workout</b>	<b>Time</b>
<b>Tune 1</b>	<b>10:00</b>
<b>Tune 2</b>	<b>10:00</b>
<b>Tune 3</b>	<b>10:00</b>
<b>Tune 4</b>	<b>10:00</b>
Cool Down	5:00

<b>Cardio Overdrive</b>	<b>Time</b>
Warm Up	5:05
<b>Tune 1 Cardio</b>	<b>5:44</b>
<b>Tune 2 Cardio + Sculpt</b>	<b>5:00</b>
<b>Tune 3 Cardio</b>	<b>5:38</b>
<b>Tune 4 Cardio</b>	<b>5:35</b>
<b>Tune 5 Cardio + Sculpt</b>	<b>5:00</b>
<b>Tune 6 Cardio</b>	<b>5:37</b>
<b>Tune 7 Cardio</b>	<b>5:20</b>
<b>Cool Down and Stretch</b>	5:50

**Details on Firm Workouts  
Total Sculpt**

<b>ToughTape</b>	<b>Time</b>
Warm Up	7:33
<b>Tune 1 Sculpt</b>	<b>3:35</b>
<b>Tune 2 Sculpt</b>	<b>1:20</b>
<b>Tune 3 Sculpt</b>	<b>4:15</b>
<b>Tune 4 Sculpt</b>	<b>2:40</b>
<b>Tune 5 Sculpt</b>	<b>1:45</b>
<b>Tune 6 Sculpt</b>	<b>2:05</b>
<b>Tune 7 Sculpt</b>	<b>3:35</b>
<b>Tune 8 Sculpt</b>	<b>2:20</b>
<b>Tune 9 Sculpt</b>	<b>3:30</b>
<b>Tune 10 Sculpt</b>	<b>2:35</b>
<b>Tune 11 Sculpt</b>	<b>2:25</b>
Stretch	4:00

<b>Tough Tape 2</b>	<b>Time</b>
Warm up	6 m:20 s
<b>Tune 1 Sculpt</b>	<b>3:25</b>
<b>Tune 2 Sculpt</b>	<b>3:00</b>
<b>Tune 3 Sculpt</b>	<b>3:20</b>
<b>Tune 4 Sculpt</b>	<b>3:25</b>
<b>Tune 5 Sculpt</b>	<b>1:10</b>
<b>Tune 6 Sculpt</b>	<b>3:30</b>
<b>Tune 7 Sculpt</b>	<b>3:15</b>
<b>Tune 8 Sculpt</b>	<b>3:23</b>
<b>Tune 9 Sculpt</b>	<b>2:25</b>
<b>Tune 10 Sculpt</b>	<b>4:55</b>
<b>Tune 11 Sculpt</b>	<b>3:05</b>
<b>Tune 12 Sculpt</b>	<b>2:10</b>
Stretch	3:09

<b>Body Sculpt</b>	<b>Time</b>
Warm Up	6:00
<b>Tune 1</b>	<b>6:00</b>
<b>Tune 2</b>	<b>4:20</b>
<b>Tune 3</b>	<b>4:50</b>
<b>Tune 4</b>	<b>6:10</b>
<b>Tune 5</b>	<b>7:30</b>
<b>Tune 6</b>	<b>8:00</b>
Stretch	5:30

<b>Supercharged Sculpting</b>	<b>Time</b>
Warm Up	5:00
<b>Tune 1</b>	<b>4:15</b>
<b>Tune 2</b>	<b>5:10</b>
<b>Tune 3</b>	<b>5:10</b>
<b>Tune 4</b>	<b>4:30</b>
<b>Tune 5</b>	<b>5:00</b>
Abs & Stretch	7:00

**Details on Firm Workouts Cont.  
Total Sculpt**

<b>Total Sculpt plus abs</b>	<b>Time</b>
Warm Up	8:20
<b>Tune 1 Sculpt</b>	<b>5:50</b>
<b>Tune 2 Sculpt</b>	<b>5:32</b>
<b>Tune 3 Cardio</b>	<b>2:10</b>
<b>Tune 4 Sculpt (Part 1)</b>	<b>3:25</b>
<b>Tune 5 Sculpt</b>	<b>4:00</b>
<b>Tune 6 Cardio</b>	<b>3:00</b>
<b>Tune 7 Sculpt (Part 2)</b>	<b>3:25</b>
<b>Tune 8 Sculpt</b>	<b>4:15</b>
<b>Tune 9 Cardio</b>	<b>3:35</b>
Tune 10 Cool Down	1:30
<b>Tune 11 Sculpt</b>	<b>2:29</b>
<b>Tune 12 Sculpt</b>	<b>4:07</b>
Stretch	7:12

<b>Hi-Def Sculpt</b>	<b>Time</b>
Warm Up	5:00
<b>Tune 1 Sculpt</b>	<b>5:00</b>
<b>Tune 2 Sculpt</b>	<b>5:00</b>
<b>Tune 3 Sculpt</b>	<b>5:00</b>
<b>Tune 4 Sculpt</b>	<b>5:00</b>
<b>Tune 5 Sculpt</b>	<b>5:00</b>
<b>Tune 6 Sculpt</b>	<b>5:00</b>
<b>Tune 7 Sculpt</b>	<b>5:00</b>
Abs & Stretch	5:30

<b>Total Body Toner</b>	<b>Time</b>
Warm Up	8:00
<b>Tune 1</b>	<b>7:00</b>
<b>Tune 2</b>	<b>7:00</b>
<b>Tune 3</b>	<b>8:00</b>
<b>Tune 4</b>	<b>8:00</b>
Stretch	2:00



Details on Firm Workouts Cont.  
Total Sculpt

<b>Get Chisel'd</b>	<b>Time</b>
Warm up	5:00
<b><i>Tune 1</i></b>	<b>8:55</b>
<b>Sculpt</b>	<b>4:05</b>
<b>Cardio</b>	<b>1:20</b>
<b>Sculpt</b>	<b>3:10</b>
<b>Cardio</b>	<b>1:30</b>
<b><i>Tune 2</i></b>	<b>9:30</b>
<b>Sculpt</b>	<b>3:10</b>
<b>Cardio</b>	<b>1:35</b>
<b>Sculpt</b>	<b>3:30</b>
<b>Cardio</b>	<b>1:00</b>
<b><i>Tune 3</i></b>	<b>9:25</b>
<b>Sculpt</b>	<b>3:45</b>
<b>Cardio</b>	<b>1:50</b>
<b>Sculpt</b>	<b>3:05</b>
<b>Cardio</b>	<b>1:10</b>
CoolDown	1:30
<b>Abs</b>	<b>5:30</b>
Stretch	3:15

**Details on Firm Workouts  
Split Lower/Upper Body**

<b>Upper Body</b>	<b>Time</b>	<b>Sculpted Buns, Hips &amp; Thighs</b>	<b>Time</b>
Warm up	6:45	Tune 1 Sculpt	3:35
<b>Tune 1 Sculpt</b>	<b>4:35</b>	<b>Tune 2 Sculpt</b>	<b>2:00</b>
<b>Tune 2 Sculpt</b>	<b>4:10</b>	<b>Tune 3 Sculpt</b>	<b>2:40</b>
<b>Tune 3 Sculpt</b>	<b>1:40</b>	<b>Tune 4 Sculpt</b>	<b>2:02</b>
<b>Tune 4 Sculpt</b>	<b>2:20</b>	<b>Tune 5 Sculpt</b>	<b>2:25</b>
<b>Tune 5 Sculpt</b>	<b>2:30</b>	<b>Tune 6 Sculpt</b>	<b>1:25</b>
<b>Tune 6 Sculpt</b>	<b>4:00</b>	<b>Tune 7 Sculpt</b>	<b>3:50</b>
<b>Tune 7 Sculpt</b>	<b>3:25</b>	<b>Tune 8 Sculpt</b>	<b>2:50</b>
<b>Tune 8 Sculpt</b>	<b>0:50</b>	<b>Tune 9 Sculpt</b>	<b>2:15</b>
<b>Tune 9 Sculpt</b>	<b>1:15</b>	<b>Tune 10 Sculpt</b>	<b>2:30</b>
<b>Tune 10 Sculpt</b>	<b>2:35</b>	<b>Tune 11 Sculpt</b>	<b>1:25</b>
<b>Tune 11 Sculpt</b>	<b>2:16</b>	<b>Tune 12 Sculpt</b>	<b>4:00</b>
Stretch	3:35	Stretch	4:11

<b>Standing Legs</b>	<b>Time</b>	<b>Jiggle Free Arms</b>	<b>Time</b>
Warm up	7:30	Warm Up	3:02
<b>Tune 1 Sculpt</b>	<b>3:35</b>	<b>Tune 1 Sculpt</b>	<b>4:18</b>
<b>Tune 2 Sculpt</b>	<b>3:35</b>	<b>Tune 2 Cardio</b>	<b>2:35</b>
<b>Tune 3 Sculpt</b>	<b>8:35</b>	<b>Tune 3 Sculpt</b>	<b>3:15</b>
<b>Tune 4 Sculpt</b>	<b>4:15</b>	<b>Tune 4 Cardio</b>	<b>3:35</b>
<b>Tune 5 Sculpt</b>	<b>3:00</b>	<b>Tune 5 Sculpt</b>	<b>3:10</b>
<b>Tune 6 Sculpt</b>	<b>4:35</b>	<b>Tune 6 Cardio</b>	<b>3:35</b>
<b>Tune 7 Sculpt</b>	<b>3:35</b>	<b>Tune 7 Sculpt</b>	<b>3:19</b>
<b>Tune 8 Sculpt</b>	<b>3:30</b>	<b>Tune 8 Cardio</b>	<b>2:30</b>
Stretch	4:20	Cool Down and Stretch	1:24

Details on Firm Workouts Cont.  
Split Lower/Upper Body

<b>Jiggle Free Buns</b>	<b>Time</b>
Warm Up	3:13
<b>Tune 1 Sculpt</b>	<b>5:36</b>
<b>Tune 2 Cardio</b>	<b>3:39</b>
<b>Tune 3 Sculpt</b>	<b>5:10</b>
<b>Tune 4 Cardio</b>	<b>3:35</b>
<b>Tune 5 Sculpt</b>	<b>5:30</b>
<b>Tune 6 Cardio</b>	<b>4:30</b>
<b>Cool Down</b> and Stretch	2:29

## Firm Worksheets Classics

<b>Body Sculpting Basics</b>		Date:	Date:	Date:	Date:	Date:	Date:	Date:
	<b>Weight Suggestion</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>
<b>Tune 1</b>								
General Upper body work	5 to 8							
<b>Tune 2</b>								
Squats	N/A							
Squats w/bicipes	5 to 10							
Squats w/bent & lateral	3 to 7							
Plie w/anterior lift & upright row	1 to 5							
Squats w/arms	0 to 1							
<b>Tune 3</b>								
Lunges w/arms	0 to 1							
lunges w/bicipes	5 to 10							
Plie w/biceps & delts w/upright rows	5 to 8							
Lunges w/bent arm Delt & Biceps	5 to 8							
<b>Tune 4</b>								
Standing leg abduct. W/single arm row	5 to 10							
Squats w/biceps	5 to 10							
French press	5 to 9							
triceps kickback	5 to 8							
Butterfly	3 to 5							
<b>Tune 5</b>								
Pushups	weights							
Leg work	2 to 5 (ankle)							
Pushups	weights							
Leg work	2 to 5 (ankle)							
<b>Tune 6</b>								
Pecfly	8 to 10							

### Firm Worksheets Classics Cont.

<b>Body Sculpting Basics</b>		Date:	Date:	Date:	Date:	Date:	Date:	Date:
	<b>Weight Suggestion</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>
Pecfly	5 to 8							
Pecfly	8 to 10							
Bridge	12 to 15							
<b>Tune 7</b>								
Leg abduction	2 to 5 (ankle)							
bent leg lift (1 to 5 # op)	2 to 5 (ankle)							
Leg Shoots (1 to 5 opt)	2 to 5 (ankle)							
Leg abduction	2 to 5 (ankle)							
bent leg lift (1 to 5 # op)	2 to 5 (ankle)							
Leg Shoots (1 to 5 opt)	2 to 5 (ankle)							
<b>Tune 8</b>								
Adduction (5 to 10)	2 to 5 (ankle)							
<b>Tune 9</b>								
Abdominals	N/A							

### Firm Worksheets Classics Cont.

<b>Low Impact Aerobics</b>		Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:
	<b>Weight Suggestion</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>
<b>Tune 1</b>									
General Upper & lower body work	3 to 5								
Back Cross step w/squat press	5 to 8								
<b>Tune 2</b>									
Squats w/ arm pump	5 to 10								
General Upper & lower body work	5 to 10								
<b>Tune 3</b>									
General Upper & lower body work	5 to 8								
<b>Tune 4</b>									
Tri/bi lunges	5 to 8								
Kickbacks	5 to 8								
French press	8								
Military Alt. Overhead press	5 to 8								
press									
Upright row	5 to 8								
Military Alt. Overhead press	5 to 8								
press									
French press	8								
Kickbacks	5 to 8								
Delt fly w/side toe touch	5 to 8								
<b>Tune 5</b>									
Lat Row	10 to 15								
Pushups	N/A								
Table work	2 to 5 (ankle)								

**Firm Worksheets Classics Cont.**

<b>Low Impact Aerobics</b>		Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:
	<b>Weight Suggestion</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>
Lat Row	10 to 15								
Pushups	N/A								
Tablework	2 to 5 (ankle)								

<b>Time Crunch Workout</b>		Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:
	<b>Weight Suggestion</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>
<b>Tune 1</b>									
Lunge/Squat Combo	12 to 15								
Lateral/anterior shoulder work	5 to 7								
Lunge/Squat Combo	12 to 15								
Plie w/upright row & biceps	10 to 12								
<b>Tune 2</b>									
Dips	2 to 5 (ankle)								
	10 to 15								
Leg hyperextension	10 to 12								
Dips	10 to 15								
Abduction	7 to 8								
Fast pull downs	8 to 10								
<b>Tune 3</b>									
Overhead w/opp. Toe bent row	10 to 15								
	15 to 20								
French press	8 to 10								
push ups	N/A								
<b>Tune 4</b>									
Crunches	N/A								

### Firm Worksheets Classics Cont.

Abs, Hips & Thighs Sculpting		Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:
	Weight Suggestion	Weight Used	Weight Used	Weight Used	Weight Used	Weight Used	Weight Used	Weight Used	Weight Used	Weight Used
<b>Tune 1</b>										
Leg press	10 to 15									
Squat	10 to 15									
Leg press	10 to 15									
lat pinch	10 to 15									
Leg press	10 to 15									
Squat	10 to 15									
French Press	(1) 12 to 15									
<b>Tune 2</b>										
Abdominals	N/A									
<b>Tune 3</b>										
Floor work	2 to 5 (ankle)									
<b>Tune 4</b>										
Hip Lifts	10 to 12									
<b>Tune 5</b>										
Floor work	2 to 5 (ankle)									



**Firm Worksheets Classics Cont.**

<b>Complete Aerobic Weight Training Vol. 6</b>		Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:
	<b>Weight Suggestion</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>
<b>Tune 1</b>										
Squats (barbell)	12 to 15									
Upright row (barbell)	10 to 12									
Overhead press (barbell)	8 to 10									
Squats (barbell)	12 to 15									
Hover squats (barbell)	12 to 15									
Squats (barbell)	12 to 15									
Overhead press (barbell)	8 to 10									
Upright row (barbell)	10 to 12									
Hover squats (barbell)	12 to 15									
<b>Tune 2</b>										
Leg press (barbell)	12 to 15									
Lat Pinches (barbell)	12 to 15									
Leg press (barbell)	12 to 15									
calf pump (barbell)	12 to 15									
Leg press (barbell)	12 to 15									
Shrugs & pinches	12 to 15									
<b>Tune 3</b>										
Triceps	5 to 8									
Double arm lat row	12 to 15									
Posterior fly	3 to 5									
abdominals	N/A									
<b>Tune 4</b>										
Pec fly	10 to 12									
Bridge work	12 to 15									

**Firm Worksheets Classics Cont.**

<b>Complete Aerobic Weight Training Vol. 6</b>		Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:
	<b>Weight Suggestion</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>
Pec fly	10 to 12									
Bridge work	12 to 15									

**Firm Worksheets Classics Cont.**

<b>CA&amp;WT</b>		Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:
	<b>Weight suggestions</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>
<b>Tune 1:</b>									
Squat w/overhead press	7 to 10 pounds								
Dip w/biceps	10 to 12 pounds								
Squat w/overhead press	7 to 10 pounds								
Dip w/biceps	10 to 12 pounds								
Left lat row	12 to 15 pounds								
Pushups	N/A								
Right lat row	12 to 15 pounds								
<b>Tune 2:</b>									
Lunges (right)	12 to 15 pounds								
Plie w/biceps (1)	10 to 12 pounds								
Lunges (left)	12 to 15 pounds								
Plie w/biceps (1)	10 to 12 pounds								
Bent over row	12 to 15 pounds								
Leg press	12 to 15 pounds								
Lat row (Left)	12 to 15 pounds								
Hover squats	small barbell								
Lat row (right)	12 to 15 pounds								
Leg press	12 to 15 pounds								
<b>Tune 3:</b>									
Plie w/biceps (1)	12 to 15 pounds								
Biceps	10 to 12 pounds								
Squats (1)	12 to 15 pounds								
Leg press (1)	12 to 15 pounds								
French press (1)	12 to 15 pounds								
Leg press (1)	12 to 15 pounds								
Triceps Kickback	7 to 8 pounds								

**Firm Worksheets Classics Cont.**

<b>CA&amp;WT</b>		Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:
	<b>Weight suggestions</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>
<b>Tune 4:</b>									
Triceps push ups	N/A								
Pec fly	10 to 12 pounds								
Rib Cage pullover	small barbell								
lying french press	small barbell								
Rib Cage pullover	small barbell								
lying french press	small barbell								
bench press	10 to 12 pounds								
Triceps push ups	N/A								

**Firm Worksheets Classics Cont.**

<b>Total Muscle Shaping</b>		Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:
	<b>Weight Suggestion</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>
<b>Tune 1:</b>									
Squats	10 to 12 pounds								
Bent over row	10 to 12 pounds								
Leg Press	10 to 12 pounds								
Overhead press	7 to 8 pounds								
Hover squat w/medial fly	7 to 8 pounds								
Medial fly	7 to 8 pounds								
<b>Tune 2:</b>									
Leg press w/biceps	8 to 10 pounds								
Lat row	8 to 10 pounds								
Leg press	8 to 10 pounds								
Triceps dips	N/A								
<b>Tune 3:</b>									
Dips w/squats	12 to 15 pounds								
Dips w/biceps	8 to 10 pounds								
Hammer Curl	10 to 12 pounds								
Closed squats	12 to 15 pounds								
<b>Tune 4:</b>									
Lunges w/lat row	12 to 15 pounds								
Rear fly	2 to 3 pounds								
Lunges w/clean & press	8 to 10 pounds								
French press	7 to 8 pounds								
Push up	N/A								
Lying french press	7 to 8 pounds								
Pec fly	10 to 12 pounds								

**Firm Worksheets Classics Cont.**

<b>Total Muscle Shaping</b>		Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:
	<b>Weight Suggestion</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>
Pullover	10 to 12 pounds								
Pec fly	10 to 12 pounds								
Pullover	10 to 12 pounds								
Bench press	8 to 10 pounds								
triceps extensions	8 to 10 pounds								
Bench press	8 to 10 pounds								
triceps extensions	8 to 10 pounds								

### Firm Worksheets Classics Cont.

<b>Aerobic Body Shaping</b>		Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:
	<b>Weight Suggestion</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>
<b>Tune 1:</b>									
Hover Squats w/clean & press	7 to 8 pounds								
Hover squats	12 to 15 pounds								
Reverse overhead press	7 to 8 pounds								
Leg press	12 to 15 pounds								
Reverse Biceps curl	8 to 10 pounds								
Leg press	12 to 15 pounds								
<b>Tune 2:</b>									
Leg press	12 to 15 pounds								
Right lat row	(1)12 to 15 pounds								
Frontal delts w/tall box climb	3 to 5 pounds								
Pushups	N/A								
Frontal delts w/tall box climb	3 to 5 pounds								
Left lat row	(1)12 to 15 pounds								
Leg press	12 to 15 pounds								
<b>Tune 3:</b>									
Side lunges (left)	12 to 15 pounds								
Lat row	12 to 15 pounds								
Lunges (backleg)	12 to 15 pounds								
Pec fly	10 to 12 pounds								
Rib cage pull over (comb.)	10 to 12 pounds								
Dips	12 to 15 pounds								
<b>Tune 4:</b>									
Side lunges (right)	12 to 15 pounds								
French press (1 weight)	12 to 15 pounds								
Lunges (backleg)	12 to 15 pounds								
Bench press	10 to 12 pounds								

**Firm Worksheets Classics Cont.**

<b>Aerobic Body Shaping</b>		Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:
	<b>Weight Suggestion</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>
triceps extensions (1)	12 to 15 pounds								
Dips	12 to 15 pounds								
<b>Tune 5:</b>									
Biceps curls	8 to 10 pounds								
triceps dips	N/A								
Rear delts	3 to 5 pounds								
Bridge work	12 to 15 pounds								



**Firm Worksheets Classics Cont.**

<b>Total Body Time Crunch</b>									
<b>Full Workout</b>		Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:
	<b>Weight Suggestion</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>
<b>Tune 1:</b>									
Biceps	7 to 8 pounds								
Squats	7 to 8 pounds								
Bent Row	10 to 12 pounds								
Deadlifts	10 to 12 pounds								
Squats w/biceps & leg lift	5 to 8 pounds								
Butt & Back Burner	10-12 pounds								
<b>Tune 2:</b>									
Scoop (for chest)	5 to 7 pounds								
Plie	5 to 7 pounds								
French Press	5 to 7 pounds								
Isolated Squats	10 to 12 pounds								
Traveling Plie w/chest scoop	7 to 8 pounds (1)								
Elbow-knee w/french press	7 to 8 pounds (1)								
<b>Tune 3:</b>									
Upright row	7 to 8 pounds								
Side lung	7 to 8 pounds								
Anterior lift	5 to 7 pounds								
Dips	10 to 12 pounds								
Side lung w/upright row	5 to 8 pounds								
Dip N Scoop	5 to 8 pounds								
<b>Tune 4:</b>									
Corkscrew	7 (1) pounds								
Pec fly w/bridge	8 to 10 pounds								
Chest press w/bridge	8 to 10 pounds								
Triceps Tummy Toner	7 to 10 pounds								

### Firm Worksheets Classics Cont.

Total Body Lite		Date:	Date:	Date:	Date:	Date:	Date:	Date:
	Weight Suggested	Weight Used	Weight Used	Weight Used	Weight Used	Weight Used	Weight Used	Weight Used
<b>Tune 1</b>								
Squats w/bi/tri & knee lift	5 pounds							
Dip & scoop w/power press	3 pounds							
Butt & Back Burner w/glute & thigh lift w/scoop	3 pounds							
<b>Tune 2</b>								
lunges w/scoop & fly	3 pounds							
Plie w/lateral bent arm rotation & arm extens.	3 pounds							
Bi & tri w/glute lift	3 pounds							
Lat row w/knee lift (2 sides)	6 pounds (3s)							
<b>Tune 3</b>								
Side lunges w/kicks & scoops	3 pounds							
Tap squats w/upper body	3 pounds							
Pendulum w/toe tap	5 pounds							
<b>Tune 4</b>								
Figure 8 side lunges w/glute lift	5 pounds							
Lunges w/chop & Tri/Tummy/Toner	5 pounds							
Chair & lunge w/cross crunch (2 sides)	N/A							
Warrior w/overhead reach (2 sides)	N/A							
<b>Tune 5</b>								
"Star"	N/A							
Moving Cat	N/A							
"Star"	N/A							
Flying Bug	3 pounds							
Circle abs	N/A							

### Firm Worksheets Classics Cont.

<b>Total Body Lite Express</b>		Date:	Date:	Date:	Date:	Date:	Date:	Date:
	<b>Weight Suggested</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>
<b>Tune 1</b>								
Squats w/bi/tri & knee lift	5 pounds							
Dip & scoop w/power press	3 pounds							
Butt & Back Burner w/glute & thigh lift w/scoop	3 pounds							
<b>Tune 4</b>								
Figure 8 side lunges w/glute lift	5 pounds							
Lunges w/chop & Tri/Tummy/Toner	5 pounds							
Chair & lunge w/cross crunch (2 sides)	N/A							
Warrior w/overhead reach (2 sides)	N/A							
<b>Tune 5</b>								
"Star"	N/A							
Moving Cat	N/A							
"Star"	N/A							
Flying Bug	3 pounds							
Circle abs	N/A							

### Firm Worksheets Classics Cont.

<b>Dangerous Curves Ahead</b>		Date:	Date:	Date:	Date:	Date:	Date:	Date:
	<b>Weight Suggestion</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>
<b>Tune 1</b>								
Step Touch	Loop							
Squats w/outer thigh lifts	Loop							
"Walk"	Loop							
Hamstring Curl	Loop							
Glute extension	Loop							
Glute Lifts	Loop							
"Circle Leg"	Loop							
Plies w/heel lift	Loop							
Step Touch	Loop							
Squats w/outer thigh lifts	Loop							
"Walk"	Loop							
Hamstring Curl	Loop							
Glute extension	Loop							
Glute Lifts	Loop							
"Circle Leg"	Loop							
Plies w/heel lift	Loop							
Plie w/heel slides	N/A							
<b>Tune 2</b>								
Lat row/biceps curl & glute & knee lift	5 to 12							
Hinge w/row & Triceps kickback	5 to 10							
Lat row/biceps curl & glute & knee lift	5 to 12							
Side lunge w/triceps kickback	5 to 10							

**Firm Worksheets Classics Cont.**

<b>Dangerous Curves Ahead</b>		Date:	Date:	Date:	Date:	Date:	Date:	Date:
	<b>Weight Suggestion</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>
Plie w/medial delt & rotation	5 to 10							
Plie w/cross punch	5 to 10							
Side shoulder lift	3 to 5							
Push up	N/A							
Side shoulder lift	3 to 5							
Push up	N/A							
<b>Tune 3</b>								
Ab Sculpting	Loop							
Standing work	Loop							

### Firm Worksheets Classics Cont.

<b>500 Calorie Workout</b>		Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:
	<b>Weight Suggestions</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>
<b>Tune 1</b>									
Squat & overhead press	5 to 10								
Dips	5 to 10								
Lat row	5 to 12								
Push up w/lat row	5 to 12 (1)								
Squat & overhead press	5 to 10								
Dips	5 to 10								
Lat row	5 to 12								
Push up w/lat row	5 to 12								
<b>Tune 2</b>									
Shifting w/lat row	5 to 10								
Plie w/delt & toe tap w/curtsie dip	5 to 10								
Biceps curl w/outer thigh lift	5 to 10								
Lat row w/rear toe tap	5 to 10								
Shifting w/lat row	5 to 10								
Plie w/delt & toe tap w/curtsie dip	5 to 10								
Biceps curl w/outer thigh lift	5 to 10								
Lat row w/rear toe tap	5 to 10								
<b>Tune 3</b>									
Deadlift w/fly	5 to 8								
Right & Left toe tap w/tri kickbacks	5 to 10								
Side lunge w/scoop	5 to 10								
Heel pushes	N/A								

### Firm Worksheets Classics Cont.

<b>500 Calorie Workout</b>		Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:
	<b>Weight Suggestions</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>
Deadlift w/fly	5 to 8								
Right & Left toe tap w/tri kickbacks	5 to 10								
Side lunge w/scoop	5 to 10								
Deadlift w/fly	N/A								
<b>Tune 4</b>									
Lunges w/hammer curl	5 to 10								
Side lunge w/push up	N/A								
Lunges w/hammer curl	5 to 10								
Side lunge w/push up	N/A								
<b>Tune 5</b>									
Dip & rotation w/toe reach & overhead press	5 to 10								
Squats w/cross & pull & knee lifts	5 to 10								
Plie w/thigh sweep & tri press	5 to 10								
Dip & rotation w/toe reach & overhead press	5 to 10								
Squats w/cross & pull & knee lifts	5 to 10								
Plie w/thigh sweep & tri press	5 to 10								
<b>Tune 6</b>									
Standing abs	5 to 8								
Pec fly	5 to 10								
Triceps extension	5 to 10								
Pec fly w/triceps extension	5 to 10								
Abs	N/A								

**Firm Worksheets Classics Cont.**

<b>Total Body Time Crunch</b>									
<b>Short Workout</b>		Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:
	<b>Weight Suggestion</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>
<b>Tune 1:</b>									
Biceps	7 to 8 pounds								
Squats	7 to 8 pounds								
Bent Row	10 to 12 pounds								
Deadlifts	10 to 12 pounds								
Squats w/biceps & leg lift	5 to 8 pounds								
Butt & Back Burner	10-12 pounds								
<b>Tune 2:</b>									
Scoop (for chest)	5 to 7 pounds								
Plie	5 to 7 pounds								
French Press	5 to 7 pounds								
Isolated Squats	10 to 12 pounds								
Traveling Plie w/chest scoop	7 to 8 pounds (1)								
Elbow-knee w/french press	7 to 8 pounds (1)								
<b>Tune 3:</b>									
Corkscrew	7 (1) pounds								
Pec fly w/bridge	8 to 10 pounds								
Chest press w/bridge	8 to 10 pounds								
Triceps Tummy Toner	7 pounds								
Crunches	N/A								



### Firm Worksheets Classics Cont.

<b>Hard Core Fusion</b>		Date:	Date:	Date:	Date:	Date:	Date:	Date:
<b>Full Workout</b>		<b>Weight Suggestion</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>
<b>Tune 1:</b>								
Squats	12 to 15 pounds							
Lat Row	10 to 12 pounds							
Plie	10 to 12 pounds							
Dip-N-Scoop	5 to 8 pounds							
Hammer Curl	7 to 8 pounds (1)							
Side Lung w/kickback	7 to 8 pounds							
<b>Tune 2:</b>								
Lunges	12 to 15 pounds							
Lat Row	10 to 12 pounds							
Power Press (squat w/ Biceps Curl	7 to 8 pounds							
French Press	7 to 8 pounds							
Lunges	12 to 15 pounds							
Lat Row	10 to 12 pounds							
Plie w/shoulders	5 to 7 pounds							
<b>Tune 3:</b>								
Overhead Press	7 to 8 pounds							
Step squats	12 to 15 pounds							
Butt N Back Burner	5 to 7 pounds							
Right Side Lunge w/ Biceps	7 to 8 pounds							
Triceps kickback	5 to 7 pounds							
Left Side Lunge w/ biceps	7 to 8 pounds							
<b>Tune 4:</b>								
Deadlifts	12 to 15 pounds							
Pushups	N/A							

### Firm Worksheets Classics Cont.

<b>Hard Core Fusion</b>								
<b>Full Workout</b>			Date:	Date:	Date:	Date:	Date:	Date:
	<b>Weight Suggestion</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>
Corkscrew	7(1) to 8(1)							
Biceps	7(1) to 8(1)							
Corkscrew	7(1) to 8(1)							
Biceps	7(1) to 8(1)							
Widestatic lunge w/ Kickback	5 to 7 pounds							
<b>Tune 5:</b>								
Side Bends	4 to 5 pounds							
Triceps Tummy Toner	4 to 7 pounds							

<b>Hard Core Fusion</b>								
<b>Short Workout</b>			Date:	Date:	Date:	Date:	Date:	Date:
	<b>Weight Suggestion</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>
<b>Tune 1:</b>								
Squats	12 to 15 pounds							
Lat Row	10 to 12 pounds							
Plie	10 to 12 pounds							
Dip-N-Scoop	5 to 8 pounds							
Hammer Curl	7 to 8 pounds (1)							
Side Lung w/kickback	7 to 8 pounds							
<b>Tune 2:</b>								
Lunges	12 to 15 pounds							
Lat Row	10 to 12 pounds							
Power Press (squat w/biceps curl)	7 to 8 pounds							
French Press	7 to 8 pounds							
Lunges	12 to 15 pounds							

**Firm Worksheets Classics Cont.**

<b>Hard Core Fusion</b>		Date:	Date:	Date:	Date:	Date:	Date:	Date:
<b>Short Workout</b>								
	<b>Weight Suggestion</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>
Lunges	12 to 15 pounds							
Lat Row	10 to 12 pounds							
Plie w/shoulders	5 to 7 pounds							
<b>Tune 3:</b>								
Side Bends	4 to 5 pounds							
Tricep-tummy toner	4 to 7 pounds							

### Firm Worksheets Classics Cont.

<b>Burn &amp; Shape</b>		Date:	Date:	Date:	Date:	Date:	Date:	Date:
	<b>Weight Suggestion</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>
<b>Tune 1:</b>								
Squats w/overhead press	7 to 8 pounds							
Lunges w/bend over row	7 to 8 pounds							
biceps curl	7 to 8 pounds							
Lunges w/bend over row	7 to 8 pounds							
Plie w/shoulder work	3 to 5 pounds							
Rear fly	3 to 5 pounds							
<b>Tune 2:</b>								
Dips w/french press	12 to 15 pounds							
Push ups	N/A							
Lat row	7 to 8 pounds							
Wide squats w/ biceps	7 to 8 pounds							
Push ups	N/A							
Lat row	7 to 8 pounds							
<b>Tune 3:</b>								
Side lunges	12 to 15 pounds							
Triceps kickback w/dead row	5 to 8 pounds							
Kickback	5 to 8 pounds							
Walking lunges w/clean & press	5 to 8 pounds							
Standing abs	5 to 8 pounds (1)							
Planks	N/A							
Pec fly	10 to 12 pounds							

### Firm Worksheets Tortoise Cont.

<b>The Tortoise</b>		Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:
	<b>Weight Suggestion</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>
<b>Tune 3</b>									
Squats	12 to 20								
Military Press	8 to 10								
Leg press	12 to 20								
Military Press	8 to 10								
<b>Tune 5</b>									
Squats	12 to 20								
Upright rows	8 to 10								
Leg Press	12 to 20								
Upright rows	8 to 10								
Plie	12 to 20								
<b>Tune 7</b>									
Lunges	12 to 20								
Biceps	8 to 10								
Lunges	12 to 20								
Biceps	8 to 10								
<b>Tune 9</b>									
Dips	12 to 20								
French Press	12 to 15								
Dips	12 to 20								
<b>Tune 11</b>									
Leg Press	12 to 20								
<b>Tune 12</b>									
Lat Row	15 to 20								
Triceps kickback	5 to 8								
Biceps	8 to 10								

### Firm Worksheets Tortoise Cont.

<b>The Tortoise</b>		Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:
	<b>Weight Suggestion</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>
<b>Tune 13</b>									
Leg press	12 to 20								
<b>Tune 14</b>									
Lat Row	15 to 20								
Triceps kickback	5 to 8								
Biceps	8 to 10								
<b>Tune 16</b>									
Pushups	N/A								
<b>Tune 17</b>									
Pec Flys	8 to 12								
<b>Tune 18</b>									
pelvic contrations	N/A								
Abdominals	N/A								

### Firm Worksheets Tortoise Cont.

<b>Firm Strength</b>		Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:
	<b>Weight Suggestion</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>
<b>Tune 1</b>									
Lunges w/dips & squats	10 to 15								
<b>Tune 2</b>									
Pushups	N/A								
Double arm french press	10 to 15								
Pushups	N/A								
Triceps kickback	5 to 8								
<b>Tune 4</b>									
Leg Press	10 to 15								
Squats	10 to 15								
<b>Tune 5</b>									
T-bar (barbell & towel)	20 pounds								
Biceps	5 to 10								
Slow biceps	10 to 12								
T-bar (barbell & towel)	20 pounds								
Double arm bent row	10 to 15								
<b>Tune 6</b>									
Leg Press	10 to 15								
Dips	10 to 15								
Leg Press	10 to 15								
Dips	10 to 15								
<b>Tune 7</b>									
Lat Row	10 to 15								
Upright Row (bar)	5 to 10								
Lat Row	10 to 15								

### Firm Worksheets Tortoise Cont.

Better Body & Buns		Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:
	Weight Suggestion	Weight Used	Weight Used	Weight Used	Weight Used	Weight Used	Weight Used	Weight Used	Weight Used
<b>Tune 1</b>									
abs	N/A								
<b>Tune 2</b>									
Abs	N/A								
<b>Tune 3</b>									
Squats	10 to 15								
Side lunges	N/A								
Squats	10 to 15								
Side lunges	N/A								
<b>Tune 4</b>									
Leg Press	10 to 15								
Tall Box Step up	N/A								
<b>Tune 5</b>									
Military press	10 to 12								
French Press	(1) 12 to 15								
Biceps	8 to 12								
<b>Tune 6</b>									
Squats	sculp stick								
lunges w/dips & squats	10 to 15								
<b>Tune 7</b>									
Leg press	10 to 15								
Tall box climb	N/A								
<b>Tune 8</b>									
Lat row	12 to 15								
Plie	12 to 15								



**Firm Worksheets Tortoise Cont.**

<b>Better Body &amp; Buns</b>		Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:
	<b>Weight Suggestion</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>
<b>Tune 9</b>									
Pushups	N/A								
<b>Tune 10</b>									
Tablework	2 to 5 (ankle)								
lying front/back kicks	N/A								
Tablework	2 to 5 (ankle)								
lying front/back kicks	N/A								

**Firm Worksheets Tortoise Cont.**

<b>Complete Body Sculpting</b>		Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:
	<b>Weight Suggestion</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>
<b>Tune 1:</b>									
Squats	12 to 15 pounds								
Bent row	12 to 15 pounds								
Leg press	12 to 15 pounds								
Lat row	(1) 12 to 15 pds								
Travel squats	12 to 15 pounds								
Leg press	12 to 15 pounds								
Lat row	(1) 12 to 15 pds								
<b>Tune 2:</b>									
Dips	8 to 10 pounds								
Overhead press	8 to 10 pounds								
Squats w/dips	8 to 10 pounds								
Medial delts	7 to 8 pounds								
Dip w/tap-kick	7 to 8 pounds								
<b>Tune 3:</b>									
Leg press w/dips	12 to 15 pounds								
Push up	N/A								
Leg press w/dips	12 to 15 pounds								
Triceps dips	N/A								
<b>Tune 4:</b>									
Lunges	8 to 10 pounds								
Biceps	8 to 10 pounds								
Lunges	8 to 10 pounds								
Hammer Curl	8 to 10 pounds								
Lunges	8 to 10 pounds								

**Firm Worksheets Tortoise Cont.**

<b>Complete Body Sculpting</b>		Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:
	<b>Weight Suggestion</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>
Calves	8 to 10 pounds								
Bridge	12-15 pounds								
Abs	N/A								
Pec flys	10 to 12 pounds								
Bench Press	10 to 12 pounds								
French press	(1) 12 to 15 pds								
Abs	N/A								

### Firm Worksheets Tortoise Cont.

<b>The FIRM: Total Body Shaping Mix (TBSM)</b>							
Part of the FIRM Parts with Various Leads. Category: Cardio+Sculpt/Tortoise <i>This video requires a tall box, a barbell, a dowel, ankle weights and various dumbbells.</i>							
67 Minutes	WEIGHT	Change Weight Next Time?	WEIGHT	Change Weight Next Time?	WEIGHT	Change Weight Next Time?	
DATE							
<b>WARM UP</b>							
Cardio		increase decrease		increase decrease		increase decrease	
Squats		increase decrease		increase decrease		increase decrease	
Pushups		increase decrease		increase decrease		increase decrease	
Squats w/Bicep Curl		increase decrease		increase decrease		increase decrease	
Pushups		increase decrease		increase decrease		increase decrease	
Leg Press		increase decrease		increase decrease		increase decrease	
Overhead Press		increase decrease		increase decrease		increase decrease	
Leg Press		increase decrease		increase decrease		increase decrease	
Light 4-limb		increase decrease		increase decrease		increase decrease	
Bicep Curls/Upright Rows w/Plie		increase decrease		increase decrease		increase decrease	

### Firm Worksheets Tortoise Cont.

<b>The FIRM: Total Body Shaping Mix (TBSM)</b>										
Part of the FIRM Parts with Various Leads. Category: Cardio+Sculpt/Tortoise <i style="color: blue;">This video requires a tall box, a barbell, a dowel, ankle weights and various dumbbells.</i>										
67 Minutes	WEIGHT			Change Weight Next Time?	WEIGHT			Change Weight Next Time?	WEIGHT	Change Weight Next Time?
DATE										
Light 4-limb		increase				increase			increase	
		decrease				decrease			decrease	
Lat Row		increase				increase			increase	
		decrease				decrease			decrease	
French Press		increase				increase			increase	
		decrease				decrease			decrease	
Leg Press (right)		increase				increase			increase	
		decrease				decrease			decrease	
Dips (right)		increase				increase			increase	
		decrease				decrease			decrease	
Leg Press (left)		increase				increase			increase	
		decrease				decrease			decrease	
Dips (left)		increase				increase			increase	
		decrease				decrease			decrease	
Cardio		increase				increase			increase	
		decrease				decrease			decrease	
Dips (right) w/Squats		increase				increase			increase	
		decrease				decrease			decrease	
Bicep Curls		increase				increase			increase	
		decrease				decrease			decrease	

### Firm Worksheets Tortoise Cont.

#### The FIRM: Total Body Shaping Mix (TBSM)

Part of the FIRM Parts with Various Leads.

Category: Cardio+Sculpt/Tortoise

*This video requires a tall box, a barbell, a dowel, ankle weights and various dumbbells.*

67 Minutes	WEIGHT		Change Weight Next Time?		WEIGHT		Change Weight Next Time?		WEIGHT
DATE									
Dips (left) w/Squats		increase decrease					increase decrease		
Standing Leg Lifts (right)		increase decrease					increase decrease		
Lat Row (right)		increase decrease					increase decrease		
Standing Leg Lifts (left)		increase decrease					increase decrease		
Light 4-limb		increase decrease					increase decrease		
Lunges (right)		increase decrease					increase decrease		
Military Press		increase decrease					increase decrease		
Lunges (left)		increase decrease					increase decrease		
Bicep Curls		increase decrease			increase decrease			increase decrease	

### Firm Worksheets Tortoise Cont.

<b>The FIRM: Total Body Shaping Mix (TBSM)</b>									
Part of the FIRM Parts with Various Leads. Category: Cardio+Sculpt/Tortoise <i style="color: blue;">This video requires a tall box, a barbell, a dowel, ankle weights and various dumbbells.</i>									
67 Minutes	WEIGHT	Change Weight Next Time?		WEIGHT	Change Weight Next Time?		WEIGHT	Change Weight Next Time?	
DATE									
Triceps Kickback		increase			increase			increase	
		decrease			decrease			decrease	
Delt Lifts		increase			increase			increase	
		decrease			decrease			decrease	
Cardio		increase			increase			increase	
		decrease			decrease			decrease	
Floorwork (right)		increase			increase			increase	
		decrease			decrease			decrease	
Lying French Press		increase			increase			increase	
		decrease			decrease			decrease	
Tablework		increase			increase			increase	
		decrease			decrease			decrease	
Abs									
Floorwork (left)		increase			increase			increase	
		decrease			decrease			decrease	
Abs									
<b style="color: blue;">STRETCH</b>									

### Firm Worksheets Tortoise Cont.

<b>The FIRM: Cardio Split (CS1)</b>								
Part of the Split Set with Various Leads. Category: Cardio+Sculpt/Tortoise <i>This video requires a tall box, a short box, a dowel, a barbell, ankle weights and various dumbbells.</i>								
51 Minutes	WEIGHT	Change Weight Next Time?	WEIGHT	Change Weight Next Time?	WEIGHT	Change Weight Next Time?	WEIGHT	Change Weight Next Time?
DATE								
<b>WARM UP</b>								
Cardio		increase decrease		increase decrease		increase decrease		increase decrease
Leg Press		increase decrease		increase decrease		increase decrease		increase decrease
Overhead Press		increase decrease		increase decrease		increase decrease		increase decrease
Leg Press		increase decrease		increase decrease		increase decrease		increase decrease
Cardio		increase decrease		increase decrease		increase decrease		increase decrease
Lunges/Curtsey Dips		increase decrease		increase decrease		increase decrease		increase decrease
Cardio		increase decrease		increase decrease		increase decrease		increase decrease
Squats/Inner & Outer Thighwork		increase decrease		increase decrease		increase decrease		increase decrease
<b>STRETCH</b>		increase		increase		increase		increase



### Firm Worksheets Tortoise Cont.

<b>The FIRM: Cardio Split (CS1)</b>									
Part of the Split Set with Various Leads. Category: Cardio+Sculpt/Tortoise <i style="color: blue;">This video requires a tall box, a short box, a dowel, a barbell, ankle weights and various dumbbells.</i>									
51 Minutes	WEIGHT	Change Weight Next Time?		WEIGHT	Change Weight Next Time?		WEIGHT	Change Weight Next Time?	
DATE									
<b>WARM UP</b>									
Abs		increase			increase			increase	
Cardio		increase			increase			increase	
		decrease			decrease			decrease	
Good Mornings/Bent Row		increase			increase			increase	
		decrease			decrease			decrease	
Posterior Delts		increase			increase			increase	
		decrease			decrease			decrease	
Pushups		increase			increase			increase	
		decrease			decrease			decrease	
Cardio		increase			increase			increase	
		decrease			decrease			decrease	

## Firm Worksheets Tortoise Cont.

<b>The FIRM: Cardio Split (CS1)</b>									
Part of the Split Set with Various Leads. Category: Cardio+Sculpt/Tortoise <i style="color: blue;">This video requires a tall box, a short box, a dowel, a barbell, ankle weights and various dumbbells.</i>									
51 Minutes	WEIGHT	Change Weight Next Time?		WEIGHT	Change Weight Next Time?		WEIGHT	Change Weight Next Time?	
DATE									
Upright Rows/Overhead Press/Bicep Curls		increase decrease	<input type="checkbox"/> <input type="checkbox"/>		increase decrease	<input type="checkbox"/> <input type="checkbox"/>		increase decrease	<input type="checkbox"/> <input type="checkbox"/>
Cardio		increase decrease	<input type="checkbox"/> <input type="checkbox"/>		increase decrease	<input type="checkbox"/> <input type="checkbox"/>		increase decrease	<input type="checkbox"/> <input type="checkbox"/>
Bent Row		increase decrease	<input type="checkbox"/> <input type="checkbox"/>		increase decrease	<input type="checkbox"/> <input type="checkbox"/>		increase decrease	<input type="checkbox"/> <input type="checkbox"/>
French Press		increase decrease	<input type="checkbox"/> <input type="checkbox"/>		increase decrease	<input type="checkbox"/> <input type="checkbox"/>		increase decrease	<input type="checkbox"/> <input type="checkbox"/>
Tricep Dips		increase decrease	<input type="checkbox"/> <input type="checkbox"/>		increase decrease	<input type="checkbox"/> <input type="checkbox"/>		increase decrease	<input type="checkbox"/> <input type="checkbox"/>
Posterior Delts		increase decrease	<input type="checkbox"/> <input type="checkbox"/>		increase decrease	<input type="checkbox"/> <input type="checkbox"/>		increase decrease	<input type="checkbox"/> <input type="checkbox"/>
Pushups		increase decrease	<input type="checkbox"/> <input type="checkbox"/>		increase decrease	<input type="checkbox"/> <input type="checkbox"/>		increase decrease	<input type="checkbox"/> <input type="checkbox"/>
<b>STRETCH</b>									

### Firm Worksheets Hare

<b>The Hare</b>		Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:
	<b>Weight Suggestion</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>
<b>Tune 4</b>										
Leg Press	12 to 15									
<b>Tune 8</b>										
Leg Press	12 to 15									
<b>Tune 11</b>										
Triceps kickbacks	5 to 8									
<b>Tune 12</b>										
"Tablework"	2 to 5 (ankle)									
<b>Tune 13</b>										
Leg Abduction	2 to 5 (ankle)									
<b>Tune 14</b>										
Adduction work	2 to 5 (ankle)									
	1 to 8 (hand)									
<b>Tune 15</b>										
Abdominals	N/A									
<b>Tune 16</b>										
Bridgework	15 to 20									
<b>Tune 17</b>										
"Tablework"	2 to 5 (ankle)									
<b>Tune 18</b>										
Leg Abduction	2 to 5 (ankle)									
<b>Tune 19</b>										
Adduction work	2 to 5 (ankle)									
	1 to 8 (hand)									
<b>Tune 20</b>										
Abdominals	N/A									

**Firm Worksheets Hare Cont.**

<b>Firm Cardio</b>		Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:
	<b>Weight Suggestion</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>
<b>Tune 1</b>										
Pushup	N/A									
Squats	12 to 15									
Pushup	N/A									
Step Squats	12 to 15									
<b>Tune 2</b>										
Lunges	12 to 15									
Military Press	10 to 15									
Lunges	12 to 15									
<b>Tune 3</b>										
Hip extension	2 to 5 (ankle)									
Lat row	(1) 12 to 15									
Hip extension	2 to 5 (ankle)									
Lat row	(1) 12 to 15									
<b>Tune 4</b>										
Leg Press	12 to 15									
Biceps	10 to 12									
Leg Press	12 to 15									
<b>Tune 5</b>										
Leg Press	12 to 15									
French Press	(1) 12 to 15									
Leg Press	12 to 15									
<b>Tune 6</b>										
Dip w/ squats	12 to 15									
Biceps	10 to 15									
Dip w/ squats	12 to 15									

**Firm Worksheets Hare Cont.**

<b>Firm Cardio</b>		Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:
	<b>Weight Suggestion</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>
<b>Tune 7</b>										
Lateral arms lifts	5 to 8									
Bent arm lifts	5 to 8									
Butterflys	3 to 5									
Triceps Dips	Firm Box									
<b>Tune 8</b>										
Bridge	15 to 20									
Pec fly	10 to 12									
Bridge	15 to 20									
<b>Tune 9</b>										
Abdominals	Firm Box									
<b>Tune 10</b>										
Abdominals	N/A									
<b>Tune 11</b>										
Tablework	2 to 5 (ankle)									

### Firm Worksheets Hare Cont.

#### The FIRM: Cardio Burn (CB, 1999)

Part of the New Cardios with Tamela Hastie in Lead.

Category: Cardio+Sculpt/Hare

*This video requires a tall box, a short box, a barbell, a weighted ball and various dumbbells.*

48 Minutes	WEIGHT	Change Weight Next Time?	WEIGHT	Change Weight Next Time?	WEIGHT	Change Weight Next Time?
DATE						
<b>WARM UP</b>						
Cardio (Low Impact, Impact, 4-Limb, Step)		increase decrease		increase decrease		increase decrease
Tall Box Climbs		increase decrease		increase decrease		increase decrease
Lunges (right)		increase decrease		increase decrease		increase decrease
Plies		increase decrease		increase decrease		increase decrease
Lunges (left)		increase decrease		increase decrease		increase decrease
Plies		increase decrease		increase decrease		increase decrease
Hover Squats		increase decrease		increase decrease		increase decrease
Pushups/Spinal Erectors		increase decrease		increase decrease		increase decrease

### Firm Worksheets Hare Cont.

<b>The FIRM: Cardio Burn (CB, 1999)</b>												
Part of the New Cardios with Tamela Hastie in Lead. Category: Cardio+Sculpt/Hare <i>This video requires a tall box, a short box, a barbell, a weighted ball and various dumbbells.</i>												
48 Minutes	WEIGHT		Change Weight Next Time?		WEIGHT		Change Weight Next Time?		WEIGHT		Change Weight Next Time?	
DATE												
Hover Squats		increase decrease				increase decrease					increase decrease	
Pushups		increase decrease				increase decrease					increase decrease	
Dips (right)		increase decrease				increase decrease					increase decrease	
Biceps Curls/Bunny Lunges		increase decrease				increase decrease					increase decrease	
Dips (left)		increase decrease				increase decrease					increase decrease	
French Press		increase decrease				increase decrease					increase decrease	
Tricep Kickbacks		increase decrease				increase decrease					increase decrease	
French Press		increase decrease				increase decrease					increase decrease	
Abs												
<b>STRETCH</b>												

**Firm Worksheets Hare Cont.**

<b>Calorie Killer II</b>		Date:	Date:	Date:	Date:	Date:	Date:	Date:
	<b>Weight Suggestion</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>
<b>Tune 1:</b>								
Lunges w/upright row	5 to 8 pounds							
<b>Tune 2:</b>								
Hover squats w/ overhead press	5 to 8 pounds							
Plie w/overhead press	barbell							
Plie w/upright row	barbell							
Biceps curl	barbell							
French press	10 to 12(1) pds							
Push up	box							
Spinal erector	N/A							
"Table work"	ankle weights							
"Bridge work"	ball (small)							
Ab work	ball (small)							
"Bridge work"	ball (small)							
Ab work	ball (small)							

<b>Ultimate Fat Burning Workout</b>		Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:
	<b>Weight Suggestion</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>
<b>Tune 1</b>									
Upper and Lower Body combos	3 to 5								
<b>Tune 2</b>									
Upper and Lower Body combos	3 to 5								
<b>Tune 3</b>									
Abdominals	3 to 5								



**Firm Worksheets Hare Cont.**

<b>Fat Blaster</b>		Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:
	<b>Weight Suggestion</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>
<b>Tune 1</b>									
Planks/pushups	N/A								
Spinal erector work	N/A								
<b>Tune 2</b>									
Abdominals	3 to 5								

		Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:
<b>Bootcamp Maximum Calorie Burn</b>	<b>Weight Suggestion</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>
<b>Tune 1:</b>									
Squats w/overhead press	7 to 8 pounds								
Hinge w/row	7 to 8 pounds								
Squats w/overhead press	7 to 8 pounds								
Push up	N/A								
<b>Tune 2:</b>									
Side lunge w/kickback	7 to 8 pounds								
lunge w/biceps	(1) 12 pounds								
bent over row	12 to 15 pounds								
Dip w/upright row	7 to 8 pounds								
<b>Tune 3:</b>									
Side lunge w/kickback	7 to 8 pounds								
lunge w/biceps	(1) 12 pounds								
bent over row	12 to 15 pounds								
Dip w/upright row	7 to 8 pounds								

### Firm Worksheets Parts(Lower/Upper)

<b>Jiggle Free Buns</b>		Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:
	<b>Weight Suggestion</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>
<b>Tune 1:</b>										
Squats	10 to 12 pounds									
Side lunges	10 to 12 pounds									
Squats	10 to 12 pounds									
Side lunges	10 to 12 pounds									
Dead rows	10 to 12 pounds									
Squats	10 to 12 pounds									
<b>Tune 2:</b>										
Lunges on step	10 to 12 pounds									
Dips	10 to 12 pounds									
Lunges on incline	10 to 12 pounds									
Lunges on step	10 to 12 pounds									
Dips	10 to 12 pounds									
<b>Tune 3:</b>										
Leg press	10 to 12 pounds									
Tall box climb	N/A									
Hover Squats	10 to 12 pounds									
Plie	8 to 10 pounds									

### Firm Worksheets Parts(Lower/Upper)

<b>Jiggle Free Arms</b>		Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:
	<b>Weight Suggestion</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>
<b>Tune 1:</b>										
Pushups	N/A									
Bench Press	10 to 12 pounds									
French Press	10 pounds									
Pec fly	10 to 12 pounds									
Lying french press										
<b>Tune 2:</b>										
Triceps dips	N/A									
Overhead press	7 to 8 pounds									
Anterior lift	4 to 5 pounds									
<b>Tune 3:</b>										
Double bent row	10 to 12 pounds									
Hammer Curl	8 to 10 pounds									
Wide bent row	3 to 5 pounds									
Angle biceps curl	5 to 7 pounds									
<b>Tune 4:</b>										
clean & press	7 to 8 pounds									
biceps	8 to 10 pounds									
upright row	7 to 8 pounds									
posterior fly	3 to 5 pounds									

### Firm Worksheets Sculpt (Total Body)

<b>Tough Tape</b>		Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:
	<b>Weight Suggestion</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>
<b>Tune 1</b>										
Squats	8 to 15									
Military Presses	8 to 10									
Leg Press	8 to 15									
Military Presses	8 to 10									
<b>Tune 2</b>										
Squats	8 to 12									
Upright Rows	8 to 10									
Leg Press	8 to 12									
Upright Rows	8 to 12									
Plie	8 to 15									
<b>Tune 3</b>										
Lunges	8 to 15									
Biceps Curl	8 to 12									
Lunges	8 to 15									
Biceps Curl	8 to 12									
<b>Tune 4</b>										
Dips	8 to 15									
French Press	10 to 20 (1)									
Dips										
<b>Tune 5</b>										
Leg Press	8 to 15									
Leg Press	8 to 15									
Lat Rows	8 to 15									
Triceps Kickback	5 to 10									
Biceps Curl	5 to 12									

**Firm Worksheets Sculpt (Total Body) Cont.**

<b>Tough Tape</b>		Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:
	<b>Weight Suggestion</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>
<b>Tune 6</b>										
Leg Press	8 to 15									
Lat Rows	8 to 15									
Triceps Kickback	5 to 10									
Biceps Curl	5 to 12									
<b>Tune 7</b>										
Push Ups	N/A									
Pec Fly	8 to 12									

### Firm Worksheets Sculpt (Total Body) Cont.

<b>Tough Tape 2</b>		Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:
	<b>Weight Suggestion</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>
<b>Tune 1</b>									
Pushups	N/A								
Squats	10 to 15								
Pushups	N/A								
Squats	10 to 15								
<b>Tune 2</b>									
Dips w/kick & stick	10								
Squats & Milit. Press	8 to 10								
Dips w/kick & stick	10								
Squats & Milit. Press	8 to 10								
<b>Tune 3</b>									
Military Press	8 to 10								
French Press	10 to 15								
Biceps	8 to 10								
<b>Tune 4</b>									
Lunges w/ dips	10 to 15								
Squats	10 to 15								
Lunges w/ dips	10 to 15								
<b>Tune 5</b>									
Lat Row	10 to 15								
Biceps	10 to 15								
<b>Tune 6</b>									
Leg Press	10 to 15								
French Press	(1) 10 to 15								
Leg Press	10 to 15								

### Firm Worksheets Sculpt (Total Body) Cont.

<b>Tough Tape 2</b>		Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:
	<b>Weight Suggestion</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>
<b>Tune 7</b>									
Lat Row	10 to 15								
Biceps	10 to 15								
<b>Tune 8</b>									
Leg Press	10 to 15								
Biceps	8 to 10								
<b>Tune 9</b>									
Lateral delts	3 to 7								
Anterior delts	3 to 5								
Overhead Press	5 to 10								
<b>Tune 10</b>									
Lat Row	10 to 15								
Plie	10 to 15								
<b>Tune 11</b>									
Delt Work	3 to 5								
Posterior work	3 to 5								
Triceps dip	Firm Box								
<b>Tune 12</b>									
Pushups	N/A								
Spinal erector work	N/A								

### Firm Worksheets Sculpt (Total Body) Cont.

<b>Body Sculpt Blaster</b>		Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:
	<b>Weight Suggestion</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>
<b>Tune 1:</b>									
Squats w/overhead press	8 to 10 pounds								
Push ups	N/A								
Plie w/biceps push ups	8 to 10 pounds								
Push ups	N/A								
Traveling squats w/overhead press	8 to 10 pounds								
<b>Tune 2:</b>									
Leg press w/biceps	8 to 10 pounds								
Lat row (comb.)	8 to 10 pounds								
Leg press w/biceps	8 to 10 pounds								
Lat row (comb.)	8 to 10 pounds								
<b>Tune 3:</b>									
Lunges w/biceps	8 to 10 pounds								
Doublearm french press (comb.)	8 to 10 pounds								
Lunges w/biceps	8 to 10 pounds								
Doublearm french press (comb.)	8 to 10 pounds								
Bent over row	12 to 15 pounds								
<b>Tune 4:</b>									
Lleg press	10 to 12 pounds								
Ooblique work	N/A								
Leg press	10 to 12 pounds								
Oblique work	N/A								
<b>Tune 5:</b>									
Curtsie dips	8 to 10 pounds								
Clean & press	8 to 10 pounds								
Curtsie dips	8 to 10 pounds								
Medial delts	8 to 10 pounds								



### Firm Worksheets Sculpt (Total Body) Cont.

<b>Supercharged Sculpting</b>		Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:
	<b>Weight Suggestion</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>
<b>Tune 1:</b>									
Squats	12 to 15 pounds								
Lunges	12 to 15 pounds								
Squats	12 to 15 pounds								
Lunges	12 to 15 pounds								
Squats	12 to 15 pounds								
<b>Tune 2:</b>									
Double arm lat row	10 to 12 pounds								
Upright row	7 to 8 pounds								
Double arm lat row	10 to 12 pounds								
Rib cage pullover	7 to 8 pounds								
Pec fly	8 to 10 pounds								
Bench press	8 to 10 pounds								
<b>Tune 3:</b>									
Planks	N/A								
Side planks	N/A								
Abdominals	3 to 5 pounds								
Seated Abdominal work	N/A								
<b>Tune 4:</b>									
Dips	12 to 15 pounds								
Reverse leg press	12 to 15 pounds								
Tall box climb	N/A								

**Firm Worksheets Sculpt (Total Body) Cont.**

<b>Supercharged Sculpting</b>		Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:
	<b>Weight Suggestion</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>
<b>Tune 5:</b>									
Clean & press	7 to 8 pounds								
Triceps kickback	7 to 8 pounds								
Hammer Curl	8 to 10 pounds								
Posterior delts	1 to 3 pounds								
Anterior lifts	3 to 5 pounds								
Triceps dips	N/A								

### Firm Worksheets Sculpt (Total Body) Cont.

<b>Total Sculpt Plus Abs</b>		Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:
	<b>Weight Suggestion</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>
<b>Tune 1:</b>									
Hover squats	12 to 15 pounds								
Bent over lat row	12 to 15 pounds								
Plie	12 to 15 pounds								
Seated lat row pull down	small barbell								
<b>Tune 2:</b>									
Squats (1)	12 to 15 pounds								
Overhead press (1)	10 to 12 pounds								
Squats (1)	12 to 15 pounds								
Overhead press (1)	10 to 12 pounds								
<b>Tune 3:</b>									
Right leg press (1)	12 to 15 pounds								
Lunges (1)	12 to 15 pounds								
Right leg press w/outer thigh lift	12 to 15 pounds								
<b>Tune 4:</b>									
Concentration curl	8 to 10 pounds								
Hammer Curl	8 to 10 pounds								
Concentration curl	8 to 10 pounds								
Biceps Curl	small barbell								
<b>Tune 5:</b>									
Left leg press (1)	12 to 15 pounds								
Lunges (1)	12 to 15 pounds								
Left leg press w/outer thigh lift	12 to 15 pounds								

**Firm Worksheets Sculpt (Total Body) Cont.**

<b>Total Sculpt Plus Abs</b>		Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:
	<b>Weight Suggestion</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>
<b>Tune 6:</b>									
French press (1)	12 to 15 pounds								
Kickbacks (1)	5 to 7 pounds								
Triceps push ups	N/A								
Pec fly	10 to 12 pounds								
Rib cage pull over w/chest press	small barbell								
<b>Tune 7:</b>									
Ab work	small barbell								

### Firm Worksheets Sculpt (Total Body) Cont.

Total Body Toner		Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:
	Weight Suggestion	Weight Used	Weight Used	Weight Used	Weight Used	Weight Used	Weight Used	Weight Used	Weight Used
<b>Tune 1:</b>									
Turning lung w/lat row (1)	10 to 12 pounds								
Side lunge	12 to 15 pounds								
Lat row (1)	12 to 15 pounds								
Lunge w/biceps	8 to 10 pounds								
Concentration curl	8 to 10 pounds								
Lateral delt lift	5 to 7 pounds								
Anterior lift	5 to 7 pounds								
Wide squats	12 to 15 pounds								
<b>Tune 2:</b>									
Turning lung w/lat row (1)	10 to 12 pounds								
Side lunge	12 to 15 pounds								
Lat row (1)	12 to 15 pounds								
Lunge w/biceps	8 to 10 pounds								
Concentration curl	8 to 10 pounds								
Rear Delt	3 to 5 pounds								
Anterior lift	5 to 7 pounds								
Plie	10 to 12 pounds								

### Firm Worksheets Sculpt (Total Body) Cont.

<b>Total Body Toner</b>		Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:
	<b>Weight Suggestion</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>
<b>Tune 3:</b>									
French press (1)	12 to 15 pounds								
Dip w/overhead press	7 to 8 pounds								
Kickbacks	7 to 8 pounds								
Dip w/overhead press	7 to 8 pounds								
Lat pull	12 to 15 pounds								
Deadlift	12 to 15 pounds								
Squats w/biceps & triceps	7 to 8 pounds								
Deadlift	12 to 15 pounds								
Lunge w/hammer curl	8 to 10 pounds								
Balance hold	8 to 10 pounds								
Oblique work	7 to 8 pounds								
<b>Tune 4:</b>									
Plank rotation	5 pounds								
Bridge	10 to 12 pounds								
Toe reach	5 pounds								

## Firm Worksheets Sculpt (Total Body) Cont.

<b>The FIRM: Super Sculpting (SS, 1999)</b>							
Part of the Super Shapers with Various Leads. Category: Sculpt <i>This video requires a tall box, a short box, a barbell, a dowel, ankle weights and various dumbbells.</i>							
49 Minutes	WEIGHT	Change Weight Next Time?	WEIGHT	Change Weight Next Time?	WEIGHT	Change Weight Next Time?	
DATE							
<b>WARM UP</b>							
Bent Row		increase decrease		increase decrease		increase decrease	
Bicep Curls		increase decrease		increase decrease		increase decrease	
Bent Row		increase decrease		increase decrease		increase decrease	
Hammer Curls		increase decrease		increase decrease		increase decrease	
Pushups		increase decrease		increase decrease		increase decrease	
Upright Rows/Clean & Press/Biceps		increase decrease		increase decrease		increase decrease	
Bent Row		increase decrease		increase decrease		increase decrease	
French Press		increase decrease		increase decrease		increase decrease	
Tricep Dips		increase decrease		increase decrease		increase decrease	
Posterior Delts		increase decrease		increase decrease		increase decrease	

### Firm Worksheets Sculpt (Total Body) Cont.

<b>The FIRM: Super Sculpting (SS, 1999)</b>										
Part of the Super Shapers with Various Leads. Category: Sculpt <i>This video requires a tall box, a short box, a barbell, a dowel, ankle weights and various dumbbells.</i>										
49 Minutes	WEIGHT		Change Weight Next Time?		WEIGHT		Change Weight Next Time?		WEIGHT	
DATE										
Pushups		increase				increase				increase
		decrease				decrease				decrease
Squats		increase				increase				increase
		decrease				decrease				decrease
Plies		increase				increase				increase
		decrease				decrease				decrease
Glute Lifts		increase				increase				increase
		decrease				decrease				decrease
Lunges/Curtsey Dips		increase				increase				increase
		decrease				decrease				decrease
Leg Press		increase				increase				increase
		decrease				decrease				decrease
Clean & Press		increase				increase				increase
		decrease				decrease				decrease
Leg Press		increase				increase				increase
		decrease				decrease				decrease



## Firm Worksheets Sculpt (Total Body) Cont.

<b>The FIRM: Super Sculpting (SS, 1999)</b>									
Part of the Super Shapers with Various Leads. Category: Sculpt <i>This video requires a tall box, a short box, a barbell, a dowel, ankle weights and various dumbbells.</i>									
49 Minutes	WEIGHT	Change Weight Next Time?		WEIGHT	Change Weight Next Time?		WEIGHT	Change Weight Next Time?	
DATE									
Upright Rows/Overhead Press/Delt Work		increase			increase			increase	
		decrease			decrease			decrease	
Good Mornings/Bent Row		increase			increase			increase	
		decrease			decrease			decrease	
Delt work		increase			increase			increase	
		decrease			decrease			decrease	
Pushups		increase			increase			increase	
		decrease			decrease			decrease	
Tricep Dips		increase			increase			increase	
		decrease			decrease			decrease	
Lat Row (right)		increase			increase			increase	
		decrease			decrease			decrease	
Bicep Curls		increase			increase			increase	
		decrease			decrease			decrease	
Lat Row (left)		increase			increase			increase	
		decrease			decrease			decrease	
Dips		increase			increase			increase	
		decrease			decrease			decrease	
Squats		increase			increase			increase	
		decrease			decrease			decrease	

### Firm Worksheets Sculpt (Total Body) Cont.

<b>The FIRM: Super Sculpting (SS, 1999)</b>									
Part of the Super Shapers with Various Leads. Category: Sculpt <i>This video requires a tall box, a short box, a barbell, a dowel, ankle weights and various dumbbells.</i>									
49 Minutes	WEIGHT	Change Weight Next Time?		WEIGHT	Change Weight Next Time?		WEIGHT	Change Weight Next Time?	
DATE									
Lunges (right)		increase			increase			increase	
		decrease			decrease			decrease	
Squats		increase			increase			increase	
		decrease			decrease			decrease	
Lunges (left)		increase			increase			increase	
		decrease			decrease			decrease	
Squats		increase			increase			increase	
		decrease			decrease			decrease	
Outer/Inner Thigh work		increase			increase			increase	
		decrease			decrease			decrease	
Squats		increase			increase			increase	
		decrease			decrease			decrease	
Abs									
<b>STRETCH</b>									

**Firm Worksheets Sculpt (Total Body) Cont.**

<b>The FIRM: Maximum Body Shaping (MBS, 1998)</b>							
Part of the Tri-Trainers with Tracie Long in Lead. Category: Sculpt <i>This video requires a tall box, a dowel, ankle weights and various dumbbells.</i>							
49 Minutes	WEIGHT	Change Weight Next Time?	WEIGHT	Change Weight Next Time?	WEIGHT	Change Weight Next Time?	
DATE							
<b>WARM UP</b>							
Squats		increase decrease		increase decrease		increase decrease	
Pushups		increase decrease		increase decrease		increase decrease	
Squats w/Bicep Curl		increase decrease		increase decrease		increase decrease	
Pushups		increase decrease		increase decrease		increase decrease	
Tall Box Climbs		increase decrease		increase decrease		increase decrease	
Lat Row (right)		increase decrease		increase decrease		increase decrease	
Concentrated Curl (right)		increase decrease		increase decrease		increase decrease	
Leg Press (right)		increase decrease		increase decrease		increase decrease	
Bicep Curls/Upright Rows		increase decrease		increase decrease		increase decrease	
Dips w/Kicks (right)		increase decrease		increase decrease		increase decrease	

### Firm Worksheets Sculpt (Total Body) Cont.

<b>The FIRM: Maximum Body Shaping (MBS, 1998)</b>									
Part of the Tri-Trainers with Tracie Long in Lead. Category: Sculpt <i style="color: blue;">This video requires a tall box, a dowel, ankle weights and various dumbbells.</i>									
49 Minutes	WEIGHT	Change Weight Next Time?		WEIGHT	Change Weight Next Time?		WEIGHT	Change Weight Next Time?	
DATE									
Squats w/Military Press		increase			increase			increase	
		decrease			decrease			decrease	
Dips w/Kicks (left)		increase			increase			increase	
		decrease			decrease			decrease	
Squats w/Military Press		increase			increase			increase	
		decrease			decrease			decrease	
Plie w/Upright Row		increase			increase			increase	
		decrease			decrease			decrease	
Leg Press (left)		increase			increase			increase	
		decrease			decrease			decrease	
French Press		increase			increase			increase	
		decrease			decrease			decrease	
Triceps Kickback		increase			increase			increase	
		decrease			decrease			decrease	
Lat Row (left)		increase			increase			increase	
		decrease			decrease			decrease	
Concentrated Curl (left)		increase			increase			increase	
		decrease			decrease			decrease	
Cardio		increase			increase			increase	
		decrease			decrease			decrease	

## Firm Worksheets Sculpt (Total Body) Cont.

<b>The FIRM: Maximum Body Shaping (MBS, 1998)</b>										
Part of the Tri-Trainers with Tracie Long in Lead. Category: Sculpt <i style="color: blue;">This video requires a tall box, a dowel, ankle weights and various dumbbells.</i>										
49 Minutes	WEIGHT		Change Weight Next Time?		WEIGHT		Change Weight Next Time?		WEIGHT	
DATE										
Delt Lifts		increase decrease				increase decrease				increase decrease
Tall Box Climbs		increase decrease				increase decrease				increase decrease
Delt work over box		increase decrease				increase decrease				increase decrease
Dip/Lunge Combo (right)		increase decrease				increase decrease				increase decrease
Oblique Training		increase decrease				increase decrease				increase decrease
Dip/Lunge Combo (left)		increase decrease				increase decrease				increase decrease
Tablework		increase decrease				increase decrease				increase decrease
Bridgework		increase decrease				increase decrease				increase decrease
Abs										
Pec Flyes		increase decrease				increase decrease				increase decrease

### Firm Worksheets Sculpt (Total Body) Cont.

<b>The FIRM: Maximum Body Shaping (MBS, 1998)</b>									
Part of the Tri-Trainers with Tracie Long in Lead. Category: Sculpt <i style="color: blue;">This video requires a tall box, a dowel, ankle weights and various dumbbells.</i>									
49 Minutes	WEIGHT		Change Weight Next Time?	WEIGHT		Change Weight Next Time?	WEIGHT		Change Weight Next Time?
DATE									
Ribcage Pullover/French Press Combo		increase decrease			increase decrease			increase decrease	
<b>STRETCH</b>									

### Firm Worksheets Sculpt (Total Body) Cont.

Get Chisel'd		Date:	Date:	Date:	Date:	Date:	Date:	Date:
	Weight Suggestion	Weight Used	Weight Used	Weight Used	Weight Used	Weight Used	Weight Used	Weight Used
<b>Tune 1</b>								
Dead lifts w rear heel press	8 to 12							
Windmill	5 to 10							
Dead lifts w rear heel press w/front raise	8 to 12							
Windmill w/front raise	3 to 5							
(Power Cardio)								
Wide Squats w/knee lift	8 to 12							
Side & front biceps	5 to 10							
Isolated squats w/knee lift	8 to 12							
Concentrated biceps curl	8 to 12							
Isolated squats w/knee lift	8 to 12							
Concentrated biceps curl	8 to 12							
(Power Cardio)								
<b>Tune 2</b>								
Plie w/heel raise	8 to 12							
Lat row w/glute lift	8 to 12							
Plie w/heel raise	8 to 12							
Lat row w/glute lift w/pivot glute	8 to 12							
Plie w/pivot & upright row w/lat row	5 to 10							
(Power Cardio)								
Dips	5 to 10							
Push ups w/ row	5 to 10							
Dips w/ Glute lift	N/A							
Push ups w/ shoulder tap	N/A							
(Power Cardio)								

### Firm Worksheets Sculpt (Total Body) Cont.

<b>Full Workout</b>	<b>Hi Def Sculpt</b>	Date:	Date:	Date:	Date:	Date:	Date:	Date:
<b>Tune 1:</b>	<b>Weight Suggestion</b>	<b>Wt. Used</b>	<b>Wt. Used</b>	<b>Wt. Used</b>	<b>Wt. Used</b>	<b>Wt. Used</b>	<b>Wt. Used</b>	<b>Wt. Used</b>
Power Press	7 to 8 pounds							
Deadlift w/dead row	10 to 12 pounds							
Lunges	12 (1) pounds							
Wide Rows	3 to 5 pounds							
Lunges	12 (1) pounds							
<b>Tune 2:</b>								
Pushups	N/A							
Diagonal lunge w/scoop	5 to 8 pounds							
Dips	12 pounds							
Kickback	5 to 8 pounds							
<b>Tune 3:</b>								
Side lunge w/overhead press	5 to 8 pounds							
Side Bends	4 to 5 (1) pounds							
Plie w/delt lift	7 to 8 pounds							
Dips w/anterior lift	5 to 7 pounds							
<b>Tune 4:</b>								
Standing Core	5 (1) pounds							
Plie w/side bend	N/A							
Standing Core	5 (1) pounds							
Crunches	N/A							
<b>Tune 5:</b>	Crunches	N/A						
Lunges w/biceps curl	7 to 8 pounds							
Butt N Back Burner	7 to 8 pounds							
Lunges w/biceps curl	7 to 8 pounds							
Butt N Back Burner	7 to 8 pounds							
Step Squat w/wide row	3 to 5 pounds							



### Firm Worksheets Sculpt (Total Body) Cont.

<b>Full Workout</b>	<b>Hi Def Sculpt</b>	Date:	Date:	Date:	Date:	Date:	Date:	Date:
	<b>Weight Suggestion</b>	<b>Wt.Used</b>	<b>Wt. Used</b>	<b>Wt. Used</b>	<b>Wt. Used</b>	<b>Wt. Used</b>	<b>Wt. Used</b>	<b>Wt. Used</b>
<b>Tune 6:</b>								
Chest Flyes	10 to 12 pounds							
Hamstring curls	10 or 12 (1) pds							
Triceps extension & extension	8 (U) w/12(L)							
<b>Tune 7:</b>								
Traveling Plie w/upright row	7 to 8 (1) pounds							
Side lunge w/front raise	5 to 8 pounds							
Traveling Plie w/upright row	7 to 8 (1) pounds							
Side lunge w/front raise	5 to 8 pounds							
Dip w/overhead press	7 to 8 pounds							
<b>Tune 8:</b>								
Triceps Tummy Toner	4 to 7 pounds							

### Firm Worksheets Sculpt (Total Body) Cont.

Hi Def Sculpt								
<i>Short Workout</i>		Date:	Date:	Date:	Date:	Date:	Date:	Date:
	Weight Suggestion	Weight Used	Weight Used	Weight Used	Weight Used	Weight Used	Weight Used	Weight Used
<b>Tune 1:</b>								
Lunges w/biceps curl	7 to 8 pounds							
Butt N Back Burner	7 to 8 pounds							
Lunges w/biceps curl	7 to 8 pounds							
Butt N Back Burner	7 to 8 pounds							
Step Squat w/wide row	3 to 5 pounds							
<b>Tune 2:</b>								
Chest Flyes	10 to 12 pounds							
Hamstring Curls	10(1) or 12(1) pds							
Tricep extension & bridge	8 (U) w/12(L)							
Tricep extension & bridge	8 (U) w/12(L)							
<b>Tune 3:</b>								
Traveling Plie w/upright row	7 to 8 (1) pounds							
Side lunge w/Front raise	5 to 8 pounds							
Traveling Plie w/upright row	7 to 8 (1) pounds							
Side lunge w/Front raise	5 to 8 pounds							
Dip w/overhead press	7 to 8 pounds							
<b>Tune 4:</b>								
Triceps Tummy Toner	4 to 5 pounds							

### Firm Worksheets Sculpt (Total Body) Cont.

<b>Body Sculpt</b>		Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:
<b>Lower Body</b>	<b>Weight Suggestion</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>
<b>Tune 1:</b>									
Squats	12 to 15 pounds								
Lunges w/dips	12 to 15 pounds								
Plies	12 to 15 pounds								
Lunges w/dips	12 to 15 pounds								
<b>Tune 2:</b>									
Leg press	12 to 15 pounds								
Hover squats	12 to 15 pounds								
Leg press	12 to 15 pounds								
Side lunges	12 to 15 pounds								
<b>Tune 3:</b>									
Leg press	12 to 15 pounds								
Squats w/outer thigh lift	12 to 15 pounds								
Leg press	12 to 15 pounds								
Side lunges	12 to 15 pounds								
<b>Upper Body</b>									
<b>Tune 4:</b>									
Bent over row	12 to 15 pounds								
Hammer curl	10 to 12 pounds								
Clean & press	8 to 10 pounds								
French press (1)	12 to 15 pounds								
<b>Tune 5:</b>									
Anterior Lifts w/lateral	3 to 7 pounds								
Lateral lifts	3 to 7 pounds								
French press	7 to 8 pounds								
Triceps Kickback	7 to 8 pounds								
Posterior fly	1 to 3 pounds								

**Firm Worksheets Sculpt (Total Body) Cont.**

<b>Body Sculpt</b>		Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:
<b>Upper Body</b>	<b>Weight Suggestion</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>
Bench press	10 to 12 pounds								
Pec fly	10 to 12 pounds								

### Firm Worksheets Split (Lower Body).

Standing Legs		Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:
	Weight Suggestion	Weight Used	Weight Used	Weight Used	Weight Used	Weight Used	Weight Used	Weight Used	Weight Used
<b>Tune 1</b>									
Leg Press	N/A								
Leg Press	10 to 15								
<b>Tune 2</b>									
Squat w/tri/bi work	2 to 5 (ankle)								
& fast abduction	5 to 8 (DB)								
Fast squat pumps	2 to 5 (ankle)								
(overhead press)	5 to 8 (DB)								
<b>Tune 3</b>									
Lunges w/squats & overhead press	5 to 10								
Knee lifts w/overhead press	2 to 5 (ankle)								
	5 to 10 (DB)								
Leg hip extension & Dips	2 to 5 (ankle)								
	5 to 12 (DB)								
Outer thigh w/delts & biceps	2 to 5 (ankle)								
	5 to 10 (DB)								
Squats	2 to 5 (ankle)								
	7 to 15 (DB)								
Leg hip extension & Dips	2 to 5 (ankle)								
	5 to 12 (DB)								
Outer thigh w/delts & Biceps	2 to 5 (ankle)								
	5 to 10 (DB)								
Squats	2 to 5 (ankle)								
	7 to 15 (DB)								
Knee lifts w/overhead press	2 to 5 (ankle)								
	5 to 10 (DB)								

**Firm Worksheets Split (Lower Body) Cont.**

<b>Standing Legs</b>		Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:
	<b>Weight Suggestion</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>
<b>Tune 4</b>									
Leg Press	10 to 15								
Squat	10 to 15								
Leg Press	10 to 15								
Back Pinches	10 to 15								
Leg Press	10 to 15								
Squat	10 to 15								
Leg Press	10 to 15								
<b>Tune 5</b>									
Lunges	0 to 1								
Heavy Lunges	8 to 12								
Lunges	8 to 10								
<b>Tune 6</b>									
Dips & hyperextension	8 to 15								
Dips	8 to 15								
Leg & arm abduction	8 to 10								
Fast pull downs	8 to 10								
<b>Tune 7</b>									
Leg Press (barbell opt.)	10 to 15								
Back Pinches	10 to 15								
Leg Press (barbell opt.)	10 to 15								
<b>Tune 8</b>									
Squats	10 to 15								

**Firm Worksheets Split (Lower Body) Cont.**

<b>Sculpted Buns, Hips &amp; Thighs</b>		Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:
	<b>Weight Suggestion</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>
<b>Tune 1</b>										
Abdominals	N/A									
<b>Tune 2</b>										
Pelvic Contractions	N/A									
<b>Tune 3</b>										
Abdominals	N/A									
<b>Tune 4</b>										
Tablework	2 to 5 (ankle)									
<b>Tune 5</b>										
Shoot Outs w/ long lever	2 to 5 (ankle)									
<b>Tune 6</b>										
Adduction work	2 to 5 (ankle)									
<b>Tune 7</b>										
Abdominal work	N/A									
<b>Tune 8</b>										
Bridge work	10 to 15									
<b>Tune 9</b>										
Tablework	2 to 5 (ankle)									
<b>Tune 10</b>										
Shoort outs w/long lever	2 to 5 (ankle)									
<b>Tune 11</b>										
Adduction work	5 to 10									
<b>Tune 12</b>										
Abdominal work	N/A									

**Firm Worksheets Split (Lower Body) Cont.**

<b>Lower Body Sculpting</b>		Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:
	<b>Weight Suggestion</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>
<b>Tune 1</b>										
Bridgework	15 to 20									
<b>Tune 2</b>										
Hamstring pumps	1 to 5 (ankle)									
<b>Tune 3</b>										
Leg Shoots	1 to 5 (ankle)									
Adductor work	1 to 5 (DB)									
<b>Tune 4</b>										
Bridgework	15 to 20									
<b>Tune 5</b>										
Adductor work	1 to 8 (DB)									
<b>Tune 6</b>										
Tablework	1 to 5 (ankle)									
	1 to 5 DB									
<b>Tune 7</b>										
Bridgework	15 to 20									



## Firm Worksheets Split (Lower Body) Cont.

<b>The FIRM: Lower Body Split (LBSpl)</b>							
Part of the Split Set with Various Leads.							
Category: Sculpt							
<i>This video requires a tall box, a barbell, a dowel, a weighted ball, ankle weights and various dumbbells.</i>							
69 Minutes	WEIGHT	Change Weight Next Time?	WEIGHT	Change Weight Next Time?	WEIGHT	Change Weight Next Time?	
DATE							
<b>WARM UP</b>							
Light 4-limb		increase decrease		increase decrease		increase decrease	
Leg Press (left)		increase decrease		increase decrease		increase decrease	
Tall box climbs		increase decrease		increase decrease		increase decrease	
Leg Press (left)		increase decrease		increase decrease		increase decrease	
Hover Squats		increase decrease		increase decrease		increase decrease	
Side Lunges		increase decrease		increase decrease		increase decrease	
Squats/Hover Squats		increase decrease		increase decrease		increase decrease	
Side Lunges		increase decrease		increase decrease		increase decrease	
Lunge/Dip Combo (left)		increase decrease		increase decrease		increase decrease	
Tablework (left)		increase decrease		increase decrease		increase decrease	

### Firm Worksheets Split (Lower Body) Cont.

<b>The FIRM: Lower Body Split (LBSpl)</b>									
Part of the Split Set with Various Leads. Category: Sculpt <i>This video requires a tall box, a barbell, a dowel, a weighted ball, ankle weights and various dumbbells.</i>									
69 Minutes	WEIGHT	Change Weight Next Time?		WEIGHT	Change Weight Next Time?		WEIGHT	Change Weight Next Time?	
DATE									
Light 4-limb		increase			increase			increase	
		decrease			decrease			decrease	
Leg Press (right)		increase			increase			increase	
		decrease			decrease			decrease	
Tall box climbs		increase			increase			increase	
		decrease			decrease			decrease	
Leg Press (right)		increase			increase			increase	
		decrease			decrease			decrease	
Basic Training		increase			increase			increase	
		decrease			decrease			decrease	
Squats		increase			increase			increase	
		decrease			decrease			decrease	
Basic Training		increase			increase			increase	
		decrease			decrease			decrease	
Squats		increase			increase			increase	
		decrease			decrease			decrease	
Lunge/Dip Combo (right)		increase			increase			increase	
		decrease			decrease			decrease	
Tablework (right)		increase			increase			increase	
		decrease			decrease			decrease	

### Firm Worksheets Split (Lower Body) Cont.

<b>The FIRM: Lower Body Split (LBSpl)</b>											
Part of the Split Set with Various Leads. Category: Sculpt <i>This video requires a tall box, a barbell, a dowel, a weighted ball, ankle weights and various dumbbells.</i>											
69 Minutes	WEIGHT		Change Weight Next Time?		WEIGHT		Change Weight Next Time?		WEIGHT	Change Weight Next Time?	
DATE											
Cardio		increase decrease				increase decrease				increase decrease	
Lunges (right)		increase decrease				increase decrease				increase decrease	
Plies		increase decrease				increase decrease				increase decrease	
Lunges (left)		increase decrease				increase decrease				increase decrease	
Plies		increase decrease				increase decrease				increase decrease	
Lunge/Dip Combo w/Squats		increase decrease				increase decrease				increase decrease	
Squats w/Abduction		increase decrease				increase decrease				increase decrease	
Lunge/Dip Combo (left)		increase decrease				increase decrease				increase decrease	
Step Squats		increase decrease				increase decrease				increase decrease	
Lunge/Dip Combo (right)		increase decrease				increase decrease				increase decrease	

## Firm Worksheets Split (Lower Body) Cont.

<b>The FIRM: Lower Body Split (LBSpl)</b>  Part of the Split Set with Various Leads. Category: Sculpt <i>This video requires a tall box, a barbell, a dowel, a weighted ball, ankle weights and various dumbbells.</i>									
69 Minutes	WEIGHT	Change Weight Next Time?		WEIGHT	Change Weight Next Time?		WEIGHT	Change Weight Next Time?	
DATE									
Bridgework		increase			increase			increase	
		decrease			decrease			decrease	
Abs									
<b>STRETCH</b>									

**Firm Worksheets Split (Lower Body) Cont.**

		Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:
<b>Lower Body Sculpt I</b>	<b>Weight Suggestion</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>
<b>Tune 1:</b>									
Plie	10 to 12 pounds								
leg press	10 to 12 pounds								
hover squats	12 to 15 pounds								
leg press	10 to 12 pounds								
<b>Tune 2:</b>									
dips	12 to 15 pounds								
lunges	12 to 15 pounds								
dips	12 to 15 pounds								
<b>Tune 3:</b>									
leg press	12 to 15 pounds								
calves	12 to 15 pounds								
squats	12 to 15 pounds								
leg press	12 to 15 pounds								
calves	12 to 15 pounds								
squats	12 to 15 pounds								
dips	12 to 15 pounds								

**Firm Worksheets Split (Lower Body) Cont.**

<b>Lower Body Sculpt II</b>		Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:
<b>Tune 1:</b>	<b>Weight Suggestion</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>
Seated Quad work	8 to 10 pounds									
hamstring work	8 to 10 pounds									
Seated Quad work	8 to 10 pounds									
Hamstring Work	8 to 10 pounds									
Seated Quad work	8 to 10 pounds									
<b>Tune 2:</b>										
Bridge	10 to 12 pounds									
Bridge II	10 to 12 pounds									
Abdominals	N/A									
Bridge	10 to 12 pounds									
Bridge w/leg extension	10 to 12 pounds									
<b>Tune 3:</b>										
Outer thigh work	4 to 5 pounds									
Inner Thigh work	7 to 8 pounds									
Abdominal work	N/A									

**Firm Worksheets Split (Lower Body) Cont.**

<b>Tight Buns &amp; Killer Legs</b>		Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:
	<b>Weight Suggestions</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>
<b>Tune 1:</b>									
Curtsies	12 to 15 pounds								
single leg squat	12 to 15 pounds								
Curtsies	12 to 15 pounds								
single leg squat	12 to 15 pounds								
<b>Tune 2:</b>									
Side Lunge	10 to 12 pounds								
rotate leg & extend rear	10 to 12 pounds								
Side Lunge	10 to 12 pounds								
rotate leg & extend rear	10 to 12 pounds								
<b>Tune 3:</b>									
deadlifts heel push	10 to 12 pounds								
lunge w/glute lift	10 to 12 pounds								
deadlifts heel push	10 to 12 pounds								
lunge w/glute lift	10 to 12 pounds								
<b>Tune 4:</b>									
four count Plie w/heel lift	10 to 12 pounds								
<b>Tune 5:</b>									
bridge	10 to 12 pounds								

### Firm Worksheets Split (Upper Body)

Upper Body		Date:	Date:	Date:	Date:	Date:	Date:	Date:
	Weight Suggestion	Weight Used	Weight Used	Weight Used	Weight Used	Weight Used	Weight Used	Weight Used
<b>Tune 1</b>								
Side toe touch w/ bi/tri work	5 to 8							
Kickbacks	5 to 8							
French Press	(1) 12 to 15							
Military altern.overhead press	5 to 10							
Upright row w/side toe touch	5 to 10							
Military altern. Overhead press	5 to 10							
French Press	(1) 12 to 15							
Kickbacks	5 to 8							
Delt fly w/side toe touch	5 to 7							
<b>Tune 2</b>								
Altern. Overhead press w/toe touch	5 to 12							
One arm row	(1) 10 to 15							
French Press	5 to 8							
Pushups	N/A							
<b>Tune 3</b>								
Pec flies	8 to 10							
pec flies	5 to 8							
Pec flies	8 to 10							
<b>Tune 4</b>								
Lat rows	10 to 15							
Posterior delts	3 to 5							
<b>Tune 5</b>								
Lateral delt	5 to 8							
Anterior delt	5 to 8							
Plie w/ upright row & biceps	5 to 10							



**Firm Worksheets Split (Upper Body) Cont.**

<b>Upper Body</b>		Date:	Date:	Date:	Date:	Date:	Date:	Date:
	<b>Weight Suggestion</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>
<b>Tune 6</b>								
Triceps kickback	5 to 8							
Bent Over Row	10 to 15							
Posterior fly	3 to 5							
<b>Tune 7</b>								
Lat row	10 to 15							
Pushups	N/A							
Lat row	10 to 15							
Pushups	N/A							
<b>Tune 8</b>								
Single arm french	5 to 8							
<b>Tune 9</b>								
General upper body	5 to 10							
<b>Tune 10</b>								
Single arm french	5 to 8							
pushups w/stretch	N/A							
<b>Tune 11</b>								
Pec fly	8 to 10							
Rib cage pull over	8 to 10							
Pec fly	8 to 10							
Rib cage pull over	8 to 10							

## Firm Worksheets Split (Upper Body) Cont.

<b>The FIRM: Upper Body Split (UBSpl)</b>									
Part of the Split Set with Various Leads. Category: Sculpt <i>This video requires a tall box, a barbell, a dowel, a weighted ball and various dumbbells.</i>									
61 Minutes	WEIGHT	Change Weight Next Time?	WEIGHT	Change Weight Next Time?	WEIGHT	Change Weight Next Time?	WEIGHT	Change Weight Next Time?	WEIGHT
DATE									
<b>WARM UP</b>									
Abs									
Frontal Kicks w/Punch (right)		increase decrease		increase decrease			increase decrease		
Lat Row		increase decrease		increase decrease			increase decrease		
Frontal Kicks w/Punch (left)		increase decrease		increase decrease			increase decrease		
Light 4-limb		increase decrease		increase decrease			increase decrease		
Pushups		increase decrease		increase decrease			increase decrease		
Bent Row		increase decrease		increase decrease			increase decrease		
Hover Squats w/Internal Contractions		increase decrease		increase decrease			increase decrease		
Pushups		increase decrease		increase decrease			increase decrease		

### Firm Worksheets Split (Upper Body) Cont.

<b>The FIRM: Upper Body Split (UBSpl)</b>									
Part of the Split Set with Various Leads. Category: Sculpt									
<i>This video requires a tall box, a barbell, a dowel, a weighted ball and various dumbbells.</i>									
61 Minutes	WEIGHT	Change Weight Next Time?		WEIGHT	Change Weight Next Time?		WEIGHT	Change Weight Next Time?	
DATE									
Pushups		increase			increase			increase	
		decrease			decrease			decrease	
Pec Flyes		increase			increase			increase	
		decrease			decrease			decrease	
Pelvic Squeezes		increase			increase			increase	
		decrease			decrease			decrease	
Abs									
Cardio		increase			increase			increase	
		decrease			decrease			decrease	
Plie w/Upright Row		increase			increase			increase	
		decrease			decrease			decrease	
Toe Touch w/Overhead Press		increase			increase			increase	
		decrease			decrease			decrease	
Delt work		increase			increase			increase	
		decrease			decrease			decrease	
Lat Row (left)		increase			increase			increase	
		decrease			decrease			decrease	
Tricep Kickback		increase			increase			increase	
		decrease			decrease			decrease	

### Firm Worksheets Split (Upper Body) Cont.

<b>The FIRM: Upper Body Split (UBSpl)</b>										
Part of the Split Set with Various Leads. Category: Sculpt <i>This video requires a tall box, a barbell, a dowel, a weighted ball and various dumbbells.</i>										
61 Minutes	WEIGHT		Change Weight Next Time?		WEIGHT		Change Weight Next Time?		WEIGHT	
DATE										
Bicep Curls		increase decrease				increase decrease				increase decrease
Pushups		increase decrease				increase decrease				increase decrease
Concentrated Curl		increase decrease				increase decrease				increase decrease
Tricep Kickback		increase decrease				increase decrease				increase decrease
Cardio		increase decrease				increase decrease				increase decrease
Posterior Delts		increase decrease				increase decrease				increase decrease
Abs										
Lat Row (right)		increase decrease				increase decrease				increase decrease
Tricep Kickback		increase decrease				increase decrease				increase decrease
Bicep Curls		increase decrease				increase decrease				increase decrease

### Firm Worksheets Split (Upper Body) Cont.

<b>The FIRM: Upper Body Split (UBSpl)</b>										
Part of the Split Set with Various Leads. Category: Sculpt <i>This video requires a tall box, a barbell, a dowel, a weighted ball and various dumbbells.</i>										
61 Minutes	WEIGHT		Change Weight Next Time?		WEIGHT		Change Weight Next Time?		WEIGHT	
DATE										
Pushups		increase decrease				increase decrease				increase decrease
Floorwork		increase decrease				increase decrease				increase decrease
Abs		increase				increase				increase
Light 4-limb		increase decrease				increase decrease				increase decrease
Lat Row (right)		increase decrease				increase decrease				increase decrease
Upright Rows		increase decrease				increase decrease				increase decrease
Lat Row (left)		increase decrease				increase decrease				increase decrease
Obliques		increase decrease				increase decrease				increase decrease
<b>STRETCH</b>										

**Firm Worksheets Split (Upper Body) Cont.**

<b>Upper Body Sculpt</b>		Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:
	<b>Weight Suggestion</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>
<b>Tune 1:</b>										
Push ups	N/A									
Lat row (combine)	7 to 8 pounds									
Seated lat row	10 to 12 pounds									
<b>Tune 2:</b>										
Clean & press	7 to 8 pounds									
Biceps curl	8 to 10 pounds									
Overhead press	7 to 8 pounds									
push ups	7 to 8 pounds									
<b>Tune 3:</b>										
Triceps dip	N/A									
Push ups	N/A									
Pec squeezes	7 to 8 pounds									
Rotator squeezes	7 to 8 pounds									
Triceps dip	N/A									
Push ups	N/A									
Frontal delts	5 to 6 pounds									
Medial delts	5 to 6 pounds									
Pec squeezes	N/A									

**Firm Worksheets Split (Upper Body) Cont.**

<b>Upper Body Sculpt</b>		Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:
	<b>Weight Suggestion</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>	<b>Weight Used</b>
<b>Tune 4:</b>										
French press	small barbell									
Seated lat row	small barbell									
Lat row	7 to 8 pounds									
Concentration curl	8 to 10 pounds									
French press (comb.)	7 to 8 pounds									
Lat row	7 to 8 pounds									
Concentration curl	8 to 10 pounds									
Posterior Fly	1 to 3 pounds									
Core training	N/A									
Bench press	small barbell									
Rib cage pull over	small barbell									

## Updated Firm 90-Day Rotation

This is an updated version of the Original Firm 90-Day Rotation by Firm founder/creator Anna Benson and hosted on the web by Mosquitonet. The original rotation was a calendar sent to customers. The rotation's system is based on the Firm's original classifications for workout videos with a specific workout already chosen for you each day. Based on Mosquitonet's version, this allows you to "plug & play" the workouts. Using the categories, you choose your daily workout(s). Unlike previous versions of the 90-Day Rotation, I have included all Firm videos to date. This makes selecting a daily workout easier as there is more choice, especially for those who use the Body Sculpting Systems. However, even with the expanded titles added it is a good idea to have a decent selection for videos. I suggest owning at least one from each category. The more you own, the better variety you will have during the rotations. If need be, feel free to substitute another video category. Please see the categories and fitness tips pages before doing so.

Notes and Instructions for Use—Workout frequency is 6 days per week 2 weeks. Then 5 days per week for 2 weeks. The rotation alternates rest days this way to prevent overtraining. The rotation is designed for exercisers at the intermediate level and above. BEGINNERS SHOULD NOT ATTEMPT THIS ROTATION WITHOUT MODIFICATIONS. IN OTHER WORDS, DECREASE WORKOUT FREQUENCY AND INCREASE NUMBER OF REST DAYS.

To use the calendar, choose a workout from the list that matches that day's icon. It's that simple! Under each category, the workouts are listed in order of release date.



## Categories for 90-day Rotation

### **Aerobic Weight Training (Cardio + Sculpt)**

**Tortoise** - Slow & Heavy. 75% Weights/25% Aerobic. These workouts include aerobic intervals and weight training with primary emphasis on total body sculpting

**Hare** - Fast & Light. 75% Aerobic/25% Weights. These workouts include aerobic intervals with weight training with primary emphasis on aerobic intervals.

**Classics** - 50% Aerobic/50% Weights. These workouts consist of aerobic intervals and weight training with equal emphasis on each. They include intense body sculpting exercises that work at least two muscle groups at the same time.

### **Weights (Sculpt)**

**Total Body** - These workouts are designed for total muscle shaping, working all muscle groups

**Split** - These workouts are designed for total muscle shaping with emphasis on specific body parts (legs or upper body).

**Floor, Hips, Thighs** - Highly specific floor exercises which target inner thighs, hamstrings and glutes. They also include pelvic diaphragm contractions (older Firms only).

## Categories for 90-day Rotation Cont.

### Cardio

**Cardio** - These workouts are designed to build endurance and burn fat.

### Ab Workout

**Abs** - Complete Abdominal workouts for upper abs, lower abs and obliques. These workouts include pelvic diaphragm contractions (Older Firms only).

### Stretch Workout

**Stretch** - Entire body stress reducing stretch routines lengthen muscles and increase flexibility. Stretch is the most neglected component of fitness.

## Fitness Tips

- Add a walking workout whenever you feel up to it. Walking gives you extra cardio & improves the function of your body's movement. Walking also has added mental benefits from fresh air and sunshine!
- Drink plenty of water. A base of 6-8 glasses per day is recommended. More if you workout.
- Take frequent measurements to track results. Keep them in a notebook or journal. This will provide motivation to help you continue.
- Write down your goals. Being able to visualize your goals is a great way to achieve them.
- Try to avoid *heavy-lifting* of the same body part *two days in a row*. This is especially true for intermediate exercisers. Advanced exercisers can weight train on consecutive days, but it isn't necessary. Determine how you and your body feel before making the decision.
- GET. PLENTY. OF. REST. I cannot emphasize rest more. It is during rest that our bodies recover and build muscle. It is important to take rest days. The most important rest periods, however, are during sleep. So get plenty of sleep each night.
- If at any time, you do not feel like completing an entire workout - STOP. Don't push your body more than it can handle. Fitness improvements will come over time. There is no need to rush it.
- If at any time during a workout, you feel pain other than the burn of muscle exhaustion. STOP. Talk to a health professional.

- Never be afraid to modify or do the beginner moves. If a 14 inch step during leg press exercises is too much, try doing the moves on a shorter step. Or substitute a different move, like squats or lunges. It is okay to work your way up to a move or substitute it altogether. Remember exercise is suppose to be good for the body. Doing move that are uncomfortable or hurt is never good and could eventually hurt your result or cause injury.
- Always execute moves with good form. Having good form during exercises is what gives us results. If necessary, try to perform moves without weights the first few times and/or practice your form in front of a mirror.
- Try to add extra stretching workouts. Flexibility is an important yet often component of fitness. Also, if you feel you need an extra stretch after a workout, don't be afraid to add one on!
- If you want, you can add abdominal work. The videos in the Abs category can be tacked onto any day. However, you might not want to do more than a few minutes of any of the videos.
  - The majority of the workouts in the rotation are from the Aerobic Weight Training or Cardio & Sculpt category. The Firm recommends that these workouts be the base of your routine.

## First 30 days of 90-Day Rotation

### Week 1:

Day 1: Total Body with Abs  
Day 2: Cardio with Abs  
Day 3: Classics  
Day 4: Total Body with Abs  
Day 5: Cardio with Abs  
Day 6: Classics  
Day 7: Rest

### Week 3:

Day 1: Total Body with Abs  
Day 2: Cardio with Abs  
Day 3: Rest  
Day 4: Total Body with Abs  
Day 5: Cardio with Abs  
Day 6: Classics  
Day 7: Rest

### Week 2:

Day 1: Tortoise  
Day 2: Hare  
Day 3: Cardio with Abs  
Day 4: Split (Floor, Hips, Thighs)  
Day 5: Tortoise  
Day 6: Hare  
Day 7: Rest

### Week 4:

Day 1: Tortoise with Abs  
Day 2: Hare with Abs  
Day 3: Tortoise  
Day 4: Hare  
Day 5: Tortoise with Abs  
Day 6: Cardio with Abs  
Day 7: Rest

## Second 30 days of 90-Day Rotation

### Week 5:

Day 1: Split (Upper Body) with Abs  
Day 2: Cardio with Abs  
Day 3: Classics  
Day 4: Cardio with Abs  
Day 5: Tortoise with Abs  
Day 6: Cardio with Abs  
Day 7: Rest

### Week 7:

Day 1: Split (Upper Body & Floor/  
Hips/Thighs) and Abs  
Day 2: Classics  
Day 3: Rest  
Day 4: Classics  
Day 5: Split and Abs  
Day 6: Cardio & Split with Abs  
Day 7: Rest

### Week 6:

Day 1: Total Sculpt with Abs  
Day 2: Hare with Abs  
Day 3: Cardio & Split  
(Floor/hips/thighs)  
Day 4: Hare with Abs  
Day 5: Total Sculpt with Abs  
Day 6: Cardio with Abs  
Day 7: Rest

### Week 8:

Day 1: Tortoise with Abs  
Day 2: Classics with Abs  
Day 3: Hare with Abs  
Day 4: Cardio and Split with Abs  
Day 5: Tortoise with Abs  
Day 6: Cardio with Abs  
Day 7: Rest

### Third 30 days of 90-Day Rotation

#### Week 9:

Day 1: Classics with Abs  
Day 2: Cardio with Split (Upper Body)  
With Abs  
Day 3: Classics  
Day 4: Cardio with Split (Lower Body)  
With Abs  
Day 5: Cardio with Split (Upper Body)  
With Abs  
Day 6: Classics  
Day 7: Rest

#### Week 11:

Day 1: Cardio with Tortoise and Abs  
Day 2: Cardio with Split (Upper Body)  
And Abs  
Day 3: Rest  
Day 4: Cardio with Split (Lower Body)  
And Abs  
Day 5: Cardio with Split (Upper Body)  
And Abs  
Day 6: Classics  
Day 7: Rest

#### Week 10:

Day 1: Total Body Sculpt and Abs  
Day 2: Cardio with Split (Floor/Hips  
Thighs) with Abs  
Day 3: Total Body Sculpt with Cardio  
And Abs  
Day 4: Cardio with Split (Floor/Hips  
Thighs) and Abs  
Day 5: Total Body Sculpt and Abs  
Day 6: Cardio and Abs  
Day 7: Rest

#### Week 12:

Day 1: Hare  
Day 2: Tortoise  
Day 3: Classics  
Day 4: Tortoise  
Day 5: Hare  
Day 6: Classics and Abs  
Day 7: Rest

## **FIRM 90-Day Rotation**

I've modified the original FIRM 90-Day Rotation to include all the newest FIRM workouts up to 2006 Gaiam releases. The only tape not utilized is 5-Day Stretch. The best idea would be to use that tape on your rest days as a quick five to ten minute stretch. Every other FIRM workout is utilized at least once. Most Classics are used twice.

Training Level:  
Intermediate

Fitness Goals:  
Measure chest, waist, hips and thighs.  
Write down specific changes you want to see.

Weekly Workout Duration:  
Approximately 5 hours per week.

Daily Nutritional Goals:  
Eliminate all refined, packaged sweets and desserts.  
Add 1 TBSP freshly ground flaxseed and at least one raw fruit or vegetable at each meal.

Program Analysis:  
3 Classic; 5 Slow & Heavy; 4 Fast & Light; 4 Total Body Weights; 6 Cardio  
14 Ab Workouts



## First 30 Days of 90-Day Rotation

### Week 1:

Day 1: Bust & Butt and 5-Day Abs  
Day 2: Core Cardio 1 and More 5-Day Abs  
Day 3: Time Crunch Workout (Vol. 4)  
Day 4: Tough Tape (Tough Tape 1) and 5-Day Abs  
Day 5: Core Cardio 2 and More 5-Day Abs  
Day 6: Low Impact Aerobic (Vol. 2)  
Day 7: Rest

### Week 3:

Day 1: Tough Aerobic Mix 5-Day Abs  
Day 2: BootCamp 3-in-1 Mix (WKT 1) More 5-Day Abs  
Day 3: Maximum Cardio Burn  
Day 4: Tough Tape 2 5-Day Abs  
Day 5: Not-So-Tough Aerobics 5-Day Abs  
Day 6: BootCamp 3-in-1 Mix (WKT 2)  
Day 7: Rest

### Week 2:

Day 1: Firm Strength (Strong Body)  
Day 2: Cardio Sculpt  
Day 3: Tough Cardio Mix and More 5-Day Abs  
Day 4: Lower Body Sculpting and 5-Day Abs  
Day 5: Tortoise  
Day 6: Hare  
Day 7: Rest

### Week 4:

Day 1: Maximum Body Shaping (All Weights) and 5-Day Abs  
Day 2: Ballroom Aerobics and More 5-Day Abs  
Day 3: Firm Cardio (Strong Heart)  
Day 4: Cardio Sculpt Blaster and Lower Body Sculpt II  
Day 5: Better Body & Buns (Better Buns) and 5-Day Abs  
Day 6: Fat Blaster and More 5-Day Abs  
Day 7: Rest

## Overview of Weeks 5-8

Training Level:  
Intermediate/Advanced

### Fitness Goals

Measure chest, waist, hips and thighs at the beginning of the month. Record changes and use improvements to increase motivation for the second month.

### Weekly Workout Duration:

Approximately 5 ½ -6 hours per week.

### Daily Nutritional Goals:

Eliminate soft drinks, packaged juices and artificial sweeteners. Add two raw fruits or vegetables at each meal, and at least eight glasses of water each day.

### Program Analysis:

4 Classic; 3 Slow & Heavy; 3 Fast & Light; 3 Total Body Weights; 3 Split Weights; 5 Floor Hips Thigh; 8 Cardio; 20 Ab workouts

## Second 30 Days of 90-Day Rotation

### Week 5:

Day 1: Cardio Split 1 and 5-Day Abs

Day 2: Fat Blasting Cardio and Firm  
Abs

Day 3: Body Sculpting Basics (Vol. 1)

Day 4: Power Cardio and 5-Day Abs

Day 5: Lower Body Shaping and More  
5-Day Abs

Day 6: Maximum Cardio and 5-Day Abs

Day 7: Rest

### Week 6:

Day 1: Super Sculpting

Day 2: Super Cardio (Super Cardio Mix)  
and 5-Day Abs

Day 3: Upper Body Sculpt and More 5-  
Day Abs

Day 4: Express Cardio and Hips, Thighs  
and Abs

Day 5: Body Sculpt and More 5-Day Abs

Day 6: Cardio Burn

Day 7: Rest

### Week 7:

Day 1: Upper Body and Sculpted Buns,  
Hips and Thighs and 5-Day Abs

Day 2: Super Cardio Sculpt and More  
5-Day Abs

Day 3: Abs, Hips and Thighs Workout  
(Vol. 5)

Day 4: Total Body Shaping Mix

Day 5: Cardio Step Mix and 5-Day Abs

Day 6: Body Sculpt Blaster and Ab  
Sculpting

Day 7: Rest

### Week 8:

Day 1: Total Sculpt and More 5-Day Abs

Day 2: Super Body Sculpt and 5-Day Abs

Day 3: Calorie Killer 1 and Firm Abs

Day 4: Advanced Cardio Blast and Lower  
Body Sculpt I and 5-Day Abs

Day 5: Complete Body Sculpting and  
More 5-Day Abs

Day 6: Power Yoga and Firm Abs

Day 7: Rest

## Overview of Weeks 9-12

Training Level:  
Advanced

Fitness Goals:  
Measure chest, waist, hips and thighs at the beginning of the month. Record further changes. Use these improvements to increase motivation for the final month. Review your food diary, and don't cheat.

Week Workout Duration:  
Approximately 5 ½-7 hours per week.

Daily Nutritional Goals:  
Eliminate packaged and refined carbohydrates such as breads, muffins, etc. Add fresh carbohydrates in whole grain breads, rice or potatoes, and a source of friendly bacteria for intestinal health (yogurt or buttermilk).

Program Analysis:  
6 Classic; 3 Slow & Heavy; 2 Fast & Light; 3 Total Body Weights; 6 Split Weights; 2 Floor Hip Thigh; 11 Cardio; 15 Ab Workouts

### Third 30 Days of 90-Day Rotation

Week 9:

Day 1: Lower Body Shaping and 5-Day Abs

Day 2: Upper Body Sculpt and Firm Abs

Day 3: Super Charged Sculpting plus Bonus Stretch workout

Day 4: Standing Legs and 5-Day Abs

Day 5: CA&WT and More 5-Day Abs

Day 6: Ultimate Fat Burning

Day 7: Rest

Week 11:

Day 1: JF Arms and JF Buns and JF Abs

Day 2: Abs, Buns and Thighs and 5-Day Abs

Day 3: Express Total Body Shaping and Firm Abs

Day 4: Abs, Hips and Thighs (Vol. 5) And More 5-Day Abs

Day 5: Cardio Dance Slim Down and Firm Abs

Day 6: Complete Aerobics & Weight Training (Vol. 6)

Day 7: Rest

Week 10:

Day 1: Total Muscle Shaping and 5-Day Abs

Day 2: Body Sculpting Basics (Vol. 1) and More 5-Day Abs

Day 3: Sculpting with Weights and Basics Fat Burning

Day 4: Power Band and Beg. Yoga

Day 5: Prime Power Total Body and Lower Body Sculpting

Day 6: Ultimate Calorie Blaster plus Bonus workout and 5-Day Abs

Day 7: Rest

Week 12:

Day 1: Total Sculpting

Day 2: Fat Blasting Cardio and JF Abs

Day 3: Aerobic Interval Training (Vol. 3)

Day 4: Aerobic Body Shaping + Bonus workout

Day 5: Body Sculpting Ball + Resistance Cord workout

Day 6: Time Crunch Workout (Vol. 4) and 5-Day Abs

Day 7: Rest

## **TransFIRMer Alterations**

### **Aerobic Interval Training (Vol. 3)**

Tune 1, 2, 3 and 4: You won't need to use the TransFIRMer for these tunes!

Tune 5: Place TransFIRMer vertically in your space and use the same way!

Tune 6: When prompted place TransFIRMer vertically and use the same way!

Tune 7, 8, 9, and 10: You don't need to use the TransFIRMer for these tunes!

Tune 11: Place TransFIRMer vertically in your space and use the same way!

Tune 12: When prompted place TransFIRMer vertically and use the same way!

Tune 13, and 14: You don't need the TransFIRMer for these tunes!

Tune 15: When prompted place TransFIRMer vertically and use the same way!

Tune 16: You don't need the TransFIRMer for this tune!

### **Time Crunch Workout (Vol. 4)**

Tune 1: Use 6 or 8-inch step on mat. If you want to increase intensity, use the incline!

Tune 2, 3, and 4: You won't need the TransFIRMer for these tunes!

Tune 5: Use 6 or 8-inch step on mat. If you want to increase intensity, use the incline!

Tune 6: You won't need the TransFIRMer for this tune.

Tune 7: Use 6 or 8-inch step or use the incline.

Tune 8: When prompted place TransFIRMer on mat for lat row.

Tune 9: You won't need the TransFIRMer for this tune.

### **Abs, Hips, and Thighs Sculpting (Vol. 5)**

Tune 1: Use 6 or 8-inch step vertically or use incline.

Tune 2: Use 6 or 8-inch step vertically or use incline.

Tune 3: Use 6 or 8-inch step vertically or use incline.

Tune 4: Place the TransFIRMer vertically and work off end.

Tune 5: Place the TransFIRMer in space and use the same way.

Tune 6, 7, and 8: You won't need the TransFIRMer for these tunes!



**Complete Aerobic Weight Training (Vol. 6) (a.k.a. The Boomers Workout)**

Tune 1: Use the 6 or 8-inch section, or use the incline in the same way.

Tune 2: Use the 6 or 8-inch section, or use the incline in the same way.

Tune 3: Use 6 or 8-inch step vertically or use incline.

Tune 4: Use the TransFIRMer at full height horizontally.

Tune 5: Use 6 or 8-inch step vertically or use the incline.

Tune 6, 7, and 8: Use the TransFIRMer at full height horizontally.

Tune 9: You won't need the TransFIRMer for this tune.

## Complete Aerobics & Weight Training

Tune 1: Use the blue section of the TransFIRMer instead of the green. Keep it longways; it will make the "across the top" move that much more intense.

Tune 2: Continue to use the bottom section rather than the top to make the workout tougher. Use the full length of the TransFIRMer for the push-ups, rather than turning it and using the corner.

Tune 3: Low impact, the TransFIRMer is not used.

Tune 4: Using the top portion for lunges is harder than using the bottom—you've got farther to travel. You may not want to use the Incline for these lunges because adding the glute lift might be uncomfortable for your ankle—because the lunge is weighted and because you start from such a low position. However, if you try it and it doesn't bother you, go for it!

Tune 5: You'll use the entire TransFIRMer for this tune, the same way you did the Fanny Lifter, with just a bit more room for the hover squats. Ahhhh!

Tune 6: Use the Incline position for the step portion of this cardio tune.

Tune 7: Even though this tune doesn't use the Fanny Lifter/ TransFIRMer, you could always try the step squat exercise from the blue portion of the TransFIRMer; it will add intensity.

## **Complete Aerobics & Weight Training Cont.**

Tune 8: use the TransFIRMer the same way you used the Fanny Lifter. Just be sure that when you do the leg press stepping off to the side, you set up at one end or the other. For example, when the right leg works, and the left steps off, be sure you are close to the left end.

Tune 9: Low impact/ 4-limb

Tune 10: Try doing the pec flys, ribcage pullover/ supine triceps and bench press on the incline. Set it up before you go down for the triceps push-ups (pause the tape if necessary).

Tunes 11 and 12: No props required. Enjoy the end of your workout!

## The Tortoise

Tune 1: You don't need to use the TransFIRMer for this tune.

Stretch: 6-inch portion of TransFIRMer the same way

Tune 2: Use the TransFIRMer in full height either vertically or horizontally.

Tune 3: Use the 6 or 8-inch section of TransFIRMer or use the incline for more of a challenge!

Tune 4 and 5: Use the TransFIRMer in full height either vertically or horizontally.

Tune 6: You don't need to use the TransFIRMer for this tune.

Tune 7: Use the 6 or 8-inch section of TransFIRMer or use the incline for more of a challenge!

Tune 8: You don't need to use the TransFIRMer for this tune.

Tune 9: Use the 6 or 8-inch section of TransFIRMer or use the incline for more of a challenge!

Tune 10, 11, 12, and 13: Use the TransFIRMer at its full height either horizontally or vertically.

### **The Tortoise Cont.**

Tune 14: Use the 6 or 8-inch portion of the TransFIRMer or use the incline.

Tune 15, 16 and 17: You don't need to use the TransFIRMer for this tune.

## **Firm Strength**

Warm & Stretch: Place 6-inch section vertically.

Tune 1 and 2: You don't need to use the TransFIRMer for this tune.

Tune 3: Use the TransFIRMer either horizontally or vertical portion.

Tune 4: Use the TransFIRMer in the vertical position.

Tune 5 and 6: You don't need to use the TransFIRMer for this tune.

Tune 7 and 8: Use the TransFIRMer horizontally.

Tune 9, and 10: You don't need to use the TransFIRMer for this tune.

Tune 11: Use the TransFIRMer vertically for this tune.

Tune 12, 13, 14 and 15: You don't need to use the TransFIRMer for these tunes.

### **Better Body And Buns**

Tune 1 and 2: You don't need to use the TransFIRMer for these tune.

Tune 3 and 4: Use the TransFIRMer the same way.

Tune 5 and 6: You don't need to use the TransFIRMer for these tune.

Tune 7 and 8: Use the TransFIRMer the same way.

Tune 9: You don't need to use the TransFIRMer for this tune.

Tune 10: Use the TransFIRMer the same way, and work off the end.

## Cardio Sculpt

Tune 1: Do the warm-up the same way.

Tune 2: Use the TransFIRMer for the push-ups, hover squats, lat row and leg press the same way you would use the Fanny Lifter, except now you have more room!

Tune 3: Do the cardio section the same way.

Tune 4: Once again, use the TransFIRMer the same way you did the Fanny Lifter for the French press, hover squats and bent row. However, for the lunges with biceps curls and overhead press, incline the TransFIRMer! For the plié, straddle the incline.

Tune 5: Try doing the step routine on an incline for variety! Remember to step higher for a bigger challenge.

Tune 6: Use the TransFIRMer the same way you used the Fanny Lifter.

Tune 7: Use the Incline TransFIRMer for the step routine.

Tune 8: For the biceps and oblique exercises, turn the TransFIRMer vertically, so you have room to move side to side. For the pec flyes, instead of lying on the floor, lie on the incline.



### **Cardio Sculpt Cont.**

Tune 9: For the posterior delt flyes, stand and place one foot on the incline; bend forward from the hips so the back is almost parallel to the ceiling, keeping it flat with the shoulders pulled back. Then, for the table work, kneel on the floor on the other side of the TransFIRMer, away from the incline. Place your hands on the blue section of the TransFIRMer to support your torso (the way it is done in the "Bonus" Hips and Thighs workout on Aerobic Body Shaping). Lastly, for the lying side abduction, lie on the incline.

Tune 10: Finish the table and lying side abduction on the left leg the same way you did the right.

Tunes 11 and 12: Complete the workout on the floor.

## The Hare

Stretch: Use 6-inch section in the same way.

Tune 1: Use 6 to 8-inch section vertically or use the incline for more intensity.

Tune 2: You don't need to use the TransFIRMer for this tune.

Tune 3: Use 6 to 8-inch section of TransFIRMer vertically or use the incline.

Tune 4: Use the TransFIRMer the same way.

Tune 5: Use 6 to 8-inch section of TransFIRMer vertically or use the incline.

Tune 6: You don't need to use the TransFIRMer for this tune.

Tune 7 and 8: Use the TransFIRMer the same way.

Tune 9: Use 6 or 8-inch section of the TransFIRMer in the same way or use the incline for added resistance.

Tune 10: Use 6 or 8-inch section of the TransFIRMer vertically or use the incline for added resistance.

Tune 11: Use the TransFIRMer in the same way.

### **The Hare Cont.**

Tune 12 through 20: You don't need to use the TransFIRMer for this tune.

## **Firm Cardio**

Stretch: Use the TransFIRMer horizontally.

Tune 1: Use the TransFIRMer horizontally.

Tune 2: Use the 6 to 8-inch of the TransFIRMer vertically or use the incline.

Tune 3: You don't need to use the TransFIRMer for this tune.

Tune 4: Use the TransFIRMer the same way, and work off the end.

Tune 5: Use the TransFIRMer in the same way.

Tune 6: You don't need to use the TransFIRMer for this tune.

Tune 7: Use the TransFIRMer in the same way.

Tune 8: Use the 6 to 8-inch section of the TransFIRMer horizontally or use the incline for added intensity.

Tune 9: You don't need to use the TransFIRMer for this tune.

Tune 10: Use the TransFIRMer vertically.

Tune 11 and 12: Use the TransFIRMer vertically and work off the end.

## **Firm Cardio Cont.**

Tune 13 and 14: You don't need to use the TransFIRMer for these tunes.

## **Fat Blaster**

Tune 1: You don't need to use the TransFIRMer for this tune.

Tune 2: Use the 6 or 8-inch section of the TransFIRMer or use the incline.

Tune 3: You don't need to use the TransFIRMer for this tune.

Tune 4: Use the TransFIRMer vertically.

Tune 5: You don't need to use the TransFIRMer for this tune.

Tune 6 and 7: Use 6 or 8-inch section of TransFIRMer horizontally or use the incline.

Tune 8: Use the TransFIRMer either horizontally or vertically.

Tune 9: You don't need to use the TransFIRMer for this tune.

Tune 10 and 11: Use the 6 or 8-inch TransFIRMer vertically or incline.

Tune 12 and 13: You don't need to use the TransFIRMer for this tune.

Stretch: Use 6-inch section of the TransFIRMer the same way.

## Calorie Killer 2

Tune 1: You don't need to use the TransFIRMer for this tune.

Tune 2 and 3: Use the 6 or 8-inch section of the TransFIRMer vertically or use the incline.

Tune 4 through 8: You don't need to use the TransFIRMer for these tunes.

Tune 9: Use the TransFIRMer the same way.

Tune 10: You don't need to use the TransFIRMer for this tune.

Tune 11: Use the TransFIRMer diagonally.

Tune 12: Use the TransFIRMer either horizontally or vertically.

Tune 13: Use the TransFIRMer vertically and work off the end.

Tune 14: You don't need to use the TransFIRMer for this tune.

Stretch: Use the TransFIRMer horizontally or vertically.

### **Tough Aerobic Mix**

Tune 1: You don't need to use the TransFIRMer for this tune.

Tune 2: Use the 6 or 8-inch step of the TransFIRMer horizontally or use the incline.

Tune 3 and 4: You don't need to use the TransFIRMer for these tunes.

Tune 5: Use the 6 or 8-inch step of the TransFIRMer horizontally or use the incline.

Tune 6: You don't need to use the TransFIRMer for these tunes.

Tune 7: Use the 6 or 8-inch step of the TransFIRMer horizontally or use the incline.

Tune 8 through 11: You don't need to use the TransFIRMer for these tunes.



### **Not-So-Tough-Aerobics**

Tune 1 through 3: You don't need to use the TransFIRMer for these tunes.

Tune 4 and 5: Use the 6 or 8-inch section of the TransFIRMer vertically or use the incline.

Tune 6: You don't need to use the TransFIRMer for this tune.

Tune 7: Use the 6 or 8-inch section of the TransFIRMer vertically or use the incline.

Tune 8 and 9: Use the 6 or 8-inch section of the TransFIRMer vertically or use the incline.

Tune 10: You don't need to use the TransFIRMer for this tune.

## **Maximum Cardio Burn + abs**

Tune 1: You can use the blue section of the TransFIRMer here as well. Set it up vertically so you have room to step around it. You can use the entire width for your hand placement, rather than setting up at the corner.

Tune 2: All you need is your Sculpting Stick and the blue section of the TransFIRMer to tap the top.

Tune 3: Use the TransFIRMer the same way you would the Fanny Lifter. Be sure that you step to the edge in order to exit off the side for the L-step. You could just set up close to that side so it's exactly the same. Or, to make it a little tougher, set up in the center of the TransFIRMer and take a big step across to the left corner and exit to the side. When you climb back up to exit rear, try to step toward the center. This will engage the leg abductors and adductors even better!

Tune 4: Be sure the TransFIRMer is out of your way when doing all these kicks and plyos!

Tune 5: You can use the Incline for this step choreography. Have fun and step up high! I recommend making the over the tops an almost A-step: angle up toward the top of the Incline and then exit toward the back.

Tune 6: No props here... focus on the footwork!!

Tune 7: Try using the Incline for this step segment too!

### **Maximum Cardio Burn + abs Cont.**

Tune 8: This one is the same as tune 3, just working the other leg. So for the L-step, step toward the right edge to exit to the right side.

Tune 9: Place the TransFIRMer to the side and grab your Twigs!

Tune 10: Peer longingly at your TransFIRMer as you put your Sculpting Stick back together and prepare for a tough standing leg set!

Tune 11: Ah... stretch with the Sculpting Stick. Where did that TransFIRMer go?

Tunes 12 and 13: Enjoy the rest of the workout!

### **Super Cardio (Mix)**

Tune 1: Use the 6 or 8-inch TransFIRMer vertically or use the incline.

Tune 2 and 3: You don't need to use the TransFIRMer for these tunes.

Tune 4: Use the 6 or 8-inch TransFIRMer vertically or use the incline.

Tune 5 through 9: You don't need to use the TransFIRMer for these tunes.

Tune 10: Use the 6 or 8-inch section of the TransFIRMer either horizontally or vertically or use the incline for more intensity.

Tune 11 through 13: You don't need to use the TransFIRMer for these tunes.

Tune 14: Use the 6 or 8-inch section of the TransFIRMer either horizontally or vertically or use the incline for more intensity.

Tune 15: You don't need to use the TransFIRMer for this tune.

## Cardio Sculpt Blaster

Tune 1: Do this segment the same way.

Tune 2: Do this segment the same way.

Tune 3: Use the Transfirmer in the incline position.

Tune 4: Use the Transfirmer in the incline position.

Tune 5: Use the Transfirmer the same way you use the Fanny Lifter.

Tune 6: Use the Transfirmer in the incline position.

Tune 7: Do this segment the same way.

Tune 8: Use the Transfirmer the same way you use the Fanny Lifter.

## Super Cardio Sculpt

Tune 1: Use the Transfirmer in the vertical position.

Tune 2: Use the Transfirmer in the incline position for this segment.

Tune 3: Use the top/green section of the Transfirmer in the vertical position. When you "go over the top and walk around" you will go diagonal across the Transfirmer and go around the end to the other side of the box, then you will do your pivot and kicks and go over the top diagonal on this side. You will walk to the end of the box and start your lung series again once that segment is done.

Tune 4: Do the cardio segment the same way.

Tune 5: Use the Transfirmer in the incline position for this segment.

Tune 6: Do the cardio segment the same way.

Tune 7: Use the Transfirmer the same way that you use the Fanny Lifter.

Tune 8: Use the top/green section of the Transfirmer in the vertical position.

Tune 9: Use the top/green section the same way. Use the Transfirmer the same way you use the Fanny Lifter.

## Calorie Killer

Tune 1: No props needed.

Tune 2: All you need here is your Sculpting Stick!

Tune 3: The TransFIRMer will be used the same way as the Fanny Lifter for this tune.

Tune 4: Use the blue section horizontally. When you do the knees pivoting side to side, step out to each corner as well to add intensity to the moves by having to travel a bit farther.

Tune 5: No TransFIRMer here. Make the most of that hopscotch though...!

Tune 6: Climb the TransFIRMer the same way you would the Fanny Lifter.

Tune 7: Have fun with the samba, kick and dip! Go for three on your jump shot!

Tune 8: Set up the Incline for this step tune!

Tune 9: You can keep this Incline for this 4-limb/cool down tune also.

Tune 10: Ahhh... the stretch. The TransFIRMer can be turned either way for this tune.

## **Tough Tape**

Stretch: Use the 6 or 8-inch section of TransFIRMer vertically or use the incline.

Tune 1 and 2: Use the TransFIRMer either horizontally or vertically.

Tune 3 and 4: You don't need to use the TransFIRMer for these tunes.

Tune 5 through 9: Use the TransFIRMer in either horizontally or vertically.

Tune 10 and 11: You don't need to use the TransFIRMer for these tunes.



## **Tough Tape 2**

Tune 1: Use the TransFIRMer either horizontally or vertically.

Tune 2 through 4: You don't need to use the TransFIRMer for these tunes.

Tune 5 through 8: Use the TransFIRMer either horizontally or vertically.

Tune 9: Use the TransFIRMer in the vertical position.

Tune 10: Use the TransFIRMer either horizontally or vertically, you'll work off the end

Tune 11: Use the TransFIRMer in the vertical position.

Tune 12: You don't need to use the TransFIRMer for this tune.

## Body Sculpt

Tune 1: Complete the warm-up the same way.

Tune 2: Complete the hover squats using the TransFIRMer the same way you would the Fanny Lifter. For the lunge/ dip combination, use the incline rather than the top/ green section of the TransFIRMer. When you get to the pli  , straddle the incline.

Tune 3: For the leg press, hover squats and the squat-abduction-tap series, use the TransFIRMer as you would the Fanny Lifter. For the side lunges, try using the inclined TransFIRMer.

Tune 4: Use the top/ green section of the TransFIRMer. Place it vertically and use it the same way the top/ purple section of the Fanny Lifter is used. Rotate the palms in or out for the push-ups, the same way you would using the Fanny Lifter.

Tunes 5 and 6: Use the TransFIRMer the same way the Fanny Lifter is used.

Tune 7: Turn the TransFIRMer vertically for the seated stretches.

## **Body Sculpt Blaster**

Tune 1: Use the top/green section of the Transfirmer the same way you use the Fanny Lifter.

Tune 2: Do this segment the same way.

Tune 3: Use the Transfirmer the same way you use the Fanny Lifter.

Tune 4: Use the Transfirmer in the incline position. For bent row, use the Transfirmer the same way you use the Fanny lifter.

Tune 5: Use the Transfirmer the same way you use the Fanny Lifter. When working abs and obliques sit at either end of the Transfirmer and work off the end/side.

Tune 6: Use the Transfirmer in the incline position.

Tune 7: Use the Transfirmer the same way you use the Fanny Lifter.

## **Super Body Sculpt**

### **Upper Body**

Tune 1: Do this segment the same way.

Tune 2: Use the Transfirmer horizontally (long way) for this segment.

Tune 3: Use the Transfirmer horizontally (long way) for this segment.

Tune 4: Use the Transfirmer horizontally (long way) for this segment.

Tune 5: Use the Transfirmer horizontally (long way) for this segment.

### **Lower Body**

Tune 6: Use the Transfirmer in the incline position.

Tune 7: Use the Transfirmer the same way you use the Fanny Lifter.

Tune 8: Use the Transfirmer in the incline position.

Tune 9: Use the Transfirmer in the incline position for Plie'. Use the Transfirmer the same way you use the Fanny Lifter for leg press.

Tune 10: Use the Transfirmer the same way you use the Fanny Lifter.

## **Super Body Sculpt Cont.**

### **Abs**

Tune 11: Do the warm-up the same way. For oblique work use the Transfirmer in the vertical position. For floor work you will use the Transfirmer the same way you use the Fanny Lifter. Do floor planks the same way.

Tune 12: Do this segment the same way.

## **Total Sculpt + abs**

Tune 1: Warm-up, no Fanny Lifter/ TransFIRMer here...

Tune 2: Easy set-up, just use the TransFIRMer stacked to 14" as you would the Fanny Lifter. You just have a slightly wider landing pad for your hover squats!

Tune 3: No Fanny Lifter/ TransFIRMer here... Although... a great intensifier is doing the dips and the squats from on top of the either the green or the blue section. The taller the section, the tougher it will be. But since you're not used to doing it that way, start with the green and then work your way up.

Tune 4: Low impact

Tune 5: Set up the TransFIRMer the same way you would the Fanny Lifter.

Tune 6: Biceps curls... have a seat on the TransFIRMer and go to town!

Tune 7: You can use either the green or the blue section for this step routine. You can also use the Incline. For the press straddle combination, you just want to face the Incline head on, rather than stay pivoted to the side, so that you can straddle it.

Tune 8: Just like tune 5... no real modifications here.

### **Total Sculpt + abs Cont.**

Tune 9: Even though the TransFIRMer is longer, you still want to keep your hands close and your elbows in for the triceps push-ups in this tune.

Tune 10: Place your TransFIRMer to the side for 4-limb...

Tune 11: Try the chest exercises on the Incline

Tunes 12 and 13: Finish the workout the same way you normally would.

## **Lower Body Sculpt I**

Tune 1: Use the Transfirmer in the incline position.

Tune 2: Use the Transfirmer in the vertical position. When doing hover squats you can stand along the side for this exercise.

Tune 3: Use the Transfirmer in the incline position.

Tune 4: Do this segment the same way. Do lunges on the incline.

Tune 5: Do this segment the same way.

Tune 6: Use the Transfirmer the same way you use the Fanny Lifter.

Tune 7: Use the Transfirmer the same way you use the Fanny Lifter.



## **Lower Body Sculpt II**

Tune 1: Do this segment the same way.

Tune 2: Use the Transfirmer in the vertical position.

Tune 3: Use the Transfirmer in the vertical position.

Tune 4: Do this segment the same way.

Tune 5: Do this segment the same way.

## **5-Day Abs**

Day 1 through 3: You don't need the TransFIRMer for this tune.

Day 4 and 5: Use the TransFIRMer in either horizontal or vertical position.

## **Ab Sculpt**

This is an easy one... turn the TransFIRMer vertically and use it the same way you would the Fanny Lifter!

## **Firm Abs**

This is an easy one!! Just use the TransFIRMer in place of the Fanny Lifter.

## **Upper Body**

Tune 1: You don't need the TransFIRMer for this tune.

Tune 2: When prompted use the 6 or 8-inch section either horizontally or vertically.

Tune 3: You don't need the TransFIRMer for this tune.

Tune 4 through 6: Use the TransFIRMer either horizontally or vertically.

Tune 7: You don't need the TransFIRMer for this tune.

Tune 8: Use TransFIRMer in either the horizontal or vertical position.

Tune 9: You don't need the TransFIRMer for this tune.

Tune 10: Use TransFIRMer in either the horizontal or vertical position.

Tune 11: You don't need the TransFIRMer for this tune.

## Upper Body Sculpt

Tune 1: You can use the green or blue segment in place of the purple section of the Fanny Lifter, or you can use the Incline.

Tune 2: There is no need to do the push-ups on the diagonal if you use the length of the TransFIRMer.

Tune 3: To bump up the intensity a bit for the toe taps, you can always use the full height of the TransFIRMer rather than just the blue. Plus, it will already be set up for the push-ups at the end. Say to yourself, "mah shins are on mah TransFIRMer."

Tune 4, 5 and 6: Set up the TransFIRMer sections the same way you do the Fanny Lifter.

## **Standing Legs**

Tune 1: Use the TransFIRMer either in the horizontal or vertical position.

Tune 2 and 3: You don't need the TransFIRMer for these tune.

Tune 4: Use the TransFIRMer in the vertical position.

Tune 5 and 6: You don't need the TransFIRMer for these tunes.

Tune 7 and 8: Use the TransFIRMer either horizontally or vertically.

## List of Rotations Sorted by Month/ Year

### 2002

January "BootCamp"/ Total Body  
December "Dynamic Duo"/ Total Body

### 2004

January "Butt Blaster"/ Lower Body  
February "Cardio Pump"/ Cardio  
March "Spring into Action"/ Total Body  
April "Fab Abs"/ Abs  
May "Get Rid of the Jiggle"/ Upper Body  
June "Refine Your Behind"/ Lower Body  
July "FIRM Up in a Flash"/ Total Body  
August "Dynamic Duo" /Total Body  
September "Express Calorie Burn"/ Cardio  
October "Better Body Month 1"/ Total Body  
November "Better Body, Month 2"/ Total Body  
December "Better Body, Month 3"/ Total Body  
September "Fall out of FAT Month 1"/ Total Body  
May "Bikini Bootcamp Month 3"/ Upper Body

### 2005

January "New Year, New You"/ Total Body  
February "Lose the Love Handles"/ Abs  
March "Boot Camp"/ Total Body  
May "Jiggle Free"/ Total Body  
June "TransFIRMation Rotation"/ Total Body  
July "Summer Squeeze"/ Total Body

### 2005 Cont.

August "Who Wears Short Shorts"/  
Lower Body  
September "Blast the Belly Fat"/ Abs  
October "Free from Flap"/ Upper Body  
November "Total Body Blast"/ Total Body  
December "Lose the Holiday Stuffing"/  
Cardio

### 2006

January "Get Your Butt in Gear"/ Total Body  
February "Workout Your LOVE Muscle"/ Cardio  
March "Bikini Bootcamp Month 1"/ Total Body  
April "Bikini Bootcamp Month 2"/ Lower Body  
June "De-Jelly Your Belly"/ Abs  
July "Super Summer Slim Down"/ Total Body  
August "Boogie Off the Big, Bad Bulge"/  
Cardio  
October "Fall out of FAT Month 2"/ Total  
Body  
January "New Year, New You"/ Total Body  
November "Fall out of FAT Month 3"/ Total  
Body  
December "Naughty Or Nice"/ Total Body

## List of Rotations Sorted by Month/ Year Cont.

### 2007

February "Accelerate Your Heart Rate"/  
Cardio  
"March Into Spring"/ Cardio  
April "Buff Body Basics"/ Total Body  
August "Fast Fat Attack"/ Cardio  
September "Target Your Female Fat  
Zones"/ Lower Body  
October "Pump Up the Volume"/Total  
Body  
November "Pump Up Your Metabolism"/  
Total Body

### 2008

February "Get Heart Smart"/ Cardio  
April "Step It Up"/ Cardio  
May "Increase Your Functional  
Training"/ Total Body  
July "Summer Express"/ Cardio  
August "Get Outside & Move"/ Total  
Body

## List of Rotations Sorted Alphabetically by Title

"Accelerate Your Heart Rate"/ February, 2007/ Cardio  
"Better Body Month 1"/ October, 2004/ Total Body  
"Better Body, Month 2"/ November, 2004/ Total Body  
"Better Body, Month 3"/ December, 2004/ Total Body  
"Bikini Bootcamp Month 1"/ March, 2006/ Total Body  
"Bikini Bootcamp Month 2"/ April, 2006/ Lower Body  
"Bikini Bootcamp Month 3"/ May, 2006/ Upper Body  
"Blast the Belly Fat"/ September, 2005/ Abs  
"Boogie Off the Big, Bad Bulge"/ August, 2006/ Cardio  
"BootCamp"/ January, 2002/ Total Body  
"BootCamp"/ March, 2005/ Total Body  
"Buff Body Basics"/ April, 2007/ Total Body  
"Butt Blaster"/ January, 2004/ Lower Body  
"Cardio Pump"/ February, 2004/ Cardio  
"De-Jelly Your Belly"/ June, 2006/ Abs Total Body  
"Dynamic Duo"/ August, 2004/ Total Body  
"Express Calorie Burn"/ September, 2004/ Cardio  
"Fall out of FAT Month 1"/ September, 2006/ Total Body  
"Fall out of FAT Month 2"/ October, 2006/ Total Body  
"Fab Abs"/ April, 2004/ Abs  
"Fall out of FAT Month 3"/ November, 2006/ Total Body  
"Fast Fat Attack"/ August, 2007/ Cardio  
"FIRM Up in a Flash"/ July, 2004/ Total Body  
"Free from Flab"/ October, 2005/ Upper Body  
"Get Hard Core"/ August, 2005/ Abs  
"Get Heart Smart"/ February, 2008/ Cardio  
"Get Hip Less This Season"/ December 2007/ Lower Body  
"Get Outside and Move"/ August, 2008/ Total Body  
"Get Rid of the Jiggle"/ May, 2004/ Upper Body  
"Get Your Butt in Gear"/ January, 2006/ Total Body  
"Happy New Rear"/ January, 2007/ Lower Body  
"Jiggle Free"/ May, 2005/ Total Body

## List of Rotations Sorted Alphabetically by Title Cont.

"Lose the Holiday Stuffing"/ December, 2005/ Cardio  
"Lose the Love Handles"/ February, 2005/ Abs  
"March Into Spring" March, 2007/ Cardio  
"Minimize Your Thighs"/ August, 2006/ Lower Body  
"Naughty Or Nice"/ December, 2006/ Total Body  
"New Year, New You"/ January, 2005/ Total Body  
"Pump Up Your Metabolism"/ November, 2007 Total Body  
"Pump Up the Volume"/ October, 2007/ Total Body  
"Refine Your Behind"/ June, 2004/ Lower Body  
"Spring into Action"/ March, 2004/  
"Step It Up"/ April, 2008/ Cardio  
"Super Summer Slim Down"/ July, 2006/ Total Body  
"Summer Express"/ July 2008/ Cardio  
"Summer Squeeze"/ July, 2005/ Total Body  
"Target Your Female Fat Zones"/ September 2007/ Lower Body  
"Total Body Blast"/ November, 2005/ Total Body  
"TransFIRMation Rotation"/ June, 2005/ Total Body  
"Who Wears Short Shorts"/ August, 2005/ Lower Body  
"Workout Your LOVE Muscle"/ February, 2006/ Cardio



## List of Rotations Sorted by Type

### Total Body

"Better Body Month 1" October, 2004  
"Better Body, Month 2" November, 2004  
"Better Body, Month 3" December, 2004  
"Bikini Bootcamp Month 1" March, 2006  
"Boot Camp" March, 2005  
"Boot Camp Rotation" January, 2002  
"Buff Body Basics" April, 2007  
"Dynamic Duo" August, 2004  
"Fall out of FAT Month 1" September, 2006  
"Fall out of FAT Month 2" October, 2006  
"Fall out of FAT Month 3" November, 2006  
"FIRM Up in a Flash" July, 2004  
"Get Outside & Move" August, 2008  
"Get Your Butt in Gear" January, 2006  
  
"Jiggle Free" May, 2005  
"Naughty Or Nice" December 2006  
"New Year, New You" January, 2005  
"Pump Up Your Metabolism" November,  
2007  
"Pump Up The Volume" October, 2007  
"Spring into Action" March, 2004  
"Summer Squeeze" July, 2005  
"Super Summer Slim Down" July, 2006  
"Total Body Blast" November, 2005  
"TransFIRMation Rotation" June, 2005

### Cardio

"Accelerate Your Heart Rate" February,  
2007  
"Boogie Off the Big, Bad Bulge" August,  
2006  
"Cardio Pump" February, 2004  
"Express Calorie Burn" September, 2004  
"Fast Fat Attack" August, 2007  
"Get Heart Smart" February, 2008  
"Lose the Holiday Stuffing" December,  
2005  
"March Into Spring" March, 2007  
"Step It Up" April, 2008  
"Summer Express" July 2008  
"Workout Your LOVE Muscle" February,  
May, 2008  
"Increase Your Functional Training"  
2006

### Abs

"Blast the Belly Fat" September, 2005  
"De-Jelly Your Belly" June, 2006  
"Fab Abs" April, 2004  
"Lose the Love Handles" February, 2005

## List of Rotations Sorted by Type Cont.

### Lower Body

"Bikini Bootcamp Month 2" April, 2006  
"Butt Blaster" January, 2004  
"Refine Your Behind" June, 2004  
"Who Wears Short Shorts" August, 2005

### Upper Body

"Bikini Bootcamp Month 3" May, 2006  
"Free From Flap" October, 2005  
"Get Rid of the Jiggle" May, 2004

# Specialty Rotation Calendars

Total Body

**Get a Better Body by New Year!**  
**Month 1**  
**Video Rotation**  
**By Lisa Kay**

Want a whole new body by the end of this year? Commit to this three-month rotation and those are the kind of results you can expect to see! Designed to work together to maximize your results, each month follows a four-week cycle that becomes progressively more month. It's time to get past the summertime blues and put the back to school woes behind you - let's focus on getting your fitness program into full swing. This rotation is just the motivation you need to get started.

I designed Month One as a jump-start to the program. I believe you'll have fun while you enjoy the results that come from a consistent fitness routine. For best results, I suggest you follow all three months of this Get a Better Body by New Year Rotation. Outlined below are week-by-week overviews of Month 1 that will help guide you through the rotation.

**Week 1, October 1-7:** I want you to put your emphasis on volume this week. The workouts are either cardio + sculpt or cardio, they are relatively longer and I want you to use medium resistance.

**Week 2, October 8-14:** This is a transition week between high volume and high intensity. I've included cardio + sculpt, sculpt and cardio style workouts for you to enjoy. The workouts are slightly shorter, so I want you to use medium to heavy resistance.

**Week 3, October 15-21:** It's time to put all your emphasis on intensity! Only sculpt and cardio workouts are included. The workouts are short, but they are tough. And, if you hadn't guessed already...I want you to go for your heaviest weights this week.

**Week 4, October 22-28\***: Well, this week is all about recovery, and hopefully you feel like you need it—you should. I’ve scheduled the same number of rest days this week, but you’ll find the videos I selected to be restorative workouts. No cardio + sculpt, just cardio and light sculpting. My recommendation is light resistance and low intensity.

\*Friday, October 29<sup>th</sup> begins a new cycle similar to our week 1. So, if you’re following the October Calendar version is the rotation, you should consider this the beginning of Month 2.

**Week 1:**

Day 1: Total Muscle Shaping  
Day 2: Super Cardio Sculpt  
Day 3: Cardio Sculpt  
Day 4: Rest  
Day 5: CA&WT  
Day 6: Maximum Cardio Burn  
Day 7: Complete Body Sculpting

**Week 3:**

Day 1: Body Sculpt  
Day 2: Rest  
Day 3: Upper Body Sculpt & Ab Sculpt  
Day 4: Advanced Cardio Blast  
Day 5: Lower Body Sculpt I & FIRM Abs (wkt 3)  
Day 6: Rest  
Day 7: Total Sculpt plus Abs

**Week5:**

Day 1: CA&WT                      Day 2: Express Cardio

**Week 2:**

Day 1: Rest  
Day 2: Total Muscle Shaping  
Day 3: Fat Blasting Cardio  
Day 4: Super Body Sculpt  
Day 5: Rest  
Day 6: Complete Body Sculpting  
Day 7: Express Cardio

**Week 4:**

Day 1: Fat Blasting Cardio  
Day 2: FIRM Power Yoga  
Day 3: Rest  
Day 4: Express Total Body Sculpting  
Day 5: Cardio Sculpt Blaster & FIRM  
                  Hips, Thighs and Abs  
Day 6: FIRM Power Yoga  
Day 7: Rest

Day 3: Cardio Sculpt

**Get a Better Body by New Year**  
**Month 2**  
**Video Rotation**  
**By Christa Riley**

So you want a whole new body by the end of the year? You are on the right track! Some of you may have done Month One, and some may be joining us starting with Month Two, either way – GREAT JOB! This three-month rotation will give you the results you want to see! Each rotation is designed to work together, each month follows a four-week cycle that starts with a lot of working out with medium intensity and resistance and gets more challenging by the end of the 3<sup>rd</sup> week. Week 4 is about resting and recovery to prepare for the next cycle. So, now that you are motivated let's get ready for that great body you deserve!

I designed Month Two to be a bit more challenging than Month One. This month is tougher in order to build on your results. Remember, we must always push ourselves! Follow this rotation and you are on your way to the best body you have ever had! Below is a week-by-week outline of Month 2 to help get our to your goal. If you put your mind to it you will feel and look great for the New Year!

**Week 1, November 1-4:** Get ready, this is a high volume week! There are 6 medium to long workouts, all cardio + sculpt or cardio with medium resistance. Just think of how great you will look and feel!

**Week 2, November 5-11:** This is a transitional week. There are cardio + sculpt, sculpt and cardio style workouts. These workouts are slightly shorter and you should use both medium resistance. But, you shouldn't push too hard on anything; think of each workout as having high and low moments in intensity.

**Week 3, November 12-18:** Okay...now let's talk about intensity! This week the workouts are long and tough using the heaviest weights. I suggest using Standing Legs as a tough lower

body day. The other 3 workouts should be split up for heavy weights: back and biceps during Super Sculpting, chest and triceps during FIRM Strength and lastly, focus on the shoulders during Maximum Body Shaping. Hand in there, you are almost to your last week!

**Week 4, November 19-25:** You made it, week 4! This week focuses on restorative workouts. There are no cardio + sculpt, just cardio and light sculpting. Use light weights and low intensity.

**Week 5, November 26-30:** This week begins a new cycle; it's technically the beginning of a new month of the rotation-another high volume week to shock your body. Just as with the first week, there are 6 medium to long workouts, all cardio + sculpt or cardio. Use medium resistance; these should be lighter than what you used during week 3 in all areas.

Week 1:

Day 1: Rest  
Day 2: Total Body Shaping Mix  
Day 3: Maximum Cardio Burn  
Day 4: FIRM Cardio  
Day 5: Rest  
Day 6: Total Muscle Shaping  
Day 7: Calorie Killer

Week 3:

Day 1: Super Cardio  
Day 2: Standing Legs  
Day 3: Rest  
Day 4: Maximum Body Shaping  
Day 5: Fat Blaster  
Day 6: FIRM Power Yoga  
Day 7: Rest

Week 5: Day 1: Rest

Week 2:

Day 1: Super Body Sculpt  
Day 2: Rest  
Day 3: Complete Body Sculpting  
Day 4: Advanced Cardio Blast  
Day 5: Super Sculpting  
Day 6: Rest  
Day 7: FIRM Strength

Week 4:

Day 1: Express Total Body Shaping  
Day 2: Fat Blasting Cardio & Lower Body Sculpt II  
Day 3: FIRM Power Yoga  
Day 4: Rest  
Day 5: Total Body Shaping Mix  
Day 6: Maximum Cardio Burn  
Day 7: CA&WT

Day 2: FIRM Cardio

**Get a Better Body by New Year!**  
**Month 3**  
**Video Rotation**  
**By Stephanie Huckabee**

If you've been working on this rotation, you know what a challenge it's been. More importantly, you know that you are getting stronger with every workout. This month I want to help you reach a new level of fitness by encouraging you to push yourself even harder this last month. Perhaps you've already added more workouts than what you were previously doing or you're working out longer than you have before. I'd like to challenge you this month to focus on increasing your weights. At The FIRM, we know from years of experience that if you use weights that challenge you, you can truly expect wonderful results from your workouts. Are you ready to go heavy and finish this rotation stronger than ever? Check out the schedule below for the details.

**Week 1, December 1& 2:** This is a continuation from the last week of November if you are following the calendar version of the rotation. It is a high volume week, meaning that you have 6 long workouts with only one day of rest. Don't go heavy yet; stick with your regular, medium weights.

**Week 2 and 3, December 3-16:** These two weeks are designed for medium intensity and medium resistance. Some workouts are shorter and others longer. You should use weights that will challenge you but will allow you to complete a set. This strengthens your workout foundations so that when we turn up the intensity in Week 4, you're prepared to push yourself to new challenges.

**Week 4, December 17-23:** Are you ready to take your workouts to a new level of intensity? First of all, notice that this week just happens to fall right in the middle of the holiday season. I expect you to funnel all of your holiday stress into these workouts as we take the intensity level up a notch and focus on specific muscle groups.



- During Body Sculpt focus on your lower body moves. Have you always used 10 pounds for squats and leg press? This is when you want to heavy up and really push yourself. Try the first few reps of your lower body exercises with a heavier weight. If you can do the reps with good form, push yourself to finish the set. If you find that your form has to give a little in order to use the weight, back down a few pounds. But if you don't ever try heavier weights you won't know what you're capable of doing!
- During Super Sculpting, focus on your biceps, triceps, back and chest. Try to increase weight for one set of each by 2-3 pounds and apply the same form rule - if you can complete the set with good form, finish it using your new heavy weight. If you feel that your form is getting sloppy, go to your regular weight.
- During Cardio Sculpt, zero in on the heavy 4-limb sets. Of, course the weights you use during these sets are not your heaviest, but you can increase weight here also. Try 2 pounds more during the combination moves. Also, make the most of the abs and table work in this workout with a deeper contraction or a heavier dumbbell, respectively.
- For the two cardio workouts, try to move from 3-pound dumbbells to 5 pounds. This seems like a minor difference but when you add just a little more weight to our faster, 4-limb moves, it can make a big difference. Also take into consideration your power level. Do you do everything grounded? Could you add a little power or more energy to your cardio segments? It's up to you to push yourself to a new level on every single workout.

**Week 5, December 24-31:** You've worked hard and certainly earned an active rest week, so here it is. After pushing yourself during the previous week you'll need some recovery time so that you can either start this rotation again or perhaps try a new one with energy and enthusiasm.

**Get a Better Body by New Year!**  
**Month 3**  
**Video Rotation**  
**By Stephanie Huckabee**

**Week 1:**

Day 1: Super Cardio Sculpt  
Day 2: FIRM Strength  
Day 3: Rest  
Day 4: Body Sculpt Blaster  
Day 5: Express Cardio  
Day 6: Rest  
Day 7: Total Muscle Shaping

**Week 3:**

Day 1: Rest  
Day 2: Total Sculpt plus Abs  
Day 3: Super Cardio  
Day 4: Body Sculpt  
Day 5: Rest  
Day 6: Cardio Sculpt  
Day 7: Maximum Cardio Burn

**Week 5:**

Day 1: Rest  
Day 2: FIRM Hips, Thighs and Abs  
Day 3: FIRM Power Yoga

**Week 2:**

Day 1: Calorie Killer  
Day 2: Rest  
Day 3: Complete Body Sculpting  
Day 4: Fat Blaster  
Day 5: Rest  
Day 6: CA&WT  
Day 7: Advanced Cardio Blast

**Week 4:**

Day 1: Super Sculpting  
Day 2: Rest  
Day 3: FIRM Power Yoga  
Day 4: Express Total Body Shaping  
Day 5: Rest  
Day 6: Ab Sculpt  
Day 7: Fat Blasting Cardio

**Bikini Boot Camp**  
**Are YOU Ready?**  
**By Emily Welsh**

"She wore an ittsy-bitsy, teeny-weeny, yellow polka-dot bikini"...Does that little tune remind you of what's right around the corner? Yep, you got it! It's summer time, and it's only three months away! If you're feeling down and out an already have the bikini blues, I am here to put a hop in your step! Coming your way for the next three months is **Bikini Boot Camp**, hosted by Christa, Stephanie, and myself. Who better to whip you back into shape than 3 new moms? We'll take you through three months of intense, but fun FIRM workouts to tone up that body and get you your bikini shape, just in time for summer!

The first month will be total body focused and looks like this:

- 4 days on, 1 day off-sculpt/ cardio/ cardio + sculpt/ cardio-followed by
- 3 days on, 1 day off-sculpt/ cardio/ cardio + sculpt
- All workouts are 40 minutes or more to really burn those calories right off!

This rotation is sure to be tough, but I know you can do it. After all, don't we all want to feel great in our skin as we lie by the pool or walk down the beach? When we're finished with you, I know we'll be hearing... **"I wore an ittsy-bitsy, teeny-weeny, yellow polka-dot bikini"**...so let's get going! Summer wont' wait for you!

**Bikini Boot Camp**  
**Are YOU Ready?**  
**By Emily Welsh**

Week 1:

Day 1: Super Cardio Sculpt  
Day 2: Maximum Cardio Burn  
Day 3: FIRM Strength  
Day 4: Fat Blaster  
Day 5: Rest  
Day 6: Bust & Butt  
Day 7: Ultimate Calorie Blaster

Week 3:

Day 1: Maximum Body Shaping  
Day 2: Super Cardio Sculpt  
Day 3: Cardio Sculpt  
Day 4: Rest  
Day 5: Body Sculpt  
Day 6: Maximum Cardio Burn  
Day 7: Total Body Shaping Mix

Week 5:

Day 1: Super Cardio  
Day 2: FIRM Cardio  
Day 3: Ultimate Calorie Blaster

Week 2:

Day 1: CA&WT  
Day 2: Rest  
Day 3: Total Sculpt  
Day 4: Super Cardio  
Day 5: FIRM Cardio  
Day 6: Calorie Killer  
Day 7: Rest

Week 4:

Day 1: Fat Blaster  
Day 2: Rest  
Day 3: Super Sculpting  
Day 4: Calorie Killer  
Day 5: Aerobic Body Shaping  
Day 6: Rest  
Day 7: Super Body Sculpt

## BootCamp Rotation

### Week 1:

Day 1: Cardio Sculpt Blaster  
Day 2: CA&WT  
Day 3: Super Cardio Sculpt  
Day 4: Upper Body Sculpt  
Day 5: Calorie Killer  
Day 6: FIRM Strength  
Day 7: Rest

### Week 3:

Day 1: Calorie Killer & FIRM Abs (wkt 2)  
Day 2: CA&WT  
Day 3: Fat Blaster  
Day 4: Ab Sculpt  
Day 5: Cardio Sculpt & FIRM Abs (wkt 2)  
Day 6: FIRM Strength  
Day 7: Rest

### Week 5:

Day 1: Cardio Sculpt Blaster  
Day 2: FIRM Cardio  
Day 3: Super Cardio Sculpt

### Week 2:

Day 1: Fat Blaster  
Day 2: Cardio Sculpt  
Day 3: Cardio Sculpt Blaster  
Day 4: Lower Body Sculpt II  
Day 5: Super Cardio Sculpt  
Day 6: FIRM Cardio  
Day 7: Rest

### Week 4:

Day 1: Super Cardio Sculpt  
Day 2: Cardio Sculpt  
Day 3: Calorie Killer  
Day 4: Super Body Sculpt  
Day 5: Fat Blaster  
Day 6: FIRM Cardio  
Day 7: Rest

**March into a Slimmer You!**  
**6 Week FIRM Boot Camp**  
**By Suzanne Bates**

**The FIRM wants YOU as the New Recruit!**

Do you have what it takes? Are you ready to push yourself to a new level? Are you ready to get serious about slimming up for Spring? Then drop and give me six! That's right, six...Six Weeks of FIRM Boot Camp!

**What makes FIRM Boot Camp better than the Army's version?**

1. The instructors don't yell at you
2. No KP duty
3. No tires to run through or walls to climb
4. No ugly shoes
5. No reverie at 5:00 am (unless you choose)
6. Great music
7. Cuter clothes
8. You get to sleep in your own bed at night
9. No whistles

**and best of all...**

10. A slimmer, stronger YOU!

Boot Camp is not for the faint of heart. It's tough, but you're tougher! You'll have 5-day cycles followed by a rest day. The drill sergeant commands you to take the rest day! Each cycle will focus on a different aspect of fitness. You'll get a chance to really intensify both your weight training and your cardiovascular training. You also get a chance to rest and recover before the next round.

**Cycle 1 - Moderate Intensity** The first cycle jump-starts your rotation. It's well-balanced between cardio and weight training, but it's 5 days straight. Use your normal weights this week.

**Cycle 2 - High Intensity Sculpting** This is the time to pull out the big guns! Make it your goal to go heavier on your weights for some of the exercises.

#### Body Sculpt

Push a little harder on your squats and leg presses today. Target your glutes by making sure you use perfect form on every rep.

#### Firm Strength

Today your back and chest get quite a workout. Try to heavy up on lat rows, double bent rows and your chest work. Perform each rep through the full range of motion. Try a few pushups on your toes!

#### Super Body Sculpt

Your core gets the attention today. Each exercise is done by contracting the abdominals rather than swinging the legs.

**Cycle 3 - High Intensity Cardio** The drill sergeant expects lots of energy this week.

#### Maximum Cardio Burn

Give your punches and kicks more power. Rather than just extending your arms and legs, punch like you mean it!

#### Super Cardio

Knees up everyone! Focus on lifting everything a little higher - knees, kicks, arms...

### Express Cardio & Advanced Cardio Blast

Crisp movements today. No flailing arms or half-hearted marching. Today it's about precision.

**Cycle 4 - Recovery** Even Boot Camp requires a little R&R - rest and recovery. You'll stay active, but lower the intensity. Enjoy your shorter workouts and especially the non-weighted Yoga. Focus on your stretch time and feel your muscles increasing in flexibility.

**Cycle 5 - Moderate Intensity** We head back up this week with complete cardio and full-body workouts. We're re-engaging the muscles after a light week and preparing for the more intense cycles.

**Cycle 6 - High Intensity Sculpting** Again, we focus on different body parts for each workout.

### Total Sculpt plus Abs

This workout is all about the biceps and triceps. Work through your full range of motion and try a couple of sets with heavier weights. You'll love the shape your arms begin to take.

### FIRM Cardio

Dips and lunges are the focus today. Try to increase the intensity by going up on your weights and/or lowering your back knee just an inch deeper to really target the glutes, quads and hamstrings. You'll feel the difference and see the beautiful results.



### Body Sculpt

Finish off your heavy sculpting week with shoulder work. Shaping all areas of the shoulder gives you a beautiful silhouette for your springtime tops and makes your waist look smaller.

**Cycle 7 - High Intensity Cardio** You're almost there! I hope you're ready to pump your heart rate this week. The workouts are lots of fun and will burn loads of calories!

### Super Cardio

Sink deeper into the plyometric jumps and step squats.

### Express Cardio & Advanced Cardio Blast

Put all of your energy into the step sequences. Try to move up as high as you can on the incline segments.

### Maximum Cardio Burn

Bigger is better. Make all your movements BIG! Use more floor space and reach for the ceiling.

**March into a Slimmer You!**  
**6 Week FIRM Boot Camp**  
**By Suzanne Bates**

**Week 1:**

Day 1: CA&WT  
Day 2: Cardio Sculpt Blaster  
Day 3: Body Sculpt Blaster  
Day 4: Super Cardio Sculpt  
Day 5: Cardio Sculpt  
Day 6: Rest  
Day 7: Body Sculpt

**Week 3:**

Day 1: Super Cardio  
Day 2: Total Muscle Shaping  
Day 3: Express Cardio & Advanced Cardio  
          Blast  
Day 4: Rest  
Day 5: FIRM Power Yoga  
Day 6: Express Total Body Shaping  
Day 7: Ab Sculpt

**Week 5:**

Day 1: CA&WT  
Day 2: Rest  
Day 3: Total Sculpt  
Day 4: Fat Blasting Cardio  
Day 5: FIRM Cardio  
Day 6: Cardio Sculpt Blaster  
Day 7: Body Sculpt

**Week 2:**

Day 1: Calorie Killer  
Day 2: FIRM Strength  
Day 3: Fat Blasting Cardio  
Day 4: Super Cardio Sculpt  
Day 5: Rest  
Day 6: Maximum Cardio Burn  
Day 7: Complete Body Sculpting

**Week 4:**

Day 1: Lower Body Sculpt I  
Day 2: FIRM Power Yoga  
Day 3: Rest  
Day 4: Cardio Sculpt  
Day 5: Calorie Killer  
Day 6: Body Sculpt Blaster  
Day 7: Super Cardio Sculpt

**Week 6:**

Day 1: Rest  
Day 2: Super Cardio  
Day 3: Total Muscle Shaping  
Day 4: Express Cardio & Advanced Cardio  
          Blast  
Day 5: Complete Body Sculpting  
Day 6: Maximum Cardio Burn  
Day 7: Rest

**Buff Body Basics**  
**April Sculpting brings May Bikini Body**  
**Targeted Total Body Sculpting Rotation**  
**[By Annie Lee](#)**

April showers bring May flowers; your April rotation brings bathing suit ready bodies! I know; no rhyming but it works in my book.

This month's rotation will do just that; bring you a **slamming, sculpted, sleek** body (better than flowers). So I want you to think to yourself, this is the summer in which I am going to feel beautiful, sexy, strong, and absolutely hot in whatever I put on! That shall be your mantra for this month.

For April let us focus on really fine-tuning and sculpting those muscles that you worked so hard to build over the fall and winter. You may not be exactly where you want to be in your timeline to a bathing suit body however, using this rotation with intensity, consistency, and a positive mindset, you **will** see and feel a difference in your body. You **will** get that much closer to a slamming new you!

What makes this month's rotation different from the others? We are focusing on a 3-day split. (What is a split you ask? Just a different way of saying how we are going to work out your whole body.)

- Breakdown of the 3 day split will be like so:
  - Day 1: 1 Sculpt and 1 Cardio
  - Day 2: Cardio
  - Day 3: Cardio and Sculpt (AWT)

You will have scheduled rest days within your rotation. Rest days are important. (I know you've heard this time and time again.) It allows you to completely recharge your energy

stores so that you are able to keep up your intensity throughout the whole month's rotation. Once the three days are up, you will go through the split again. Because you are not doing the same type of work out on the same day, the added variability will force your body to continually adjust to the new type of workout. A very good thing: your body will not plateau, which will help you continue to reach your goal.

- On **Day 1**, where you have 1 scheduled sculpt, you will either focus on upper body, lower body, or those 6-pack abs! And yes you have 6-pack abs! Right now they are just hidden. You will also have 1 scheduled cardio so that you are able to really keep intensity up, burning a whole lotta of calories!
- **Day 2** will be your day to really kick it up a notch by just focusing only on cardio. Get your heart rate up and pumping, using those muscles that you are building to get you through the cardio.
- **Day 3** will be a double duty, cardio plus sculpt! This is where I say to really turn on the heat. Work hard this day to get it done.

Now that is just a brief overview of what your slamming April rotation will be. Remember your mantra: This is summer in which I am going to feel beautiful, sexy, strong, and absolutely hot in whatever I put on!

**To see results in your body this month, all you need are: Consistency, Intensity, and a Positive mindset.**

**Consistency** - Follow the routine. If you fall off a few days, it is okay. Just jump back on the split when you can. It is those who fall off and never get back on that do not see results.

**Intensity** - How hard you work starts in your head. You determine how the muscle and body moves and works. Think about every exercise and work out that you do; don't just go through the movements. You will definitely not see results from just going through workouts motionless.

**Positive mindset** - Yes you can! How long have you dreamed of seeing those sculpted shoulders and triceps, perky, tight rear end, flat tummy or even 6-pack abs?! Well, now's the time...April, May, June, July...here you come!

Week 1:

Day 1: Upper Body Sculpt & Express Cardio  
Day 2: Maximum Cardio Burn  
Day 3: CA&WT  
Day 4: Rest  
Day 5: Standing Legs & Fat Blasting Cardio  
Day 6: Calorie Killer  
Day 7: Aerobic Body Shaping

Week 3:

Day 1: FIRM Cardio  
Day 2: Rest  
Day 3: Jiggle Free Buns & Express Cardio  
Day 4: Fat Blaster  
Day 5: FIRM Strength  
Day 6: Rest  
Day 7: Ab Sculpt & Fat Blasting Cardio

Week 5:

Day 1: Cross Trainer: Lower Body Split &  
Advanced Cardio Blast  
Day 2: Calorie Killer

Week 2:

Day 1: Rest  
Day 2: Jiggle Free Abs & Advanced  
Cardio Blast  
Day 3: Super Cardio Sculpt  
Day 4: Cardio Sculpt  
Day 5: Rest  
Day 6: Jiggle Free Arms & Cardio  
Sculpt Blaster  
Day 7: Super Cardio

Week 4:

Day 1: Cardio Dance Slim Down  
Day 2: Total Muscle Shaping  
Day 3: Rest  
Day 4: Cross Trainer: Upper Body  
Split & Cardio Sculpt  
Blaster  
Day 5: Ultimate Calorie Blaster  
Day 6: Complete Body Sculpting  
Day 7: Rest

**Want a Firm Body?**  
**Get it with this Dynamic Duo!**  
**By Pam Meriwether and Nancy Tucker**

Think you need some super powers to FIRM up your body this month? Nancy and Pam to the rescue! This dynamic duo has joined forces to bring you a powerful rotation that focuses on total body shape-up with a special emphasis on core training. Each of the workout days is action-packed, so it is very important to truly rest on your "rest" days. Your body needs that time to reap the rewards of your effort on the workout days.

**Express Total Body Shaping**

"Every where I turn these days, our culture seems to be saying, 'I want it faster, more effective, and more accessible!' While I am often frustrated by the increased pace and expectations that this places on our lives, I accept the positive side of this reality as well. [Express Total Body Shaping](#) responds to all these expectations.

Express Total Body Shaping is a fast workout because it works the entire body in just 30 minutes. It is effective because it uses innovative isometric contractions to effectively shape and define the body, with only the Sculpting Stick™. And it is more accessible because of its ease of use when traveling or when you are limited in time or space." -Pam

**FIRM Abs**

[FIRM Abs](#) is a perfect compliment to this month's rotation! It brings to the table a balanced emphasis on core training and functional fitness.

If you've never done [FIRM Abs](#) before, you need to know that the workout is actually broken down into three separate, 10-minute routines. The workouts get progressively tougher, with Workout #1 being the easiest. Don't be fooled, however; they're ALL challenging, if you do them the right way! We borrowed moves from the disciplines of yoga and Pilates to put a new spin on some traditional exercises and we used the Sculpting Stick™ to "bump up" the intensity. The result? Three "killer" core routines that are

adjustable to your OWN fitness level!

I have no doubt that, used in conjunction with this awesome, total-body rotation, [FIRM Abs](#) will give you results that you never thought you'd see!" -Nancy

Best of luck this month! We'd love to hear from you on the [Beginner's Board](#)!

### **Videos in rotation**

#### **Cardio + Sculpt**

Complete Aerobics & Weight Training

#### **Sculpt**

Total Sculpt plus Abs

Express Total Body Shaping

FIRM Abs

FIRM Power Yoga

#### **Cardio**

Maximum Cardio Burn

Calorie Killer

**Want a Firm Body?  
Get it with this Dynamic Duo!  
By Pam Meriwether and Nancy Tucker**

**Week 1:**

Day 1: CA&WT  
Day 2: Rest  
Day 3: Express Total Body Shaping & FIRM  
          Power Yoga  
Day 4: Maximum Cardio Burn  
Day 5: Rest  
Day 6: Total Sculpt  
Day 7: Calorie Killer

**Week 3:**

Day 1: Total Sculpt plus Abs  
Day 2: Calorie Killer & FIRM Power Yoga  
Day 3: Rest  
Day 4: CA&WT  
Day 5: Maximum Cardio Burn  
Day 6: Rest  
Day 7: Express Total Body Shaping

**Week 5:**

Day 1: Rest  
Day 2: Total Sculpt  
Day 3: Calorie Killer

**Week 2:**

Day 1: Rest  
Day 2: CA&WT  
Day 3: Maximum Cardio Burn  
Day 4: FIRM Power Yoga  
Day 5: Rest  
Day 6: Express Total Body Shaping & FIRM  
          Abs (wkt 2)  
Day 7: Rest

**Week 4:**

Day 1: Calorie Killer & FIRM Abs (wkt 3)  
Day 2: Total Sculpt  
Day 3: Rest  
Day 4: CA&WT  
Day 5: Rest  
Day 6: Express Total Body Shaping &  
          FIRM Power Yoga  
Day 7: Maximum Cardio Burn



**Fall Out of FAT Month 1**  
**Fall Fitness Makeover**  
**By Kirsten Palmer**

Routine is good. It's about forming habits. And forming habits means making lifestyle changes, not just flying-by-the-seat-of-your-pants-hoping-to-lose-weight-with-the-next-big-thing! Because we ALL know that is not the key to success!

But...routine is also bad. Routine can cause a plateau-that dreaded word-a slowing, or worse yet, a cessation, of weight loss or other fitness changes.

So, this 3-month rotation is about variety-planned, well-thought-out, somewhat "routine" variety. Huh? How do you do that? Like this: we'll vary the number of days we workout, the amount of time we workout each day, and the intensity of our workouts. Whew! That's a lot. Good thing we did all the tough stuff for you.

You'll do this for 3 month and I guarantee you that you will bust through some plateaus! Here are the details:

- The first cycle is 3 days. These will be challenging but not too long workouts.
- The next cycle is 4 days. These will also be challenging but not too long.
- The next cycle is 2 days. These are pull-out-all-the-stops, give-it-all-you've got, for-as-long-as-you've-got workouts.
- The last cycle is 5 days of somewhat less challenging and shorter workouts.
- Then you'll rest for 2 days and repeat.

**Fall Out of FAT Month 1**  
**Fall Fitness Makeover**  
**By Kirsten Palmer**

Week 1:

Day 1: Bust & Butt  
Day 2: Ultimate Calorie Blaster  
Day 3: Total Muscle Shaping  
Day 4: Rest  
Day 5: Maximum Body Shaping  
Day 6: Calorie Killer  
Day 7: CA&WT

Week 3:

Day 1: Express Total Body Shaping  
Day 2: Cardio Sculpt Blaster  
Day 3: FIRM Power Yoga  
Day 4: Rest  
Day 5: Rest  
Day 6: Calorie Killer II  
Day 7: Fat Blaster

Week 5:

Day 1: Tough Tape 2  
Day 2: Super Cardio

Week 2:

Day 1: Fat Blasting Cardio  
Day 2: Rest  
Day 3: Total Body Shaping Mix  
Day 4: Maximum Cardio Burn  
Day 5: Rest  
Day 6: Body Sculpt Blaster  
Day 7: Jiggle Free Abs

Week 4:

Day 1: Complete Body Sculpting  
Day 2: Rest  
Day 3: Total Sculpt  
Day 4: Super Cardio Sculpt  
Day 5: FIRM Cardio  
Day 6: Express Cardio  
Day 7: Rest

**Fall Out of FAT**  
**Fall Fitness Makeover - Month 2**

Whew! You made it through Month 1 of your "anything-but-routine" routine! My hope is that you still haven't quite figured out the sequence. If your brain is still a little unsure of what's coming up next, your body will be too - and confused muscles lead to great results!! We all that when given the same work over and over and over, our wonderfully adaptive bodies become more efficient and burn fewer calories. The solution is to keep the body confused so that it will keep responding to your demands. We start this month with 5 days of shorter, less challenging workouts and 2 rest days. But after that...get ready to ramp it up! Each cycle gets a little more difficult until you're pushing the limits and giving it all you've got. Enjoy the variety. You'll be sculpting, burning, fat-blasting and getting "jiggle-free"! Pop over to the video rotations board and share your experience.

**Fall Out of FAT**  
**Fall Fitness Makeover - Month 2**

Week 1:

Day 1: Rest  
Day 2: Supercharged Sculpting  
Day 3: Ab Sculpt  
Day 4: Express Total Body Shaping Mix  
Day 5: Express Cardio  
Day 6: FIRM Power Yoga  
Day 7: Rest

Week 3:

Day 1: Cardio Split  
Day 2: Super Cardio Sculpt  
Day 3: Rest  
Day 4: Tough Tape 2  
Day 5: Maximum Cardio Burn  
Day 6: Rest  
Day 7: Body Sculpt Blaster

Week 5:

Day 1: Calorie Killer  
Day 2: Cardio Sculpt

Week 2:

Day 1: Rest  
Day 2: Jiggle Free Buns  
Day 3: Ultimate Calorie Blaster  
Day 4: Jiggle Free Abs  
Day 5: Rest  
Day 6: Super Body Sculpt  
Day 7: Fat Blasting Cardio

Week 4:

Day 1: Jiggle Free Abs  
Day 2: Express Total Body Shaping  
Day 3: Cardio Sculpt Blaster  
Day 4: FIRM Power Yoga  
Day 5: Rest  
Day 6: Rest  
Day 7: Body Sculpt

**Fall Out of FAT**  
**Fall Fitness Makeover - Month 3**

Welcome to Month 3 of your anything but routine workout to help you reach the next level by switching things up to confuse your body in the best way possible! My hope is that you may have found some soreness OR some muscles you forgot you had OR some changes in the shape of your body OR some newfound strength OR just some fun along the way in the first two months of this rotation. Changing it up always relieves any boredom that might be making its way into your routine and makes things more interesting! And it doesn't hurt that you'll be going into the holiday season with renewed freshness and other great benefits you found from this rotation!

Here are the details for Month 3:

- You'll start with 4 days of challenging sculpt and cardio
- The next cycle is only 2 days of rocking it out with Super Sculpting and Super Cardio!
- The next cycle you'll find yourself with 5 straight days, which will include some shorter, specific workouts and some much needed stretching and recovery time.
- You'll follow this rest day with 3 days of pushing your limits with Bust & Butt, Super Cardio Sculpt and Aerobic Body Shaping.
- The next 4 days include intense workouts. Push yourself!
- The next is only 2 days long - so bring it on!
- The home stretch into December includes another 5 days, which again will include some shorter, specific workouts with some yoga to relax you! Enjoy!

**Fall Out of FAT**  
**Fall Fitness Makeover - Month 3**

Week 1:

Day 1: Super Body Sculpt  
Day 2: Fat Blaster  
Day 3: Complete Body Sculpting  
Day 4: Fat Blasting Cardio  
Day 5: Rest  
Day 6: Super Sculpting  
Day 7: Super Cardio

Week 3:

Day 1: Rest  
Day 2: Bust & Butt  
Day 3: Super Cardio Sculpt  
Day 4: Aerobic Body Shaping  
Day 5: Rest  
Day 6: Maximum Body Shaping  
Day 7: Calorie Killer

Week 5:

Day 1: Jiggle Free Abs  
Day 2: Express Total Body Shaping

Week 2:

Day 1: Rest  
Day 2: Supercharged Sculpting  
Day 3: Ab Sculpt  
Day 4: Express Total Body Shaping  
Day 5: Express Cardio  
Day 6: FIRM Power Yoga  
Day 7: Rest

Week 4:

Day 1: Total Muscle Shaping  
Day 2: Ultimate Calorie Blaster  
Day 3: Rest  
Day 4: Total Body Shaping Mix  
Day 5: Maximum Cardio Burn  
Day 6: Rest  
Day 7: Body Sculpt Blaster

**"Firm Up In A Flash"**  
**July 2004**

Week 1:

Day 1: CA&WT  
Day 2: Rest  
Day 3: Body Sculpt  
Day 4: Calorie Killer  
Day 5: Rest  
Day 6: Super Body Sculpt  
Day 7: Super Cardio Sculpt

Week 3:

Day 1: Calorie Killer  
Day 2: Rest  
Day 3: Body Sculpt  
Day 4: Super Cardio Sculpt  
Day 5: Rest  
Day 6: Super Body Sculpt  
Day 7: Cardio Sculpt Blaster

Week 5:

Day 1: Super Cardio Sculpt  
Day 2: Rest  
Day 3: Body Sculpt

Week 2:

Day 1: Rest  
Day 2: Body Sculpt Blaster  
Day 3: Cardio Sculpt Blaster  
Day 4: Rest  
Day 5: CA&WT  
Day 6: Rest  
Day 7: Maximum Body Shaping

Week 4:

Day 1: Rest  
Day 2: CA&WT  
Day 3: Rest  
Day 4: Body Sculpt Blaster  
Day 5: Calorie Killer  
Day 6: Rest  
Day 7: Maximum Body Shaping

**Get Outside and Move!**  
**Workout out on the road: Total Body Rotation**  
**By: Master Instructor Mindy Fenske**

For all intents and purposes, August is the last summer month. Soon children start going back to school and the time for a vacation begins to run out. This month's rotation is designed for people on the go in the waning days of summer.

We are taking advantage of all of the tools that The FIRM and nature have to offer for making exercise a part of vacation and travel plans. So dust off those walking and/or running shoes. Dig out your cords, bands, jump ropes and mats. Grab a water bottle and some sunglasses. We're going on the road!

Even if you are not planning to leave town or vacation this month, this rotation is an excellent opportunity to change things up a bit. When you add activities that you may not ordinarily perform into your workout schedule, your body perks up and takes notice. The concept is muscle confusion, and the reward is improved results.

The focus this month is first on workouts using minimal and lightweight and/or easy-to-pack equipment. Airlines tend to frown lately on heavy baggage, and with gas prices the way they are, it just makes sense to keep the cars as light as possible, right? The second focus is on incorporating outdoor activities that can be added into your rotation. Let's take advantage of the fresh air and sunshine (using at least an SPF 15 sunscreen of course) while it lasts!

This rotation is perfect for those occasions when you may not have access to technology (DVD player and monitor/TV) or space (not every hotel room is exercise-friendly) or both. It is also fantastic for a change of pace leading into the fall and winter.

Every week there will be a check-in thread on the rotations bulletin board where I will offer some additional suggestions designed to make sure that you get the most out of your



workouts. Even if you don't want to check-in weekly, try checking out these ideas. Let's get this outdoor summer party started!

Week 1:

Day 1: Slim w/o the Gym  
Day 2: Cardio (Outside or DVD)  
Day 3: Fat Burning Cardio Toning  
Day 4: Cardio (Outside or DVD)  
Day 5: Sculpt & Tone Pilates  
Day 6: Rest  
Day 7: Rest

Week 3:

Day 1: Skills, Drills and Thrills  
Day 2: Cardio (Outside or DVD)  
Day 3: Total Body Time Crunch  
Day 4: Cardio (Outside or DVD)  
Day 5: Total Body Toner  
Day 6: Rest  
Day 7: Rest

Week 5:

Day 1: Slim w/o the Gym  
Day 2: Cardio (Outside or DVD)  
Day 3: Fat Burning Cardio Toning

Week 2:

Day 1: Fat Burning Sculpting Ball  
Day 2: Cardio (Outside or DVD)  
Day 3: Cardio Core Fusion  
Day 4: Cardio (Outside or DVD)  
Day 5: FIRM Power Yoga  
Day 6: Rest  
Day 7: Rest

Week 4:

Day 1: Express Total Body Shaping  
Day 2: Cardio (Outside or DVD)  
Day 3: Power Sculpt  
Day 4: Cardio (Outside or DVD)  
Day 5: Sculpt & Tone Pilates  
Day 6: Rest  
Day 7: Rest

**Get Your Butt In Gear  
Shift into a New Attitude  
By Tina Smalley**

**Shake off the Holiday Excess**

Well it's that time of year again! Some of us have put on a few "L-Bs" due to office parties. Family gatherings, and all of the treats that go along with the holiday season. Now as we begin the New Year, it's time to get our butt in gear! January's video rotation promises to do just that!

**Get Focused for the New Year**

Set attainable goals. Find something you like to do. You will be more likely to stick with it if you do. Visualize how you want to look. Realize that you will improve a little bit everyday. Don't put too much pressure on yourself. You'll set yourself up for frustration. Relax and have fun with your workout!

**Take Advantage of the Excitement of the New Year! Push Hard!**

With the New Year comes resolutions and the excitement of starting over with a clean slate. Take advantage of that and push yourself to work extra hard this month. Looking for something to motivate you? If you have no energy, exercise to increase it. If you are feeling down, exercise to improve your mood or reduce stress. Do it because your doctor recommends it to improve your quality of life. Do it for YOU!

**Try a New Challenge...Shake Up Your Routine**

We all get bored! Try something new like running, skiing, tennis, or rollerskating with your kids to supplement your regular FIRM workouts! Start slow and then when you are ready to increase your fitness level and need more of a challenge, pick something that piques your interest. The change can boost your fitness level to new heights.

**Here's the gist...**

The "Get Your Butt in Gear" rotation will have you working 6 days a week with Sunday being your OFF day. All of the workouts are 45 minutes or less. This will give you about 200 minutes per week-the optimum for weight loss. If you have to skip a day, you can do 2 workouts the next day. Rest if you need to. Experts say nothing done in 21 days is habit forming and done for 6 months becomes part of your personality! Now it's up to you...I know you can do it! You will love the way you feel!

## Video In Rotation

Body Sculpt  
Body Sculpt Blaster  
Bust & Butt  
Calorie Killer  
Calorie Killer II  
Complete Body Sculpting  
Express Cardio  
Fat Blaster

Fat Blasting Cardio  
Jiggle-Free Arms  
Jiggle Buns  
Maximum Body Shaping  
Super Body Sculpt  
Time Crunch Workout  
Total Muscle Shaping  
Ultimate Calorie Blaster

### Week 1:

Day 1: Rest  
Day 2: Complete Body Sculpting  
Day 3: Ultimate Calorie Blaster  
Day 4: Bust & Butt  
Day 5: Fat Blasting Cardio  
Day 6: Jiggle Free Arms  
Day 7: Calorie Killer

### Week 3:

Day 1: Rest  
Day 2: Total Muscle Shaping  
Day 3: Cardio Sculpt Blaster  
Day 4: Super Body Sculpt  
Day 5: Fat Blaster  
Day 6: Calorie Killer II  
Day 7: Ultimate Calorie Blaster

### Week 5:

Day 1: Rest                      Day 2: Time Crunch Workout

### Week 2:

Day 1: Rest  
Day 2: Time Crunch Workout  
Day 3: Super Cardio Sculpt  
Day 4: Body Sculpt  
Day 5: Express Cardio  
Day 6: Jiggle Free Buns  
Day 7: Calorie Killer

### Week 4:

Day 1: Rest  
Day 2: Complete Body Sculpting  
Day 3: Fat Blasting Cardio  
Day 4: Maximum Body Shaping  
Day 5: Calorie Kille  
Day 6: Body Sculpt Blaster  
Day 7: Express Cardio

Day 3: Fat Blaster

**Get fit for Life!**  
**Increase your functional training**  
**By Master Instructor Kelsie Daniels**  
**Month three of our Three-Month Fitness Challenge**

Now that you've improved your strength, in month one of our challenge, and your stamina, in month two, we'll turn our attention to your functional fitness. Not quite sure what that means? Picture this: We'll call our protagonist, "Cindy"...

During her workout today, Cindy increased her seated biceps curl by three pounds, her seated leg extension by five pounds, and she did more supine triceps extensions than she had ever done. After her workout, Cindy stopped by the restroom, because she is also drinking much more water (we all know how healthy drinking more water is). As Cindy stood from the toilet, she threw her back out! What was this healthy, strong woman doing on the bathroom floor, unable to move? Looks like Cindy's workouts were missing something: functional training!

Functional training workouts prepare your body to handle real-life situations: picking up your toddler or a bag of groceries, standing up from a chair or the floor, jumping out of the way (backwards) of someone about to run into you – all without injury. During functional training, you work many muscle groups, as a unit, in the way that they were designed to work together, which allows the body to become stronger and more efficient as it mimics real-life activities. Conventional weight training, on the other hand, isolates muscles groups. This method of training only improves their strength, endurance and flexibility in isolation from the muscles that work with them for full-body movements. Read more about functional training [here](#).

The additional benefit of training functionally is that you target more muscles at once – boosting your calorie burn and maximizing your workout time. Lucky for you, if you're doing The FIRM, you've already been doing this. All those squats with clean and press, lunges with a reach and row, and "Butt and Back Burners," put you ahead of the game! This

month's rotation will highlight that aspect of our workouts, and challenge your functional fitness.

Week 1:

Day 1: Skills, Drills and Thrills  
Day 2: Ultimate Calorie Blaster  
Day 3: Bootcamp: Maximum Calorie Burn  
Day 4: Rest  
Day 5: Slim and Sculpt Stability Ball  
Day 6: Maximum Cardio Burn  
Day 7: Total Body Time Crunch

Week 3:

Day 1: Cardio Sculpt Fusion (a.k.a. Total  
Body Lite)  
Day 2: Rest  
Day 3: Sculpt & Tone Pilates  
Day 4: Ultimate Calorie Blaster  
Day 5: Bootcamp: Maximum Calorie Burn  
Day 6: Rest  
Day 7: Skills, Drills, & Thrills

Week 5:

Day 1: Express Total Body Shaping  
Day 2: Cardio Overdrive  
Day 3: Cardio Core Fusion

Week 2:

Day 1: Rest  
Day 2: Express Total Body Shaping  
Day 3: Calorie Killer  
Day 4: Cardio Core Fusion  
Day 5: Rest  
Day 6: Total Body Toner  
Day 7: Cardio Overdrive

Week 4:

Day 1: Maximum Cardio Burn  
Day 2: Total Body Time Crunch  
Day 3: Rest  
Day 4: Slim & Sculpt Pilates  
Day 5: Calorie Killer  
Day 6: Cardio Sculpt Fusion (a.k.a.  
Total Body Lite)  
Day 7: Rest

## Jiggle Free Rotation

### Week 1:

Day 1: Jiggle Free Buns & Ultimate Calorie Blaster  
Day 2: Jiggle Free Arms & Jiggle Free Abs  
Day 3: Rest  
Day 4: Aerobic Body Shaping & Bonus Hips & Thighs  
Day 5: Ultimate Calorie Blaster & Bonus Abs  
Day 6: Supercharged Sculpting & Bonus Stretch  
Day 7: Rest

### Week 3:

Day 1: Aerobic Body Shaping & Bonus Hips, Thighs  
Day 2: Ultimate Calorie Blaster & Bonus Abs  
Day 3: Jiggle Free Buns & Jiggle Free Abs  
Day 4: Rest  
Day 5: Aerobic Body Shaping  
Day 6: Ultimate Calorie Blaster & Bonus Stretch  
Day 7: Jiggle Free Arms & Jiggle Free Abs

### Week 5:

Day 1: Jiggle Free Arms & Ultimate Calorie Blaster  
Day 2: Rest  
Day 3: Jiggle Free Buns & Jiggle Free Abs

### Week 2:

Day 1: Aerobic Body Shaping  
Day 2: Jiggle Free Abs & Bonus Hips, Thighs  
Day 3: Jiggle Free Buns & Jiggle Free Arms & Bonus Stretch  
Day 4: Rest  
Day 5: Supercharged Sculpting & Ultimate Calorie Blaster  
Day 6: Jiggle Free Abs  
Day 7: Rest

### Week 4:

Day 1: Rest  
Day 2: Supercharged Sculpting  
Day 3: Ultimate Calorie Blaster & Bonus Hips, Thighs  
Day 4: Jiggle Free Buns & Jiggle Free Arms & Bonus Stretch  
Day 5: Rest  
Day 6: Aerobic Body Shaping  
Day 7: Supercharged Sculpting

**Naughty Or Nice?  
Firm Up In Jingle  
Video Rotation Calender  
By Chrystal Burgess**

'Tis the season to be jolly! Decorating, holiday parties, endless shopping. That's right, the hustle bustle of the holiday season is upon us. Chances are you will consume more calories and exercise less. Fight fatigue and a jelly belly with this holiday rotation that will not only leave you feeling merry and bright, but will give you a leg up on the New Year. Time is tight during the holidays. This rotation lets you be "naughty" and do some short workouts and "nice" with a long workout.

Here's the breakdown:

- You can be "naughty" with 4 short workouts during the week. These workouts will be 45 minutes or less.
- On the weekend you are "nice" and do one long workout. This workout will be 55 minutes or more.
- The core of your rotation will be cardio + sculpt...at least 3 workouts a week.
- The rest of the rotation will include 1 cardio day and 1 sculpt day.
- You can add extra cardio when you when you have time. Clean your entire house, go skating, rush out to the mall to grab the last toy on the shelf.

The goal of this rotation is to "keep on keeping on." Don't let anyone sabotage your workout schedule. Going to Grandma's? Pack some DVD's from The FIRM for the trip. You'll be glad you did.

**Naughty Or Nice?  
Firm Up In Jingle  
Video Rotation Calender  
By Chrystal Burgess**

**Week 1:**

Day 1: Lower Body Sculpt I  
Day 2: Aerobic Body Shaping  
Day 3: Rest  
Day 4: Fat Burning Sculpting Ball  
Day 5: Express Cardio  
Day 6: Complete Body Sculpting  
Day 7: Rest

**Week 3:**

Day 1: Upper Body Sculpt  
Day 2: FIRM Strength  
Day 3: Rest  
Day 4: Complete Body Sculpting  
Day 5: Fat Blasting Cardio  
Day 6: Fat Burning Sculpting Ball  
Day 7: rest

**Week 5:**

Day 1: Jiggle Free Abs                      Day 2: Jiggle Free Arms & Jiggle Free Buns  
Day 3: Rest

**Week 2:**

Day 1: Sculpt & Tone Pilates  
Day 2: CA&WT  
Day 3: Rest  
Day 4: Ultimate Fat Burning Workout  
Day 5: Calorie Killer  
Day 6: Total Muscle Shaping  
Day 7: Rest

**Week 4:**

Day 1: Slim & Sculpt Stability Ball  
Day 2: Cardio Sculpt  
Day 3: Rest  
Day 4: Ultimate Fat Burning Workout  
Day 5: Super Cardio Sculpt  
Day 6: Total Muscle Shaping  
Day 7: Rest



**New Year, New YOU!**  
**Video Rotation**  
**By Nancy Tucker**

It's January and, of course, all the buzz is about making New Year's resolutions. Sure, everybody sounds gung-ho right now but did you know that almost 90% of people who make resolutions never follow through with them? Don't let that statistic apply to you. Make the decision to let the year 2005 be "The Year of the New You"! I've got a strategy that can help to make that happen and the time to start it is NOW!

January rotation is geared toward total body fitness and it is designed to keep you motivated throughout the month. The plan is simple and the sequence of workout types is the same each week. Rest days fall on Tuesdays and Fridays and, believe me, you're going to need them! Workout days are hard and long (the shortest workout is 45 minutes long and the longest is 1 hour and 15 minutes). You're going to need to muster up some "dogged determination" but I promise you, the pay-off will be well worth it!

**New Year, New YOU!**  
**Video Rotation**  
**By Nancy Tucker**

Week 1:

Day 1: FIRM Cardio  
Day 2: Super Cardio Sculpt & FIRM Abs  
Day 3: CA&WT  
Day 4: Rest  
Day 5: Super Sculpting  
Day 6: Super Cardio  
Day 7: Rest

Week 3:

Day 1: Total Muscle Shaping & Fat Blasting  
Cardio  
Day 2: Maximum Cardio Burn  
Day 3: FIRM Cardio  
Day 4: Rest  
Day 5: Body Sculpt & FIRM Abs  
Day 6: Super Cardio Sculpt  
Day 7: Rest

Week 5:

Day 1: Cardio Sculpt  
Day 2: Calorie Killer & FIRM Abs  
Day 3: Total Muscle Shaping & Advanced Cardio Blast

Week 2:

Day 1: Complete Body Sculpting &  
Express Cardio  
Day 2: Calorie Killer & FIRM Abs  
Day 3: Cardio Sculpt  
Day 4: Rest  
Day 5: Body Sculpt & FIRM Abs  
Day 6: Advanced Cardio Blast &  
Express Cardio  
Day 7: Rest

Week 4:

Day 1: CA&WT  
Day 2: Super Cardio  
Day 3: Complete Body Sculpting  
Day 4: Rest  
Day 5: Super Sculpting  
Day 6: Maximum Cardio Burn  
Day 7: Rest

**Get Ready for the Holiday Feasts!  
Pump Up Your Metabolism!  
By: Tine Smalley**

Your body is an incredible, yet complex machine! Every system in your body works together to keep you alive and functioning. Metabolism is the way your body uses calories from the food you eat. Your muscles are the engine that runs your metabolism. When the engine is running smoothly, your metabolism uses the calories you take in for fuel: Energy. When it's not working properly those calories are stored as – yep, you know it – fat!

Whether you inherited a fast metabolism gene from your mom or a slow one from your dad, everyone's metabolism slows with a combination of age and a sedentary lifestyle. Is it possible to speed it up? YES! Although metabolism is fairly stable, there are several things that you can do to speed it up! And just in time for the holidays, no doubt!

**Don't skip meals**

Eat 5-6 mini-meals a day that consist of good carbs, fat and lean protein. Or eat 3 meals and 2 or 3 HEALTHY snacks. You will have more energy throughout the day without the headaches, hunger pangs, and mood swings!

**Get enough sleep**

If not, you will have decreased energy during the day and less ability to focus. You will be too tired to workout and eat right. And on top of that, your immune system will be weaker. Take care of your body and it will take care of you!

**Stay active**

Not just by getting in a FIRM workout (which is awesome by the way!). Take the stairs instead of the elevator, run a race, chase your kids, walk your dog. The list goes on!

**Incorporate strength training in your exercise routine**

Exercise is key; but we all knew that, right?

**Water, agua, wasser, su, biss, woda...**

However you say it, I can't say it enough: Hydrate your bodies! Lack of H<sub>2</sub>O will slow down your metabolism and your liver will focus on water retention instead of burning fat. DRINK!

**Don't get stuck in a rut**

Make small changes for big results to keep your body from reaching a plateau. That's why The FIRM's monthly rotation is so great! You get something different every month!

With a few changes in your lifestyle, you can speed up your metabolism and burn more calories. Soon you will feel healthier and stronger and when you look in the mirror you will see the results of a toned more healthy body!

**So... start your engines, ladies! It's time to rev up your metabolism!**

**Get Ready for the Holiday Feasts!**  
**Pump Up Your Metabolism!**  
**By: Tine Smalley**

Week 1:

Day 1: Cross Trainer: Lower Body Split &  
Advanced Cardio Blast  
Day 2: Cardio Inferno  
Day 3: Bootcamp: Maximum Calorie Burn  
Day 4: Rest  
Day 5: Upper Body Sculpt  
Day 6: Calorie Killer  
Day 7: Aerobic Body Shaping

Week 3:

Day 1: Total Muscle Shaping  
Day 2: Rest  
Day 3: Cross Trainer: Upper Body Split &  
Cardio Sculpt Blaster  
Day 4: Maximum Cardio Burn  
Day 5: Cardio Sculpt  
Day 6: Rest  
Day 7: Tough Tape 2

Week 5:

Day 1: Core Solutions  
Day 2: Super Cardio  
Day 3: Rest

Week 2:

Day 1: Rest  
Day 2: Super Body Sculpt  
Day 3: Fat Blaster  
Day 4: Total Body Time Crunch  
Day 5: Rest  
Day 6: Standing Legs & Fat Blasting  
Cardio  
Day 7: Cardio Party

Week 4:

Day 1: Ultimate Calorie Blaster  
Day 2: FIRM Cardio  
Day 3: Rest  
Day 4: Tight Buns & Killer Legs  
Day 5: Cardio Dance Slim Down  
Day 6: Burn & Shape  
Day 7: Rest

**Pump Up the Volume**  
**Time to Ramp up your Workout Routine**  
**Total Body Workout Rotation**  
**By: Emily Welsh**

It's that time again...time to pump up the volume! We're heading into fall, into crazy schedules and holidays, so what better time than now to hit the workouts a bit harder?

We all know that our bodies need rest between workouts, but are you taking too much time off? How often are you giving it your all? How long are your workouts? If you are like me, you want the most bang for your buck, but sometimes we tend to cut the workouts too short and in doing so, cut our results short too! This month, we're focusing on longer workouts and more of them! Like I said, time to pump up the volume!

First of all, let's look at the frequency and consistency of your workout regimen. How often are you exercising? As a rule, we tell beginners to exercise 3-4 times per week to start, but once you get going, you need more than that! As a matter of fact, we should be doing something physically active (and even somewhat strenuous) every day! Are you??

Take some time and look back your workout calendar and see exactly when you've been doing the right things. If it hasn't been around 5-6 times per week, can you add more in? Remember, it doesn't have to be heavy weights all the time. Just get your body moving and your heart rate up. You'll burn more calories and fat too! After all, isn't that what we're after?

Now let's talk about the duration, or the length, of your workout sessions. Of course, 25 minutes is better than zero minutes when it comes to exercise, but 25 minutes three times a week really won't get you where you want to go. So, let's ramp it up! Aim for at least 45 minutes of exercise each time you exercise. You'll increase your stamina, strengthen your heart and lungs, and again, burn more fat and calories!

How am I going to do this with my busy schedule, you ask? Here are a few tips for getting your longer workouts in, more frequently:

- 1) Minimize disruptions. Turn off the phone ringer, leave your cell phone in another room, lock your workout room door, etc. Don't let minor intrusions cut into your results.
- 2) SCHEDULE your workout time. If you're like me, you live by your calendar, so schedule yourself your workout time and stick to it. Your health is more important than the laundry!
- 3) Recruit a workout buddy. You can do this with an online buddy or someone that can meet you for workouts. The time won't seem so long when you have friends with you and holding you accountable!
- 4) If you have to workout in 25-30 minute time frames, schedule yourself morning and afternoon/evening or multiple sessions throughout the day, and stay as active as possible in between. You know the tricks...take the stairs instead of the elevator, walk the parking lot instead of parking at the door, carry your heavy groceries to the car yourself, rearrange the room, etc. Just move and enjoy moving!
- 5) How important is everything on your "to do" list? Can anything be postponed until the weekend, you have childcare, etc? I am always thinking about what I can do in the spare time that I have, which isn't much now that I opened a business, so I have to decide what can wait. It's more important to me to get my workout in, than to get to Bed, Bath, and Beyond for whatever is on sale. And once I have exercised, I can always get on-line and order it!

Hopefully, some of these tips will help you get things going without stressing you out!

The crazy days are nearing and we don't want to be behind in our goals, so let's use this month and take it up a notch! You can do it, and if you stick with it, you'll be more fit in a month than you are right now. So, what are you waiting for? TURN IT UP!

**Pump Up the Volume**  
**Time to Ramp up your Workout Routine**  
**Total Body Workout Rotation**  
**By: Emily Welsh**

Week 1:

Day 1: Rest  
Day 2: Total Body Time Crunch  
Day 3: Ultimate Calorie Blaster  
Day 4: Maximum Body Shaping  
Day 5: Advanced Cardio Blast  
Day 6: Jiggle Free Buns  
Day 7: Fat Blaster

Week 3:

Day 1: Rest  
Day 2: Burn & Shape  
Day 3: Fat Burning Cardio  
Day 4: Hi-Def Sculpt  
Day 5: Calorie Killer  
Day 6: Jiggle Free & Cardio Sculpt Blaster  
Day 7: Express Cardio

Week 5:

Day 1: Rest  
Day 2: Fat Burning Sculpting Ball  
Day 3: Fat Blaster

Week 2:

Day 1: Rest  
Day 2: Bootcamp: Maximum Calorie Burn  
Day 3: Cardio Inferno  
Day 4: Tough Tape 2  
Day 5: Cardio Dance Slim Down  
Day 6: Complete Body Sculpting  
Day 7: Cardio Party

Week 4:

Day 1: Rest  
Day 2: Time Crunch Workout  
Day 3: Super Cardio Sculpt  
Day 4: Bootcamp: 3-in-1 Mix  
Day 5: Cardio Overdrive  
Day 6: Hard Core Fusion  
Day 7: Ultimate Calorie Blaster



**Spring Into Action**  
**Supercharge your workout routine!**  
**By Nancy Tucker**

BSS3 is coming! Are you ready? As a precursor to the release of the new FIRM Body Sculpting System 3, this month's video rotation offers a way to rev your metabolism and shift your current routine into high gear. Think you're up for the challenge?

March's rotation includes a variety of workouts. There are cardio, cardio + sculpt, and sculpt videos. All but the cardio + sculpt are short in length (45 minutes or less) and their sequencing allows for extra cardio on days between sculpt and cardio + sculpt. This line-up provides the perfect opportunity to really push yourself!

But the real challenge of this rotation is the frequency. It allows for a maximum number of work days (6) and a minimum amount of rest (1 day). Each week a different body part or component is highlighted. During Week 1, emphasis is placed on upper body; Week 2, the focus is on lower body; Week 3 is more about core training, And finally, Week 4 "turns up the heat" on cardio! All month long, use your very best form and concentrate while making that mind-muscle connection.

This rotation is tough and requires personal diligence and a commitment to truly rest on your day. So, designate March as the month to really "dig in." Best of luck to you all!

Featured Videos

Cardio + Sculpt

FIRM Cardio

FIRM Strength

Complete Aerobics & Weight Training

Cardio Sculpt

Sculpt

Ab Sculpt

FIRM Abs

Upper Body Sculpt

Lower Body Sculpt I

Super Body Sculpt

Cardio

Cardio Sculpt Blaster

Super Cardio Sculpt

Calorie Killer

Fat Blaster

**Spring Into Action**  
**Supercharge your workout routine!**  
**By Nancy Tucker**

Week 1:

Day 1: Cardio Sculpt Blaster  
Day 2: CA&WT  
Day 3: Super Cardio Sculpt  
Day 4: Upper Body Sculpt  
Day 5: Calorie Killer  
Day 6: FIRM Strength  
Day 7: Rest

Week 3:

Week 1: Calorie Killer & FIRM Abs (wkt 2)  
Week 2: CA&WT  
Week 3: Fat Blaster  
Week 4: Ab Sculpt  
Week 5: Cardio Sculpt Blaster  
Week 6: FIRM Strength  
Week 7: Rest

Week 5:

Day 1: Cardio Sculpt Blaster  
Day 2: FIRM Cardio  
Day 3: Super Cardio Sculpt

Week 2:

Day 1: Fat Blaster  
Day 2: Cardio Sculpt  
Day 3: Cardio Sculpt Blaster  
Day 4: Lower Body Sculpt I  
Day 5: Super Cardio Sculpt  
Day 6: FIRM Cardio  
Day 7: Rest

Week 4:

Day 1: Super Cardio Sculpt  
Day 2: Cardio Sculpt  
Day 3: Calorie Killer  
Day 4: Super Body Sculpt  
Day 5: Fat Blaster  
Day 6: FIRM Cardio  
Day 7: Rest

**Long on Fun, But Short On Time?  
Summer Squeeze Video Rotation  
By Kirsten Strohecker**

Summertime...and the living is easy! Yeah, right! You've got family, vacation, weekend get-a-ways with the girls, outdoor concerts, cook-outs, picnics, and the kids' day camps...You're busier now than ever! The days are longer, sure, but you fill them up with lots activities. And the heat, oh the heat! It drains you. Who want to get any sweatier than they are already?

Summer is the perfect time to tighten up your workout rotation. Shorten your daily workout time and squeeze it in during the week to leave your weekends free for play. So, that's what we've got planned for July. You'll work out 5 days per week, consecutively, Monday through Friday. Your workouts are 30-45 minutes maximum each day. What that means is, you've got to focus. Every rep should count for 2. Every second should be high energy for high intensity.

Videos in Rotation

Cardio + Sculpt:

Complete Body Sculpting  
Total Muscle Shaping  
Jiggle Free Buns  
Jiggle Free Arms

Sculpt:

Super Body Sculpt  
Body Sculpt Blaster  
Lower Body Sculpt I  
Supercharged Sculpting  
Jiggle Free Abs

Cardio:

Express Cardio  
Advanced Cardio Blast  
Super Cardio Sculpt  
Cardio Sculpt Blaster  
Fat Blasting Cardio  
Ultimate Calorie Blaster

Week 1:

Day 1: Complete Body Sculpting  
Day 2: Rest  
Day 3: Rest  
Day 4: Supercharged Sculpting  
Day 5: Advanced Cardio Blast  
Day 6: Jiggle Free Arms  
Day 7: Jiggle Free Buns

Week 3:

Day 1: Total Muscle Shaping  
Day 2: Rest  
Day 3: Rest  
Day 4: Complete Body Sculpting  
Day 5: Fat Blasting Cardio  
Day 6: Super Body Sculpting  
Day 7: Express Cardio

Week 5:

Day 1: Total Muscle Shaping                      Day 2: Rest

Week 2:

Day 1: Ultimate Calorie Blaster  
Day 2: Rest  
Day 3: Rest  
Day 4: Lower Body Sculpt I  
Day 5: Jiggle Free Abs  
Day 6: Body Sculpt Blaster  
Day 7: Cardio Sculpt Blaster

Week 4:

Day 1: Jiggle Free Buns  
Day 2: Rest  
Day 3: Rest  
Day 4: Supercharged Sculpting  
Day 5: Super Cardio Sculpt  
Day 6: Lower Body Sculpt II  
Day 7: Jiggle Free Abs

**Super Summer Slim Down**  
**Make This Your Summer to "Get Hot"**  
**Total Body Sculpting Rotation**  
**By Laura Robinson Currence**

Isn't summer supposed to be the season when we eat less, exercise more and therefore look and feel better? Well...sometimes things don't always work the way they are supposed to. If you are not feeling particularly "hot" (pun intended!) right now, have no fear; the summer slim down rotation is here.

This month's series is designed to re-shape your entire body. It is a challenging sequence of excellent workouts, so if you are serious about wanting to dig in and make some real progress, this one's for you!

We will do 5 days in a row of sculpting and cardio work followed by two well-earned rest days. The order will be S/C/C+S/C/C+S. I think you will be amazed at what progress you can make in 30 days if you stick to this plan. And, if you want to intensify your results, visit the nutrition and try some of Sarah's great tips for summer food that will inspire even the most creative chefs!

Let's make this summer one where we actually do look and feel better. Let's commit to a rotation that will push our limits, while letting us see immediate results. This is going to be tough series - but it is worth the effort!

**Super Summer Slim Down**  
**Make This Your Summer to "Get Hot"**  
**Total Body Sculpting Rotation**  
**By Laura Robinson Currence**

Week 1:

Day 1: Bust & Butt  
Day 2: Fat Blaster  
Day 3: CA&WT  
Day 4: Ultimate Calorie Blaster  
Day 5: FIRM Cardio  
Day 6: Rest  
Day 7: Rest

Week 3:

Day 1: Maximum Body Shaping  
Day 2: Fat Blaster  
Day 3: Aerobic Body Shaping  
Day 4: Super Cardio  
Day 5: FIRM Strength  
Day 6: Rest  
Day 7: Rest

Week 5:

Day 1: Bust & Butt  
Day 2: Fat Blaster  
Day 3: Aerobic Body Shaping

Week 2:

Day 1: Body Sculpt  
Day 2: Super Cardio Sculpt  
Day 3: Total Body Shaping Mix  
Day 4: Maximum Cardio Burn  
Day 5: Total Muscle Shaping  
Day 6: Rest  
Day 7: Rest

Week 3:

Day 1: Super Body Sculpt  
Day 2: Maximum Cardio Burn  
Day 3: CA&WT  
Day 4: Ultimate Calorie Blaster  
Day 5: Total Body Shaping Mix  
Day 6: Rest  
Day 7: Rest

**Total Body Blast  
Video Rotation  
By Dale Murrie**

Get ready everybody for the November video rotation, because we are focusing on a Total Body Blast - no part of the body get left out! The benefits of working out for you are cumulative. With time, you get better and better and better, without having to spend a lot of time all the time, which is rewarding in and of itself and makes it easier for you to set goals and maintain what you've achieved in a reasonable time frame with the busy lives that we all have.

I thought November would be a great month for the Total Body Blast to gear up for all the holiday eating and lack of time that will soon be upon us. I'm giving you the most time efficient way to work out during that month that has many responsibilities and activities pulling you in 50,000 different directions. You can still stay in shape without spending a lot of time working out on a daily basis. You can choose to spread your workout time over several days instead of doing long workouts on a few days. Make it fit into your schedule. That way, you'll be more inclined to stick with your workouts.

The rotation is set up with short workouts and total body workout for every part of the body, with the exception of Jiggle Free Arms and Buns. Each workout you can focus on different areas of the body. How perfect is that? If you want longer workouts, add in some cardio and burn a few extra calories! So let's get ready, set, and go for it you're enjoying this rotation and how it's working for you. Enjoy everyone!



Videos in Rotation

Cardio + Sculpt

Time Crunch Workout

Total Muscle

Complete Body Sculpting

Jiggle Free Arms

Jiggle Free Buns

Cardio

Calorie Killer

Calorie Killer 2

Fat Blaster

Super Cardio Sculpt

Cardio Sculpt Blaster

Sculpt

Body Sculpt

Super Body Sculpt

Body Sculpt Blaster

Bust & Butt

Maximum Body Shaping

**Total Body Blast**  
**Video Rotation**  
**By Dale Murrie**

Week 1:

Day 1: Time Crunch Workout  
Day 2: Rest  
Day 3: Jiggle Free Buns  
Day 4: Calorie Killer II  
Day 5: Maximum Body Sculpting  
Day 6: Super Cardio Sculpt  
Day 7: Rest

Week 3:

Day 1: Calorie Killer  
Day 2: Time Crunch Workout  
Day 3: Cardio Sculpt Blaster  
Day 4: Super Body Sculpt  
Day 5: Fat Blaster  
Day 6: Rest  
Day 7: Total Muscle Shaping

Week 5:

Day 1: Jiggle Free Buns  
Day 2: Cardio Sculpt Blaster

Week 2:

Day 1: Total Muscle Shaping  
Day 2: Fat Blaster  
Day 3: Bust & Butt  
Day 4: Complete Body Sculpting  
Day 5: Jiggle Free Arms  
Day 6: Rest  
Day 7: Body Sculpt

Week 4:

Day 1: Calorie Killer 2  
Day 2: Body Sculpt Blaster  
Day 3: Super Cardio Sculpt  
Day 4: Complete Body Sculpting  
Day 5: Rest  
Day 6: Maximum Body Shaping  
Day 7: Calorie Killer

**TransFIRMation Rotation**  
**Re-shape your body... and your workouts!**  
**By Emily Welsh**

As most of you know, I just recently had my second child and am struggling to get back into shape. I am sure that my FIRM workouts will help me become fit and trim again, but along the way, I want to spice things up and "assassinate some major calories"! So, what is going to be my weapon of choice? I'll tell you...the TransFIRMer!

I was thrilled when I received my new TransFIRMer and workouts, but I was even more thrilled when I realized that I can use this amazing tool with ALL of my FIRM workouts. This month, I will take you through a rotation designed with many of your favorite Body Sculpting System workouts with modifications to use the TransFIRMer as your weapon against fat and boredom. So, are you ready to TransFIRM your body into a lean, fat-burning machine? Check out this month's rotation to see what you're in for! And, don't forget to check the [Rotations Board](#) for tips on incorporating the TransFIRMer into the videos slated for the week. And read [Workout TransFIRMation](#) to get a glimpse of how to modify your FIRM workouts. I cannot wait for my TransFIRMation to begin! Can you?

Let's get going!

## Videos in Rotation

Cardio + Sculpt  
Complete Body Sculpting  
Total Muscle Shaping  
Complete Aerobics & Weight Training  
Cardio Sculpt  
Aerobic Body Shaping  
Jiggle Free Buns  
Jiggle Free Arms

Cardio  
Express Cardio  
Advanced Cardio Blast  
Super Cardio Sculpt  
Cardio Sculpt Blaster  
Maximum Cardio Burn  
Calorie Killer  
Fat Blasting Cardio  
Ultimate Calorie Blaster

Sculpt Upper Body Sculpt  
Super Body Sculpt  
Lower Body Sculpt 1  
Supercharged Sculpting  
Jiggle Free Abs

**TransFIRMation Rotation**  
**Re-shape your body... and your workouts!**  
**By Emily Welsh**

Week 1:

Day 1: Express Cardio & Advanced Cardio  
Blast  
Day 2: CA&WT  
Day 3: Rest  
Day 4: Super Body Sculpt  
Day 5: Maximum Cardio Burn  
Day 6: CA&WT  
Day 7: Calorie Killer & Bonus Abs (UCB)

Week 3:

Day 1: Rest  
Day 2: Supercharged Sculpting & Bonus  
Stretch (SChS)  
Day 3: Advanced Cardio Blast & Cardio  
Sculpt Blaster  
Day 4: Aerobic Body Shaping  
Day 5: Calorie Killer & Bonus Hips,  
Thighs (ABS)  
Day 6: Rest  
Day 7: Jiggle Free Arms & Express Cardio

Week 5:

Day 1: Super Cardio Sculpt  
Day 2: Cardio Sculpt

Week 2:

Day 1: Rest  
Day 2: Upper Body Sculpt & Cardio Sculpt  
Day 3: Lower Body Sculpt I & Cardio  
Sculpt Blaster  
Day 4: Rest  
Day 5: Complete Body Sculpting  
Day 6: Ultimate Calorie Blaster  
Day 7: Cardio Sculpt

Week 4:

Day 1: Jiggle Free Buns & Jiggle Free  
Arms  
Day 2: Rest  
Day 3: CA&WT  
Day 4: Maximum Cardio Burn  
Day 5: Complete Body Sculpting  
Day 6: Rest  
Day 7: Super Body Sculpt

# Specialty Rotation Calendars

## Cardio

**Accelerate Your Heart Rate!**  
**Time to Light a Fire and Burn the Fat**  
**Cardio Rotation**  
**By: Tina Smalley**

The dreaded "C" word. It's the one word we all love to hate. It echoes in the back of our brains like the thump of an aerobics soundtrack. We have all tried to bury this word but it keeps rearing its ugly little head. We know we should listen to it, we want to hear it, but far too often we bury it in the recesses of our heads. The word is **CARDIO!!**

There is perhaps nothing that can transform our minds and bodies like a regular cardio program. The health benefits are endless: increased energy, faster metabolism, measurable fat loss. All of these things are directly contributable to a sustained effort to increase the amount of cardio training we put our bodies through.

One of the most important benefits of regular cardio exercise is the effect on our cardiovascular system. Once thought primarily a demon of men, cardiovascular disease is silently killing more and more women. Nothing is more important to maintaining good heart health than keeping your heart rate up to a level deemed safe for you individually. Each of us is at a different level of cardiovascular health so it's important to know your limitations.

Cardio can be so simple and fun. Sure we can trudge along on a treadmill or an exercise bike and these are both excellent exercises. To really maintain your cardio program, however, it's a good idea to choose several exercises that you truly enjoy and do them regularly. Biking, swimming, walking, jogging, and The FIRM cardio workouts are outstanding ways to get your heart rate up. And by rotating your exercises, you can eliminate the boredom that often comes from performing one workout over and over again.

It's time to face the facts. Nothing can jumpstart your fitness like a qualified cardio program. Perhaps the best benefit, though, is to our mental fitness. The first thing

you'll notice is a marked increase in your energy level! I can't promise that you'll feel like a child again, but you can come very close. From almost day one of this month's rotation you will feel more energetic and refreshed, ready to tackle those projects that you've been too tired for in the past.

This rotation will include a variety of cardio workouts. You will lose fat and increase your energy. You will improve your cardiovascular health and you will feel the rush of endorphins that can stay with you throughout the day. As you begin the New Year, make a promise to yourself. Get out there and start a cardio program. Stick with it and your new year and your new body can be the best yet!

Week 1:

Day 1: Rest  
Day 2: Super Cardio  
Day 3: Ultimate Fat Burning Workout  
Day 4: Express Cardio  
Day 5: CA&WT  
Day 6: Rest  
Day 7: Super Cardio Sculpt

Week 3:

Day 1: Rest  
Day 2: Ultimate Calorie Blaster  
Day 3: Total Body Shaping Mix  
Day 4: Advanced Cardio Blast  
Day 5: Rest  
Day 6: Fat Blasting Cardio  
Day 7: Cardio Sculpt

Week 2:

Day 1: Maximum Body Shaping  
Day 2: Cardio Sculpt Blaster  
Day 3: Rest  
Day 4: Cardio Dance Slim Down  
Day 5: Complete Body Sculpting  
Day 6: Maximum Cardio Burn  
Day 7: Fat Burning Sculpting Ball

Week 4:

Day 1: Calorie Killer  
Day 2: Jiggle Free Buns  
Day 3: Rest  
Day 4: Fat Blasting Cardio  
Day 5: Super Body Sculpt  
Day 6: Super Cardio  
Day 7: Rest



**Boogie Off the Big, Bad Bulge  
It's Not Over 'Till It's Over**

It's not over until it's over

Summer is what I'm talking about! Bikinis are still all over the place, shorts are getting shorter and the temperature is still HOT, HOT, HOT! This is not the time to slack off. It's the perfect time to pump up the cardio in your rotation, work your heart muscle a little more, and burn some fat! If you live anywhere that's similar to the home of The FIRM, Columbia, SC, you won't be covering up that body for quite a while. If you live somewhere that gets cooler quicker...then you have to just keep up with the rest of us and push it hard! Misery loves company, right? Just joking! Cardio is fun! You get to move around, do some funky routines and maybe shake your bootie some! I gave you rest days, too, so it's going to be a blast!

**All about the burn....**

Cardiovascular strength is very important. We can perform better at every activity when our heart is pumping away, nice and strong. Who wants to burn more fat and calories? ME, ME! Keeping the intensity of your workout high allows you to do this. Now, we don't want to forget about muscular strength, too. Remember, the more lean muscle mass you have, the more calories your body requires to maintain them. If you've been FIRMinG for a while, you know that we combine aerobics with weights, giving fat a double whammy!

**The Skinny**

So this is how it's going to happen this month. We going to emphasize cardio, but not forget about the all important sculpting. You should never lift heavy for two days in a row, anyway; your muscles need healing time in between sessions, so that's when I'm going to push you with the cardio. We'll have a lot of PHA training to keep your heart rate up (cardio) and heavy 4-limb to push your entire body to work during an exercise. If you didn't know, PHA training alternates upper body and lower body exercises to force your heart to get that blood moving around a lot to where it's needed!

The rotation will be: sculpt/ cardio/ cardio+ sculpt, then rest. (Aren't I nice?) Then you'll continue with cardio + sculpt/ cardio/ cardio+ sculpt, then rest. (Resting again...gotta love it!)

Week 1:

Day 1: Calorie Killer  
Day 2: Rest  
Day 3: FIRM Cardio  
Day 4: Super Cardio Sculpt  
Day 5: Body Sculpting Basics (vol. 1)  
Day 6: Rest  
Day 7: Body Sculpt Blaster

Week 3:

Day 1: Rest  
Day 2: Maximum Body Shaping  
Day 3: Advanced Cardio Blast & Express  
Cardio  
Day 4: Calorie Killer 2  
Day 5: Super Cardio  
Day 6: Rest  
Day 7: Aerobic Body Shaping

Week 5:

Day 1: Rest  
Day 2: Jiggle Free Buns & Fat Burning  
Cardio  
Day 3: Super Cardio Sculpt

Week 2:

Day 1: Fat Blaster  
Day 2: Cardio Split  
Day 3: Ultimate Calorie Blaster  
Day 4: Rest  
Day 5: Total Muscle Shaping  
Day 6: Fat Blasting Cardio  
Day 7: Cardio Sculpt

Week 4:

Day 1: Maximum Cardio Burn  
Day 2: CA&WT  
Day 3: Rest  
Day 4: Tough Tape 2  
Day 5: Cardio Sculpt Blaster  
Day 6: Jiggle Free Arms & Express Cardio  
Day 7: Calorie Killer

**Ready, Set, Go!**  
**Rev up your body with the Cardio Pump video rotation**

We all know that regular aerobic workouts help us lose weight and look great, but another (and perhaps even more important) benefit of aerobic exercise is improved heart health. To get your ticker in tip-top shape, this month's featured rotation highlights cardiovascular exercise - get ready to sweat!

Each week follows the same cycle: three days of workouts, a rest day, two more days of workouts and another rest day. Feel free to add light cardio, like walking or biking, or just some everyday household chores, on the rest days.

The majority of the workouts included in the rotation are cardio or cardio + sculpt for obvious reasons, but there are also two sculpt workouts included because these workouts incorporate two basic principles of The FIRM's aerobic weight training method.

- 1. Peripheral Heart Action (PHA) Training** - Exercises are performed at opposite extremes of the body to really get your heart pumping. An example of PHA is: Squats, then Bent Row, Plie and then Biceps Curl. Or, Dips on the right leg, some Biceps Curls, then Dips on the left leg and Triceps Kickback.
- 2. Heavy 4-Limb Training** -Combines an upper body move (Biceps Curl) with a lower body move (Squats) so that all four limbs move at once, causing your heart rate to soar.

Get ready to rev up your heart rate and burn fat with the Cardio Pump video rotation! If you wish to follow the February calendar, use the rotation below.

**Ready, Set, Go!**  
**Rev up your body with the Cardio Pump video rotation**

Week 1:

Day 1: CA&WT  
Day 2: Calorie Killer  
Day 3: Body Sculpt Blaster & Super  
          Cardio Sculpt  
Day 4: Rest  
Day 5: Cardio Sculpt  
Day 6: Super Cardio  
Day 7: Rest

Week 3:

Day 1: Cardio Sculpt  
Day 2: Super Cardio  
Day 3: Body Sculpt Blaster & Super Cardio  
          Sculpt  
Day 4: Rest  
Day 5: CA&WT  
Day 6: Calorie Killer  
Day 7: Rest

Week 5:

Day 1: CA&WT

Week 2:

Day 1: Body Sculpting Basics (Vol. 1)  
Day 2: Fat Blaster  
Day 3: Maximum Body Shaping & Cardio  
          Sculpt Blaster  
Day 4: Rest  
Day 5: FIRM Cardio  
Day 6: Maximum Cardio Burn  
Day 7: Rest

Week 4:

Day 1: FIRM Cardio  
Day 2: Maximum Cardio Burn  
Day 3: Maximum Body Shaping & Cardio  
          Sculpt Blaster  
Day 4: Rest  
Day 5: Body Sculpting Basics (Vol. 1)  
Day 6: Fat Blaster  
Day 7: Rest

**Want to Blast Fat Fast?**  
**Express Calorie Burn Rotation**  
**By Stephanie Huckabee**

It's that time of year again when it can be a bit of a challenge to stay on track with your workout plan. Throughout the rest of the year there are plenty of easy reasons for motivation. After all, we've got the excitement of the New Year each January, anticipation of the warmer weather with spring, and of course summertime provides us with plenty of motivation to take our fitness routines up a notch. Those three seasons certainly keep us motivated, but what about keeping up your motivation to burn fat and stay fit during fall?

If you're like most people, this season can easily be the one in which you allow your commitment to fitness to slip just a little. The kids are back in school which means schedules are packed with one activity after another, not to mention the homework. It's getting a little cooler outside and we transition from tank tops and shorts to the comfort of jeans and sweaters. And I haven't even mentioned the upcoming holidays that bring on their own special challenges with each celebration.

So, to make sure that you don't "fall" out of your fitness plan and allow this season to set you back a few steps after you've worked hard all year, I've designed a fast way for you to blast fat and stay committed to getting the results you want. This rotation combines some of our most efficient and effective workouts so that you'll be able to blast fat fast. You'll do three days on with a rest day and then two days on with an additional rest day and believe me....these workouts will get your heart pumping and the fat burning.

Of course, though the focus this month is on cardio, you also get two total body workouts a week plus an extra lower body workout with Maximum Cardio Burn or with FIRM Hips, Thighs, & Abs. And we don't want to forget your abs so you'll be working them three times a week as well.

We've done all the of planning for you, now it's your turn to show you body that fall is a great time to focus on blasting fat!

Week 1:

Day 1: Fat Blasting Cardio & FIRM Hips,  
Thighs, and Abs  
Day 2: Complete Body Sculpting  
Day 3: Express Cardio  
Day 4: Rest  
Day 5: CA&WT  
Day 6: Advanced Cardio Blast  
Day 7: Rest

Week 3:

Day 1: Express Cardio & FIRM Hips, Thighs  
And abs  
Day 2: Complete Body Sculpting  
Day 3: Advanced Cardio Blast  
Day 4: Rest  
Day 5: CA&WT  
Day 6: Calorie Killer  
Day 7: Rest

Week 5:

Day 1: Advanced Cardio Blast & FIRM Hips,  
Thighs, and Abs  
Day 2: Complete Body Sculpting

Week 2:

Day 1: Maximum Cardio Burn  
Day 2: Total Muscle Shaping  
Day 3: Calorie Killer  
Day 4: Rest  
Day 5: Total Sculpt plus Abs  
Day 6: Fat Blasting Cardio  
Day 7: Rest

Week 4:

Day 1: Maximum Cardio Burn  
Day 2: Total Muscle Shaping  
Day 3: Fat Blasting Cardio  
Day 4: Rest  
Day 5: Total Sculpt plus Abs  
Day 6: Express Cardio  
Day 7: Rest

**Fast Fat Attack**  
**Potent, Wicked and Quick**  
**Summer Dog Days Rotation**  
**By: Janet Brooks Holmes**

**Deadlines, significant others, work,** school, children, being your kids' chauffer (that's you!), carpool, sports, dance lessons, and other activities, charity and community service, doctor's appointments (yours and others for whom you are responsible), vacations, traveling for various needs/reasons, paperwork (personal and at your job), correspondence . . . Whew! I'm getting tired . . .

**Being busy is good.** It's your life, especially as summer comes to its end and everything speeds up. But, sometimes we can feel overwhelmed with it all. When will we ever have time for us? Just to get in a workout and take care of ourselves?

**Have no fear! The FIRM is here.** . . Here to help you choose the most effective, fat-attacking, muscle-sculpting, and totally beautiful-body-shaping workouts that take the least amount of time.

**So, here's your busy-month rotation, designed just for you.** And the coolest part? The perfect workouts for this rotation are those in the FIRM's brand-new FIRM Total Body TransFIRMation System with The FIRM's CardioWeights. These new workouts are specifically designed so that you can burn those extra pounds and sculpt beautiful, lean, youthful muscles -- all within your own time-budget.

This month's **Fast Fat Attack Rotation** includes the following FIRM Workouts, some of which have an Express option for you to use when you are super-short on time:

- **Bootcamp: Maximum Calorie Burn (C+S, 50 minutes):** The FIRM Master Instructor Alison Davis developed this effective, fat-burning workout that combines bootcamp training

with cardio drills. As you jump, hop, squat and lunge your way through this high-energy workout, you'll build muscle, speed and agility to see results three times faster than doing cardio alone.

- **Burn & Shape (C+S, 40 minutes):** Created by The FIRM Master Instructor Emily Welsh, this workout will help you transform your physique. Quick changes from cardio to sculpting and back again boost your energy level and melt fat away fast with this innovative method for losing weight.
- **Cardio Inferno (C, 30 minutes):** The FIRM Master Instructor Sue Mi Powell lights a fire under your total body TransFIRMation with this fun, hot new cardio workout! This blend of highly effective cardio and light sculpting moves using The FIRM's signature training methods delivers a super charged workout experience, melting away unwanted fat while you step, hop, kick, lunge, squat and press.
- **Cardio Overdrive (C, 45 minutes with a 25-minute Express option):** The FIRM Master Instructor Alison Davis will kick your weight loss into high gear; you will burn away excess fat during this dynamic workout, plus its unique sequencing of vigorous but low impact cardio and light-weight body shaping exercises causes a powerful after burn that shrinks your body faster than other typical cardio workouts! Combination moves tone your legs, arms and waist all at the same time... while the high energy beat of the music compels you to move.
- **Cardio Party (C, 40 minutes):** Let's join Alison, Emily, Rebekah, Allie, and Annie for some extra-fun and calorie-burning dance, kickboxing, and plyometrics as we move and groove into our own leaner bodies.
- **Hard Core Fusion (C+S, 55 minutes with a 35-minute Express option):** The FIRM's classic cardio and weights combination with the transformational power of 3 times the fat-burning as aerobics alone. The FIRM Master Instructor Allie Del Rio Pointer guides you through a comprehensive body slimming and muscle toning workout that re-shapes your body from the inside out.
- **Hi Def Sculpt (S, 45 minutes with a 25-minute Express option):** This unique resistance training workout features a combination of isotonic (moving) and isometric (static) exercises. It's a complete body trimming and muscle sculpting



workout that will transform your body from the inside out. The FIRM Master Instructor Annie Lee combines upper and lower body moves to maximize the effectiveness of each, while minimizing your time commitment.

- **Power Yoga (30 minutes):** You'll shape and stretch all the muscles of your body by holding positions that improve your flexibility & balance while sculpting great abs! Fitness has never been as rewarding.
- **Tight Buns and Killer Legs (S, 30 minutes):** A power-packed workout filled with hip, thigh and butt FIRMin exercises. FIRM Master Instructor Kelsie Daniels specifically targets each area of the legs: basic weight training with challenging, functional progressions, followed by high intensity plyometrics.
- **Total Body Lite (C+S, 45 minutes with a 25-minute Express option):** This low impact, low intensity workout applies the concepts of cross-training. Created by The FIRM Master Instructor Emily Welsh, it adds a hybrid of light cardio, flowing body sculpting, and dynamic yoga and Pilates to your existing program so that both beginners and veterans alike will get better results from every workout!
- **Total Body Time Crunch (C+S, 45 minutes with a 25-minute Express option):** The FIRM's secret weapon against unwanted flab, cellulite, and fat. This workout, led by The FIRM Master Instructor Rebekah Sturkie, combines high energy cardio moves with targeted body shaping exercises in heart-pumping intensity bursts that increase your motivation as well as your results!
- **Total Body Toner (S, 40 minutes):** This workout increases your fat-free body mass and revs up your metabolism. The FIRM Master Instructor Allie Del Rio Pointer teaches muscle conditioning moves for a shapely, toned body you've been seeking.

**Fast Fat Attack**  
**Potent, Wicked and Quick**  
**Summer Dog Days Rotation**  
**By: Janet Brooks Holmes**

Week 1:

Day 1: Rest  
Day 2: Burn & Shape  
Day 3: Cardio Overdrive  
Day 4: Hi-Def Sculpt  
Day 5: Cardio Party  
Day 6: Rest  
Day 7: Hard Core Fusion Express

Week 3:

Day 1: Cardio Inferno  
Day 2: Rest  
Day 3: Total Body Lite (a.k.a. Cardio  
Sculpt Fusion)  
Day 4: FIRM Power Yoga  
Day 5: Rest  
Day 6: Burn & Shape  
Day 7: Cardio Overdrive Express

Week 5:

Day 1: Rest  
Day 2: Bootcamp: Maximum Calorie Burn  
Day 3: Cardio Party

Week 2:

Day 1: Cardio Inferno  
Day 2: Total Body Time Crunch Express  
Day 3: Cardio Overdrive  
Day 4: Rest  
Day 5: Bootcamp: Maximum Calorie Burn  
Day 6: Cardio Party  
Day 7: Tight Buns & Killer Legs

Week 4:

Day 1: Total Body Toner  
Day 2: Cardio Party  
Day 3: Rest  
Day 4: Hard Core Fusion Express  
Day 5: Cardio Inferno  
Day 6: Total Body Time Crunch Express  
Day 7: Cardio Overdrive Express

**Get Heart Smart  
Cardio Pump Rotation  
By: Master Instructor Annie Lee**

What is your definition of being fit and healthy? How slim you look, what size clothes you wear, what the scale says, how much toned muscle you have? There are many different ways to define your fitness than just physical appearance. The most important is your cardiovascular health.

Being fit and healthy comes first from the inside: your heart. Your cardiovascular fitness is the precursor to your overall physical fitness. The heart is a muscle that needs conditioning just like your glutes or biceps. The stronger your heart and blood vessels, the more blood your heart can pump with ease. Having a strong heart ensures that blood is circulating efficiently throughout your body, supplying oxygen and nutrients to your muscles while doing daily activities or exercising. It also ensures that waste products and other toxins are removed from the body. Basically, good cardiovascular health means that your body is very efficient at everything from vacuuming the floor to running a 5k race.

Unfortunately, however, cardiovascular disease is one of the most common causes of death in the US. The good news is that heart disease is preventable. Studies have shown that approximately 75% of Americans show signs of high cholesterol or blood pressure prior to having a heart attack. Smoking, stress and lack of consistent exercise are contributing factors that increase your overall risk for heart disease. Luckily these are things that you can change immediately to improve your overall heart health! So if you haven't already tried to stop smoking, to use relaxation techniques during the day, or to exercise consistently, then that's where you need to get started!

All of you probably know that February is National Heart Health Month. It is a month

dedicated to help educate and encourage cardiovascular exercise. At The FIRM, we believe that your health comes from the inside first, and then the outside. Therefore, this month's rotation is dedicated to improving the strength of the most important muscle in your body. Follow this month's routine to help improve your stamina and endurance. Each day and week of the rotation is dedicated to helping you get stronger for the next workout.

And, because we are all about goal setting... with the New Year still in mind; make a goal for the end of the month. Make a specific cardiovascular goal that you can focus on for the whole month. It can be anywhere from completing Alison's Bootcamp workout without stopping to take a break, or running a 5k or half marathon. You pick your goal, but make sure that it is something cardiovascular health-related, tangible and realistic.

Week 1:

Day 1: Fat Burning Sculpting Ball  
Day 2: Calorie Killer  
Day 3: Total Body Time Crunch  
Day 4: Rest  
Day 5: Cardio Dance Slim Down  
Day 6: Bust & Butt  
Day 7: Cardio Party

Week 3:

Day 1: Fat Blaster  
Day 2: Rest  
Day 3: Time Crunch Workout  
Day 4: Cardio Inferno  
Day 5: Burn & Shape  
Day 6: Rest  
Day 7: Maximum Cardio Burn  
Week 5: Day 1: Express Cardio

Week 2:

Day 1: Rest  
Day 2: Ultimate Fat Burning  
Day 3: Cardio Overdrive  
Day 4: Complete Body Sculpting  
Day 5: Rest  
Day 6: Ultimate Calorie Blaster  
Day 7: Total Body Toner

Week 4:

Day 1: Hi-Def Sculpt  
Day 2: Cardio Sculpt Blaster  
Day 3: Rest  
Day 4: Total Muscle Shaping  
Day 5: Super Cardio  
Day 6: Fat Burning Sculpting Ball  
Day 7: Rest

**Lose The Holiday Stuffing!  
Holiday Fat Blasting Workout  
Video Rotation  
By: Alison Davis**

Holidays are coming

The holidays are coming! Are you ready for the smell of holiday treats in the oven? How about all of those party temptations? Don't dread the holidays, like many because of the fear of adding those unwanted pounds. Get ready for December's video rotation: "Lose the Holiday Stuffing!" It's time jumpstart your body for the holiday season and save time for shopping, cooking, partying or just relaxing! Fight the flab and join in on the rotation that emphasizes fat demolishing cardio and time preservation. Work out efficiently, spend less time, de-stress and still receive maximum benefits!

**Short On Time**

Your "To Do" list may become several pages long this holiday season! Between shopping for the perfect gifts, attending festive parties, and cooking all of the holiday treats, exercise is put on the back burner! This rotation allows for you to save time on your exercise and enjoy the other activities of the season. With shorter workouts you can give it all you've got for three days and then take a rest day. When you start again you will be supercharged and ready to go. Split the workouts up during the day, or do them all at once. You make the call!

Enjoying lot of treats

Bring on the cal-or-ies! We all stress this time of year about all of the excess calories we consume in a day. Sandwiched between office, family and friend get-togethers, plus the overload of sweets in general, our bodies and minds go hay-wire! This rotation provides double helpings of cardio to bounce off the bulge. Do it all in one day or break it up.

Need stress relief?

This time of year can be super straining. The lack of time, overflow of food and emotions of the season can take a tremendous toll on the body and mind! Because "off" days are just important as "on", resting is well welcomed in this rotation. Use the rest days for taking care of holiday business or just relax! Your body and mind will be ready-set-go for your workouts.

#### Holiday Fat Burning Workout

- Each workout is 45 minutes and under saving loads of time.
- You can workout for 3 days and then rest one day.
- Some days are designed for 2 workouts. You have 3 choices:
  1. Do them all at once.
  2. Do the cardio in the morning and the sculpting at night.
  3. Save one cardio workout for your rest day.

Most days are total body with an exception of "Jiggle-Free" days. Those days are combined with additional cardio. This rotation has a heavy emphasis on cardio to burn max calories!

**Lose The Holiday Stuffing!  
Holiday Fat Blasting Workout  
Video Rotation  
By: Alison Davis**

**Week 1:**

Day 1: Rest  
Day 2: Cardio Sculpt Blaster & Fat  
          Blasting Cardio  
Day 3: Complete Body Sculpting  
Day 4: Jiggle Free Arms & Advanced  
          Cardio Blast  
Day 5: Rest  
Day 6: Fat Blaster  
Day 7: Supercharged Sculpting

**Week 3:**

Day 1: Maximum Body Shaping  
Day 2: Jiggle Free Buns & Express Cardio  
Day 3: Rest  
Day 4: Calorie Killer 2  
Day 5: Total Muscle Shaping  
Day 6: Cardio Sculpt Blaster & Fat  
          Blasting Cardio  
Day 7: Rest

**Week 5:**

Day 1: Rest  
Day 2: Jiggle Free Arms & Advanced Cardio Blast  
Day 3: Super Body Sculpt

**Week 2:**

Day 1: Ultimate Calorie Blaster  
Day 2: Rest  
Day 3: Jiggle Free Abs & Super Cardio  
          Sculpt  
Day 4: Time Crunch Workout (Vol. 4)  
Day 5: Calorie Killer  
Day 6: Rest  
Day 7: Ultimate Calorie Blaster

**Week 4:**

Day 1: Jiggle Free Abs & Super Cardio  
          Sculpt  
Day 2: Body Sculpt  
Day 3: Fat Blaster  
Day 4: Rest  
Day 5: Jiggle Free Buns & Express Cardio  
Day 6: Total Muscle Shaping  
Day 7: Calorie Killer

**March Into Spring  
The Task-master is IN!  
Cardio Rotation  
By: Rebekah Sturkie**

Are you ready to March to the beat of The FIRM's drum? Spring is fast approaching and it's time to crank it up and get our bodies ready to bare a little skin.

**Preview**

We've kicked off the new year with fitness and personal goals to improve ourselves. We started January off with a bang and have easily breezed through our newly designed workout plans. We heated things up with cardio in the month of February and managed to shed some more of those unwanted layers. Now it is time to dedicate our workouts to the entire body - get ready to show me whatcha got!

**Your Instructions**

The rotation is specifically designed to maximize your results and to push your body to the limit. It is time to sculpt, burn fat, and sweat to a skinnier you! Here are some helpful tips to getting all you can out of this full-body altering rotation:

- Fully rely on the challenging, but enjoyable rotation. Take confidence in the particular design of the workouts and know that it will help you get to where you want to be.
- Always make the workouts challenging for yourself. With each workout, find ways to make it a little more challenging than the prior workout. A good way to do that is to increase your resistance. Don't let heavy weights scare you. Pick one muscle group each workout to lift heavier weights on. Another way to make your workouts challenging is to kick up your cardio by increasing your intensity. You know your body and you know when too much is too much, but you also know that it is not



supposed to be easy. I want you to be challenged and give every workout 110%...less is NOT an option!!

- Stay persistent and consistent with your full-body workouts. Stay focused with the goals you are trying to achieve and be fully aware of the wonderful changes that your body will make. Let that be your motivation.

#### Begin Now

Now that we have all the essential tools that we need to successfully March into Spring, let's not waste anymore time and get started with our March rotation. You will immediately notice the full body workouts vastly enhance your overall look, easily fit into your busy schedule and most importantly, they will be fun and exciting.

#### Stay on Task

Prepare yourself for a challenging, but very enthusiastic March. You will have moments when you just feel like stopping, we ALL do, but just remember the benefits you are going to get. Think of the beautifully sculpted figure that you will see staring back at you in the mirror and smiling because of all you've accomplished. Let's continue to support each other and know that we can all achieve our personal goals as a team.

**March Into Spring  
The Task-master is IN!  
Cardio Rotation  
By: Rebekah Sturkie**

**Week 1:**

Day 1: Tough Tape 2  
Day 2: Cardio Dance Slim Down  
Day 3: FIRM Cardio  
Day 4: Rest  
Day 5: Total Sculpt plus Abs  
Day 6: Express Cardio  
Day 7: Total Body Shaping Mix

**Week 3:**

Day 1: Super Cardio Sculpt  
Day 2: CA&WT  
Day 3: Ultimate Calorie Blaster  
Day 4: Rest  
Day 5: Body Sculpt  
Day 6: Advanced Cardio Blast  
Day 7: Aerobic Body Shaping

**Week 5:**

Day 1: Cardio Dance Slim Down  
Day 2: Fat Burning Sculpting Ball

**Week 2:**

Day 1: Maximum Cardio Burn  
Day 2: Rest  
Day 3: Supercharged Sculpting  
Day 4: Calorie Killer  
Day 5: Time Crunch Workout (Vol. 4)  
Day 6: Rest  
Day 7: Slim & Sculpt Stability Ball

**Week 4:**

Day 1: Rest  
Day 2: Super Sculpting  
Day 3: Fat Blasting Cardio  
Day 4: Cardio Sculpt  
Day 5: Cardio Sculpt Blaster  
Day 6: Rest  
Day 7: Maximum Body Shaping

**Workout Your LOVE Muscle (And Burn Fat Too...)**  
**Cardio Rotation**  
**By Emily Welsh**

Since February is "Heart Health Month", this rotation is dedicated to your love muscle and working it hard this month! We all know that cardiovascular exercise is the best way to work our hearts and keep them healthy, but do you know how your FIRM workouts are doing it? Have no fear for I am here to help!

**Interval Training**

First, let's talk technical. There are many types of cardiovascular training, but the one that The FIRM focuses on is **Interval Training**. This type of training allows you to work at a greater intensity for short periods of time, rather than having to work at a consistently high intensity for a longer duration of time. Your entire FIRM workout, regardless of the type, is full of interval training. For example, when you switch from a step aerobics tune to a high impact tune, you've just upped your intensity. The same is true when you switch from lifting heavy weights for squats and then do low impact aerobics. Working with intervals such as this produces great cardiovascular gains and strengthens our love muscles to more efficiently. Here's how....

- With aerobic exercise, your body produces an aerobic enzyme called ATP.
- While your body is producing ATP, you are burning fat.
- The goal with interval training is to increase the level that your body can work and produce this enzyme
- The higher the intensity that your body can work and produce ATP, the more fit you become and the more fat you burn.
- **By doing FIRM interval training, we can increase our highest intensity level so our bodies can comfortably work at the higher intensities, thus burning more fat.**

## February Rotation

Sounds great? Well it is! Now, let's talk rotation. I can tell you are as excited about this challenge as I am, so here it is...All cardio—all week! The rotation itself is 3 days on, 1 day off, and it rotates like this: Cardio + Sculpt/ Cardio/ Cardio + Sculpt, one day off, Cardio/Cardio + Sculpt/Cardio/ It looks tough, but I know you and your love muscle can do it!

### Week 1:

Day 1: Aerobic Body Shaping  
Day 2: Calorie Killer  
Day 3: CA&WT  
Day 4: Rest  
Day 5: Super Cardio  
Day 6: Cardio Sculpt  
Day 7: Ultimate Calorie Blaster

### Week 3:

Day 1: Calorie Killer 2  
Day 2: Rest  
Day 3: Aerobic Body Shaping  
Day 4: Calorie Killer  
Day 5: CA&WT  
Day 6: Rest  
Day 7: Super Cardio

### Week 2:

Day 1: Rest  
Day 2: FIRM Strength  
Day 3: Super Cardio Sculpt  
Day 4: Jiggle Free Arms & Jiggle Free Buns  
Day 5: Rest  
Day 6: Maximum Cardio Burn  
Day 7: FIRM Cardio

### Week 4:

Day 1: Cardio Sculpt  
Day 2: Ultimate Calorie Blaster  
Day 3: Rest  
Day 4: FIRM Strength  
Day 5: Super Cardio Sculpt  
Day 6: Jiggle Free Arms & Jiggle Free Buns  
Day 7: Rest

# Specialty Rotation Calendar

**Abs**

**Blast the Belly Fat!**  
**Video Rotation**  
**By Pam Cauthen Meriwether**

The bathing suit season might be coming to a close, but there has never been a better time to focus on the waistline. Whether you're going back to school, gearing up for a busy Fall or just motoring along in your usual routine, September is often a symbolic time of new beginning. So what better time to trim down that central area that has been troubling you, than you right now!

Everyone stores fat in different ways and in different areas of the body. The old rule that the first place you ever put fat on your body is the last place it comes off, is typically true. Many women find that their "trouble spot" is right around the belly area. Have you struggled with an extra layer around your mid-section? If so, let's work together to re-define our mid-sections this month.

As we begin our journey towards a slimmer waistline, let's keep in mind my 6 "packing tips" for attaining 6-pack abs:

1. **Reduce fat** increasing the total calories burned, you increase the total amount of fat burned also. To achieve the greatest calorie (and therefore, fat) burn, we will be doing about 200-250 minutes per week of cardio, whether from a Cardio or a Cardio + Sculpt workout. Keep in mind that we are only counting the amount of time you spend actually doing cardiovascular exercise, so the total amount of time working out each week may be greater. In addition to your workout schedule, try to increase your activity level throughout your day. For example, if your work at a desk most of the time, plan to take 3-4 fifteen-minute breaks throughout the day to walk the hallways or stair. Some studies have indicated that having short periods of activity throughout your day will expedite an increase in your metabolic rate. *For this rotation, our Sculpt workouts will be abs only, since the C+S will covert everything else.*

2. **Breathing**-You might be thinking, "well of course I breathe!" But, when working out, it is very common for people to hold their breath when they are physically challenged. This is especially true during abdominal exercises. Always coordinate your breathing pattern with the exercise; every time you contract, exhale. A forceful exhalation engages the transverse abdominis, the muscle that wraps horizontally around your midsection and acts as a "girdle" for your waist. It's not responsible for any movement in your body; only respiration.
3. **Consistency**-Throughout this rotation, you'll find there are abdominal or core exercises in every workout day. When you are trying to make changes in your body, it is especially important to be consistent. If you miss a workout day, don't beat yourself up about it, just try to rearrange your rest days for the week, and get back on track as quickly as possible.
4. **Rest**-Notice that this topic is not last on this list! Most people tend to undervalue the "rest" portion of an exercise plan. In actuality, rest is one of the most important factors in achieving your goals. Without proper rest, you might begin to suffer from the symptoms of over-training. Most importantly, you might stop seeing results because your body is not allowed enough time to rejuvenate and re-build. So, really REST on your rest days! During this rotation, you will have 3 workout days followed by 1 rest day, then 2 more workout days followed by 1 rest day each week.
5. **Form**-When I am coaching abdominal exercises, I remind my clients to place one hand on the working muscle so that they can actually feel what the muscle is doing. In addition, watch your belly. Focus on pulling your navel towards your spine every time you contract the muscles. Also, when you're doing planks, keep your hips lifted, not sagging towards the floor. Maintain a contraction in all the muscles of your midsection as well as the hips and thighs. Lastly, keep your elbows and/or wrists aligned directly underneath your shoulders.
6. **Intensity**-Have you reached a plateau? When is the last time you increased your weights? There's no time like the present! I recommend using heavy weights for all your C + S workouts this month. As I mentioned in Tip #1, when we combine cardio and sculpting in the same workout, we create the ideal scenario for burning more calories and fat. In order to continue seeing results, we must increase our weights over time.

Trust me, you won't bulk up doing these workouts with heavy weight! This will only increase the amount of calories and fat you burn...making you even stronger along the way.

Now that you've packed your brain with the tips for an improved waistline, let's embark on our journey to a better belly.

Week 1:

- Day 1: Rest
- Day 2: Aerobic Body Shaping
- Day 3: Super Cardio & FIRM Abs(wkt 1)
- Day 4: Body Sculpting Basics (Vol. 1)
- Day 5: Rest
- Day 6: FIRM Cardio
- Day 7: Calorie Killer & Jiggle Free Abs

Week 3:

- Day 1: Rest
- Day 2: Complete Body Sculpting
- Day 3: Ultimate Calorie Blaster
- Day 4: Low Impact Aerobic (Vol. 2)
- Day 5: Rest
- Day 6: The Hare
- Day 7: Super Cardio Sculpt & Ab Sculpt

Week 5:

- Day 1: Rest
- Day 2: Cardio Sculpt
- Day 3: Calorie Killer & Jiggle Free Abs
- Day 4: CA&WT
- Day 5: Rest
- Day 6: Hard Core Fusion
- Day 7: Tough Aerobic Mix & Core Solutions seg.1
- Day 8: Rest

Week 2:

- Day 1: Rest
- Day 2: Cardio Sculpt
- Day 3: Cardio Sculpt Blaster & Advanced Cardio Blast & FIRM Abs (wkt 2)
- Day 4: Total Muscle Shaping
- Day 5: Rest
- Day 6: CA&WT
- Day 7: Maximum Cardio Burn

Week 4:

- Day 1: Rest
- Day 2: Aerobic Body Shaping
- Day 3: Super Cardio & FIRM Abs (wkt 3)
- Day 4: Total Body Time Crunch
- Day 5: Rest
- Day 6: Time Crunch Workout (Vol. 4)
- Day 7: Express Cardio & Cardio Sculpt & FIRM Abs (wkt 1)



**De-Jelly Your Belly**  
**Abs-Focused Video Rotation**  
**By: Janet Brooks Holmes**

How taut is your tummy? Experience (as well as 2 babies!) has taught me that mine jiggles like jelly unless I stick a with a regimented FIRM workout program.

When summer arrived, I become more aware of my mid-section and its current condition. If I have relaxed a bit in my fitness regimen. I must plan and incorporate specific FIRM workouts and exercises into my routine. Here's a 30-day rotation that we all can utilize to sculpt abdominal muscles, burn fat, and be on our way to a sleeker and tighter tummy.

In addition to specific FIRM workout titles, I have included "My Planks Circuits." You can find these on the first page of the Beauty and Style Bulletin Board. The two primary circuits are titled "Planks Circuit 1 and 2." Two additional and more difficult circuits are titled "Two New Planks Circuits." When you see "My Planks Circuits" indicated within the rotation, you decide which of the two circuits is best for you. "Planks Circuit 1 and 2" is a great basic plan that works your entire torso using three positions: prone (face looking at floor), supine (lying on back), and side. "Two New Planks Circuits" are more advanced and I use these as a challenge or when I need to do something different.

Stick with me a we'll gain the confidence we need to venture out of the house wearing sexy swimwear, body-skimming dresses, and cool summer clothes. We'll also develop more strength in our core, which will increase our overall body strength and stability. Let's consistently follow this rotation so that by the end of June we will be standing later, holding our belly tighter, and seeing abs that are leaner and trimmer.

**De-Jelly Your Belly**  
**Abs-Focused Video Rotation**  
**By: Janet Brooks Holmes**

Week 1:

Day 1: Aerobic Body Shaping  
Day 2: Advanced Cardio Blast & Jiggle  
          Free Abs  
Day 3: Rest  
Day 4: Total Muscle Shaping  
Day 5: Express Cardio & Plank Circuit  
Day 6: Supercharged Sculpting  
Day 7: Super Cardio

Week 3:

Day 1: Advanced Cardio Blast & Plank  
          Circuit  
Day 2: Maximum Body Shaping  
Day 3: Calorie Killer 2  
Day 4: Rest  
Day 5: Aerobic Body Shaping  
Day 6: Express Cardio & Jiggle Free Abs  
Day 7: Bust & Butt

Week 5:

Day 1: Total Muscle Shaping

Week 2:

Day 1: Rest  
Day 2: CA&WT  
Day 3: Cardio Sculpt Blaster & Ab Sculpt  
Day 4: Super Body Sculpt  
Day 5: Fat Blaster  
Day 6: Rest  
Day 7: Body Sculpting Basics (Vol. 1)

Week 4:

Day 1: Super Cardio  
Day 2: Rest  
Day 3: Aerobic Body Shaping  
Day 4: Cardio Sculpt Blaster & Plank  
          Circuit  
Day 5: Supercharged Sculpting  
Day 6: Fat Blaster  
Day 7: Rest

## **April Ab Work Brings May Results!**

### **Fab Abs Rotation**

**By Pam Cauthen Meriwether**

Remember the old saying "April showers bring May flowers?" While it is often hard to appreciate the rain when we're in the midst of a downpour, it is always easy to appreciate the beautiful flowers that result when the sun comes out again. I designed this month's rotation to focus on our abs, so when May arrives we'll be ready to show off our better-defined waistlines! So get ready for a downpour of ab work that will bring beautiful results!

This month I planned for a cycle of 3 days on, 1 day off, with mostly total body workouts to gain lean muscles everywhere, while particularly focusing on the mid-section. This will enable us to burn more fat off the entire body whole simultaneously shaping the waistline.

Every "on" day includes an ab workout, and when there are two workouts planned for the same day, make sure to do the ab workout first, then the other cardio or sculpt workout. I have included upper body sculpting workouts to enhance our emphasis on the torso. The goal is to gain a more "hourglass figure." Ideally a fully upper body will offset a thick waist.

Stay focused on your goals for this month, and plan for some May rewards for your efforts...the results you get might just be reward enough! Best of luck!

**April Ab Work Brings May Results!**  
**Fab Abs Rotation**  
**By Pam Cauthen Meriwether**

Week 1:

Day 1: FIRM Abs (wkt 1) & Body Sculpt  
Day 2: Ab Sculpt & Calorie Killer  
Day 3: CA&WT  
Day 4: Rest  
Day 5: Total Sculpt Plus Abs  
Day 6: Maximum Cardio Burn  
Day 7: Cardio Sculpt

Week 3:

Day 1: Cardio Sculpt  
Day 2: Rest  
Day 3: Total Sculpt plus Abs  
Day 4: Ab Sculpt & Calorie Killer  
Day 5: CA&WT  
Day 6: Rest  
Day 7: FIRM Abs (wkt 1) & Upper Body  
Sculpt

Week 5:

Day 1: Total Sculpt plus Abs  
Day 2: Maximum Cardio Burn

Week 2:

Day 1: Rest  
Day 2: Ab Sculpt & Upper Body Sculpt  
Day 3: FIRM Abs (wkt 2) & Calorie  
Killer  
Day 4: CA&WT  
Day 5: Rest  
Day 6: FIRM Abs (wkt 3) & Body Sculpt  
Day 7: Maximum Cardio Burn

Week 4:

Day 1: Maximum Cardio Burn  
Day 2: Cardio Sculpt  
Day 3: Rest  
Day 4: Ab Sculpt & Body Sculpt  
Day 5: FIRM Abs (wkt 2) & Calorie Killer  
Day 6: CA&WT  
Day 7: Rest

**Get Hard Core!**  
**Ab Sculpting Rotation**  
**By: Kelsie Daniels**

When most people think of their core, they think of their abs and back... but actually, your core is made up of 29 muscles. These 29 muscles are the muscles of the trunk that help with stabilization and moving the spine and pelvis...hence ALL movement originates from the core!

**Why strengthen the core, you ask?**

With a stronger core, you have:

- better posture
- a stronger, more stable center of gravity
- strong, lean abdominal area
- stronger back
- decreased chance of injury
- stronger foundation for the rest of your body

If your core is weak, no other muscle can be strong! Think of your core as a tree trunk and your arms and legs as the tree branches. You must have a strong trunk/foundation in order to have strong branches/limbs. While the core is made up of 29 muscles, here are the 5 major muscles of the core and how to target them.

- **Transverse Abdominis:** the deepest of the abdominal muscles, lies under the obliques, wraps around your spine for protection and stability. Planks are a good exercise to target the transverse abs, as is the stability ball which helps with this deep, hard to reach area. Don't forget that pushups are a plank type exercise.

- **External Obliques:** these muscles are on the side and front of the abdomen, around your waist.  
A twist with an extended arm, toward the opposite knee are a good way to target this area.
- **Internal Obliques:** these muscles lie under the external obliques, running in the opposite direction.  
An alternating twist toward the knees, with arms behind the head, will work this area appropriately.
- **Rectus Abdominis:** the long muscle that extends along the front of the abdomen. This is what you see with reduced body fat, the "6 pack".  
Bending your body, so that the upper half comes closer to the lower half, will target this area. the bending can be done lying or standing...crunch, squat, dip lunge, knee lifts.
- **Erector Spinae:** actually a group of muscles, along your neck and lower back.  
Back extensions will do wonders for this group of muscles

Now that you know your "abs" are more than what you see when you look at your stomach, you know that getting them strong takes more than just crunches. So here's what we are going to do...

- **Cardio + Sculpt:** This is what The FIRM does best! Weighted work, both standing and lying, AND cardio to strengthen the body and raise the heart rate -- so that you are sculpting the body and burning fat and calories at the same time.
- **Ab sculpt and Cardio:** Specific and intense ab work, both standing and lying, plus lots of cardio to help reduce extra body fat so that those hard worked abs are visible.
- **Total Body Sculpt:** Heavy total body weighted work, to complement, assist, and maintain the strength you build in your core. This will consist of heavy lower body work: squats, dips, and lunges with heavy upper body work to strengthen and balance the upper body.

**Get Hard Core!**  
**Ab Sculpting Rotation**  
**By: Kelsie Daniels**

**Week 1:**

Day 1: FIRM Strength  
Day 2: Jiggle Free Abs & Express Cardio  
Day 3: Maximum Body Shaping  
Day 4: FIRM Abs (2 wkts) & Advanced  
          Cardio Blast  
Day 5: CA&WT  
Day 6: Rest  
Day 7: Rest

**Week 3:**

Day 1: Body Sculpting Basics (Vol. 1)  
Day 2: Jiggle Free Abs & Express Cardio  
Day 3: Total Sculpt plus Abs  
Day 4: FIRM Abs (2 wkts) & Advanced  
          Cardio Blast  
Day 5: Total Muscle Shaping  
Day 6: Rest  
Day 7: Rest

**Week 5:**

Day 1: Aerobic Body Shaping  
Day 2: Jiggle Free Abs & Express Cardio

**Week 2:**

Day 1: Total Body Shaping Mix  
Day 2: Slim & Sculpt Stability Ball &  
          Super Cardio Sculpt  
Day 3: Tough Tape 2  
Day 4: Fat Blasting Cardio & Ab Sculpt  
Day 5: Cardio Sculpt  
Day 6: Rest  
Day 7: Rest

**Week 4:**

Day 1: FIRM Cardio  
Day 2: Slim & Sculpt Stability Ball &  
          Super Cardio Sculpt  
Day 3: BootCamp: 3-in-1 Mix  
Day 4: Fat Blasting Cardio & Ab Sculpt  
Day 5: Complete Body Sculpting  
Day 6: Rest  
Day 7: Rest

# Specialty Rotation Calendars

## Lower Body



**Lose the Love Handles!**  
**Trim your hips and waist**  
**By Kirsten Strohecker**

February is the month of love, indeed, but sometimes, you want less to love in a person, right? Like, who ever named those icky parts of our body "love handles?" I don't love them, do you? So, let's get rid of them!

I'm sure (I hope) you've heard a million times that you can't spot train. You can't make fat disappear from one place on your body faster than any other place. Well, I'm not here to give you some hope that it might not be true. Instead, I'm giving you the best tools I have to lose fat, and in the process, lose fat from your mid-section-that odd place not quite your waist and not quite your hips.

So what is the secret weapon to the battle of the bulge? Total Body workouts, cardio and weight training combined (hmmm.....who thought of that great combination?), and clean eating! But once we burn off the fat, and we will, we want some shape and definition in its place, so I've also included some abs and hips extras.

Best wishes!

**Lose the Love Handles!**  
**Trim your hips and waist**  
**By Kirsten Strohecker**

Week 1:

Day 1: Complete Body Sculpting  
Day 2: Fat Blasting Cardio  
Day 3: Cardio Sculpt Blaster  
Day 4: Ab Sculpt  
Day 5: Rest  
Day 6: Maximum Cardio Burn  
Day 7: Total Muscle Shaping

Week 3:

Day 1: Rest  
Day 2: Super Cardio  
Day 3: Complete Body Sculpting  
Day 4: Express Cardio  
Day 5: FIRM Hips, Thighs and Abs  
Day 6: Rest  
Day 7: Cardio Sculpt

Week 2:

Day 1: Calorie Killer & FIRM Abs  
Day 2: FIRM Power Yoga  
Day 3: Rest  
Day 4: CA&WT  
Day 5: Super Cardio Sculpt  
Day 6: Total Body Shaping Mix  
Day 7: Ab Sculpt

Week 4:

Day 1: Calorie Killer  
Day 2: CA&WT  
Day 3: Ab Sculpt  
Day 4: Rest  
Day 5: Maximum Cardio Burn  
Day 6: Total Body Shaping Mix  
Day 7: Fat Blasting Cardio

## **Bikini Bootcamp: 3-month summer shape-up**

### **Month 2: Lower body**

by [Instructor Rebekah](#)

Kelsie gave you the [jumpstart](#) to this 90-day summer shape-up by targeting your upper body and peeling off the extra layer of winter padding. I love a tight, well-defined upper body, but what I enjoy most is having a strong and shapely lower body, especially in the hot summer months. Who doesn't want to be able to throw on a pair of shorts, better yet, a bathing suit and be confident about how you look?

Well, you won't have to think twice because you're well on your way to having not only a toned upper body, but a rockin' lower half to match!

This rotation is specifically designed to help you tone your lower body while trimming the fat. This month it's crucial to challenge yourself with heavy resistance and you must keep your diet in check. We all know it's the combination of exercise and a healthy diet that delivers results!

Push hard with each workout and don't forget to check in with me on the [Rotation forum](#). It's time to get started!

**Bikini Bootcamp: 3-month summer shape-up**  
**Month 2: Lower body**  
by [Instructor Rebekah](#)

Week 1:

Day 1: Rest  
Day 2: Lower Body Sculpt I  
Day 3: Super Cardio Sculpt  
Day 4: FIRM Strength  
Day 5: Rest  
Day 6: Bust & Butt  
Day 7: Maximum Cardio Burn

Week 3:

Day 1: Super Body Sculpt  
Day 2: Super Cardio  
Day 3: Complete Body Sculpting  
Day 4: Fat Blaster  
Day 5: Rest  
Day 6: Standing Legs  
Day 7: Super Cardio Sculpt

Week 5:

Day 1: Lower Body Sculpt I  
Day 2: Maximum Cardio Burn

Week 2:

Day 1: Jiggle Free Buns & Express Cardio  
Day 2: Calorie Killer  
Day 3: Rest  
Day 4: Cross Trainer: Lower Body Split  
Day 5: Ultimate Calorie Blaster  
Day 6: CA&WT  
Day 7: Rest

Week 4:

Day 1: Aerobic Body Shaping  
Day 2: Rest  
Day 3: Body Sculpt  
Day 4: Calorie Killer  
Day 5: Jiggle Free Buns & Express Cardio  
Day 6: Super Cardio  
Day 7: Rest

**Video Rotation: Butt Blaster**  
**Gorgeous glutes are just a rotation away!**  
**By: Kirsten Strohecker**

Is one of your New Year's resolutions to finally get your rear in gear? Have you tried slipping on last year's jeans and find it's not so much about slipping them on as cramming yourself into them? Well, you're not alone. Rare is the woman who is satisfied with the shape and size of her gluteals.

Shaping up the fanny requires some focus and a little extra effort, but you can do it. Check our Happy New Rear for advice on how to maximize your lower body results during your workouts. And for some guidance about what to do when, use this rotation I've created for you.

Because getting definition in your glutes required shaping all the muscles of the thigh and buttocks, this rotation emphasizes lower body sculpting workouts. You'll want to have plenty of energy for these workouts, so each three-day cycle begins with lower body sculpting. Then, to alleviate any soreness you may feel from the heavy workout, the sculpt day is followed by a cardio day to loosen your legs and stretch them out. Last, before you rest, you'll have a cardio + sculpt day to tone the entire body and burn more fat. With the cardio day in the middle of the workout cycle, you should be able to use heavy weights again for the legs.

Pay close attention to what your body tells you—especially after completing Maximum Cardio Burn, which has a lot of standing lower body sculpting moves. If you think you need to lighten up put your energy into your upper body, which will rev your metabolism and help to melt the fat—revealing your newly sculpted fanny.

Butt Blaster Rotation Featured Videos  
Lower Body Sculpt I  
Lower Body Sculpt II

Super Body Sculpt  
Standing Legs  
FIRM Strength/FIRM Cardio  
Super Cardio  
Fat Blaster

If you wish to follow the January calendar, use the rotation below.

Week 1:

Day 1: Standing Legs  
Day 2: Super Cardio  
Day 3: CA&WT  
Day 4: Rest  
Day 5: Lower Body Sculpt I & Lower  
Body Sculpt II  
Day 6: Fat Blaster  
Day 7: Cardio Sculpt

Week 2:

Day 1: Rest  
Day 2: Super Body Sculpt: Lower  
Body & Abs Only  
Day 3: Maximum Cardio Burn  
Day 4: FIRM Strength  
Day 5: Rest  
Day 6: Body Sculpt: Lower Portion &  
Ab Sculpt  
Day 7: Calorie Killer

Week 3:

Day 1: FIRM Cardio  
Day 2: Rest  
Day 3: Standing Legs  
Day 4: Maximum Cardio Burn  
Day 5: CA&WT  
Day 6: Rest  
Day 7: Lower Body Sculpt & Lower  
Body Sculpt II

Week 4:

Day 1: Super Cardio  
Day 2: Super Sculpting  
Day 3: Rest  
Day 4: Body Sculpt: Lower Portion &  
Ab Sculpt  
Day 5: Fat Blaster  
Day 6: FIRM Strength  
Day 7: Rest

Week 5: Day 1: Super Body Sculpt: Lower Body & Abs Only  
Day 2: Calorie Killer Day 3: FIRM Cardio

**Get Hip-Less this Holiday Season**  
**Time Crunch Lower Body Sculpting Rotation**  
**By: Tara Judge**

**Time crunched during the holiday season?**

It's been "that time of year again" for a month now, and if you're anything like me you're in the thick of it... for better or worse! Everything is so fun but oh-so time consuming: The parties, the shopping, the family obligations. And to top it off, my schedule changes more this time of year than any other; I sometimes feel like I can't realistically plan the next hour, much less the next day, week, or month!

You may have reached the point where you think squeezing in your workouts is just not going to happen this month. But never fear: The FIRM is here with a plan that's super-time efficient and flexible enough to work with even the most harried holiday schedule. Plus, we're going to help you keep that cheesecake off your hips so that you have less of a resolution to make for 2008.

**Making it work with your schedule (or lack of one)**

What we have this month is a rotation that realizes the full potential of shorter and express versions of The FIRM workouts. On those rare days when you have a nice chunk of time, you can do the two scheduled workouts back-to-back to make one long workout. Or, if you are really time-strapped, this rotation allows you to do short workouts on consecutive days. All in all you should have enough control over how much time you spend exercising each day and how many rest days you take each week to stick with it through the month!

And of course we're still going to work on those hips! This rotation contains enough total body workouts to burn calories AND preserve precious calorie-burning muscle, extra cardio workouts to burn even more calories (ie: the cheesecake!), and some extra targeted lower body work to give our hips beautiful shape and definition.

**Here is the plan:**

**Day 1:** Cardio+sculpt. If you have time, do the Cardio planned for Day 2 also and rest on Day 2.

**Day 2:** Cardio. If you did this one yesterday with your Cardio+sculpt, rest today.

**Day 3:** Lower body sculpt. If you have time, do the Cardio+sculpt workout planned for Day 4 and rest on Day 4.

**Day 4:** Cardio+sculpt. If you did this one yesterday, then you can rest today!

**Are you ready? Let's go!**



**Get Hip-Less this Holiday Season**  
**Time Crunch Lower Body Sculpting Rotation**  
**By: Tara Judge**

**Week 1:**

Day 1: Hard Core Fusion  
Day 2: Cardio Inferno  
Day 3: Tight Buns & Killer Legs  
Day 4: Ultimate Fat Burning  
Day 5: Rest  
Day 6: Burn & Shape  
Day 7: Fat Blasting Cardio

**Week 2:**

Day 1: Lower Body Sculpt I  
Day 2: Fat Burning Sculpting Ball  
Day 3: Rest  
Day 4: Complete Body Sculpting  
Day 5: Express Cardio  
Day 6: Sculpted Buns, Hips & Thighs  
Day 7: Jiggle Free Arms & Cardio Sculpt  
Blaster

**Week 3:**

Day 1: Rest  
Day 2: Time Crunch Workout (Vol. 4)  
Day 3: Cardio Sculpt Blaster  
Day 4: Standing Legs & Fat Blasting  
Cardio  
Day 5: Total Body Lite (a.k.a. Cardio  
Sculpt Fusion)  
Day 6: Rest  
Day 7: Total Body Time Crunch

**Week 4:**

Day 1: Cardio Overdrive  
Day 2: Tight Buns & Killer Legs  
Day 3: Ultimate Fat Burning  
Day 4: Rest  
Day 5: Body Sculpting Basics (Vol. 1)  
Day 6: Advanced Cardio Blast  
Day 7: Lower Body Sculpt I

**Week 5:**

Day 1: Fat Burning Sculpting Ball  
Day 2: Rest  
Day 3: Hard Core Fusion

**Happy New Rear!**  
**Renew your Rear View**  
**Video Rotation Calender**  
**By: Alicia Higgins**

Hey, whatever your struggles have been before, give yourself permission to see yourself as a completely new person this year. You are not that person with an unfit fanny, poor habits, and sabotaged efforts. This is a New Year-- a fresh start. Whatever you can visualize, you can realize.

So you say, "I want a new rear view." Assess what makes your backend good. No matter what you may think, there is something positive you can say about it. Whether it's full, slight, rounded-whatever- everybody wants what they don't have. However, keep in mind that what you have has something good to be said of it.

Now say, "I can take my assets (no pun intended) and make it what I have always hoped it would be." How are we going to do that? Well, the plan is simple and do-able. It is also fun! Take the first week to experiment with what you can do. Ease into any running or walking for distance. Rest is just as essential to fitness as nutrition. Don't shortchange yourself on either.

**This is your "Happy New Rear" rotation:**

- 1) the first day is lower body sculpting
- 2) the second day is all cardio, about 45 minutes to an hour
- 3) the third day is cardio+sculpt, about 45 minutes to an hour

**Day one**

The first day is a lower body focused workout. It may be Sculpt or a Cardio+Sculpt, Jiggle Free Buns. Plus, to round out an hour of exercise, you will also do a cardio only workout. Instead of a workout, you can always opt for walking, running or biking. Be sure to stay in your fat-burning zone by working at 70-85% of Target Heart Rate.

**Here are some cardio intervals you could try:**

- A. Treadmill set on incline at 15 minute per mile pace
- B. Two mile jog/walk assuming a 10 minute pace.
- C. Stair climber

**Day two**

The very next day, you are at it again! You will do a Cardio workout. You want to take your target heart rate up into the fat-burning range. My faves in this category are Calorie Killer, CK2 and Ultimate Calorie Blaster. All of these are in the 30 to 45 minute range. If you would rather, "freelance" your cardio with walking, running, swimming or cycling. Add on a little to your session or up the intensity by trying the following:

- A. Jump rope for short intervals within your walk
- B. Add hills to your walk
- C. Running or climbing the stairs in your home
- D. Sprint for short distances or 30 second intervals within your runs.

**Day three**

Today you will do a full length Cardio+Sculpt workout. Although the focus is on the lower body this month, you want to be sure to "round out" your workout routine, and your body, by working the upper body as hard as you can this day. Having a shapely, defined upper body creates better symmetry for the lower body.

**Day four**

Rest. Take a day off and then start your rotation again.

Well, I hope you are as excited as I am to get started. No "old tapes" playing in my head about how I can't have the rear view I have always wanted. We can do it!

**Happy New Rear!**  
**Renew your Rear View**  
**Video Rotation Calender**  
**By: Alicia Higgins**

**Week 1:**

Day 1: Lower Body Sculpt I &  
Express Cardio  
Day 2: Fat Blaster  
Day 3: CA&WT  
Day 4: Rest  
Day 5: Jiggle Free Buns & Cardio  
Sculpt Blaster  
Day 6: Maximum Cardio Burn  
Day 7: Total Muscle Shaping

**Week 3:**

Day 1: Complete Body Sculpting  
Day 2: Rest  
Day 3: Cross Trainer: Lower Body  
Split  
Day 4: Fat Blaster  
Day 5: Fat Burning Sculpting  
Ball  
Day 6: Rest  
Day 7: Lower Body Sculpt I &  
Express Cardio

**Week 5:**

Day 1: Jiggle Free Buns & Fat Blasting Cardio  
Day 2: Super Cardio  
Day 3: FIRM Cardio

**Week 2:**

Day 1: Rest  
Day 2: Standing Legs  
Day 3: Ultimate Calorie Blaster  
Day 4: Ultimate Fat Burning Workout  
Day 5: Rest  
Day 6: Sculpted Buns, Hips & Thighs &  
Fat Blasting Cardio  
Day 7: Super Cardio

**Week 4:**

Day 1: Maximum Cardio Burn  
Day 2: Aerobic Body Shaping  
Day 3: Rest  
Day 4: Lower Body Sculpt II & Cardio  
Sculpt Blaster  
Day 5: Ultimate Calorie Blaster  
Day 6: Cardio Sculpt  
Day 7: Rest

**Minimize Your Thighs**  
**Lower Body Sculpting Rotation**  
**By: Alison Davis**

**Why the Thigh?**

One of the legendary "trouble areas" is the thighs! Women are often troubled with this area of the body because it's so hard to see results. Many men forget that they have thighs and neglect them all together in the gym, just to get in a few extra reps of bench press! Trim, toned thighs give the appearance of a streamlined body! Who doesn't want that, right?

Whether you carry fat in the belly or in your lower half, there is no doubt that sculpted thighs will improve the appearance of your body tremendously.

- **Minimizing the size improves proportion!**
- **Defining creates a contoured and sexy lower half!**

Why do we care about our thighs in May, you ask? IT'S TIME FOR SHORTS!! That'll give you one reason for a new pair this season!

**THIGH-ology 101:**

Since the thighs have the ability to store additional fat, we have to train them in specific ways, targeting each muscle group. Let's talk anatomy:

- **QUADRICEPS:** It's the muscle you see first, and the very front of your thigh. A lean and defined quad is a nice asset when it's short season! Squats target this area the best, but so do lunges, dips, and leg press.
- **HAMSTRINGS:** It's the muscle people see with the "head-turn"! The exact opposite of the quad, it's in the back of your thigh. Lunges really target this area the best. Dips and leg press are also great to do.

- **TENSOR FASCIAE LATAE:** Fancy name, but it's just the outer hip and thigh! This muscle abducts the thigh (moves it away from the midline of the body), and rotates it inward. Outer thigh floor work is great to target this area. Visually, a toned outer thigh gives us the streamlined look!
- **ADDUCTOR LONGUS, MANGUS, and BREVIS:** Another fancy name for the inner thigh muscles that adduct (move towards the midline of the body). Plies and floor work are great for this area!

Getting maximum results, and that nice slender lower half, takes effort and focus during each specific workout. Training the thighs in such a way involves:

- Major lower body sculpting!
- Cardio-cardio-cardio!
- The FIRM's signature C+S workouts!
- CLEAN eating!

#### **HOW TO START?**

Am I making you nervous yet? Don't be! This rotation is going to give you tight defined thighs that you'll LOVE this spring. Here's how it works:

- **LOWER BODY SCULPT and CARDIO.** We'll alternate between floor and standing lower body exercises. Whew!
- **CARDIO, CARDIO, CARDIO.** It's very important to tap into those fat pockets that we carry around our thighs. We'll really get them lean on these days!
- **CARDIO + SCULPT.** It's The FIRM's best and it is for a reason! We women have always loved a lean lower body, and this workout gives us all of those great exercises we need to achieve that look!

Now's the time everyone! Are you ready to pull out your shorts? With this rotation you're going to get that tight, lean look that you've always wanted!

**Minimize Your Thighs**  
**Lower Body Sculpting Rotation**  
**By: Alison Davis**

**Week 1:**

Day 1: Complete Body Sculpting  
Day 2: Ultimate Calorie Blaster  
Day 3: Sculpted Buns, Hips & Thighs &  
Cardio Sculpt  
Day 4: Cardio Dance Slim Down  
Day 5: Rest  
Day 6: FIRM Cardio  
Day 7: Fat Blaster

**Week 3:**

Day 1: Rest  
Day 2: Cross Trainer: Lower Body Split  
& Advanced Cardio Blast  
Day 3: Super Cardio Sculpt  
Day 4: Lower Body Sculpt I & Advanced  
Cardio Blast  
Day 5: Cardio Dance Slim Down  
Day 6: Rest  
Day 7: Complete Body Sculpting

**Week 5:**

Day 1: Super Cardio Sculpt  
Day 2: Rest  
Day 3: Jiggle Free Buns & Express Cardio

**Week 2:**

Day 1: Standing Legs & Fat Blasting  
Cardio  
Day 2: Calorie Killer  
Day 3: Rest  
Day 4: Jiggle Free Buns & Express Cardio  
Day 5: Super Cardio  
Day 6: Lower Body Sculpt II & Fat Blasting  
Cardio  
Day 7: Maximum Cardio Burn

**Week 4:**

Day 1: Fat Blaster  
Day 2: FIRM Hips, Thighs, & Abs w/  
Cardio Sculpt Blaster  
Day 3: Ultimate Calorie Blaster  
Day 4: Rest  
Day 5: FIRM Cardio  
Day 6: Super Cardio  
Day 7: Standing Legs & Fat Blasting Cardio

**Refine Your Behind  
And Shape Up Your Thighs!  
By: Janet Brooks Holmes**

Take off those coats...and put on your shorts and swimsuits - this summer you will be your most fit ever! The following fat-blasting and muscle-defining rotation will help you achieve all your summer fitness goals. To jumpstart your journey to a tighter rear and shapelier legs, I have designed a rotation that will burn fat, sculpt muscles, and give you the confidence you need to wear sexy swimwear, body-skimming dresses, and short minis, and cut shorts. You'll feel great about your stronger legs, shapelier thighs, prettier calves, and lifted fanny.

This rotation emphasizes overall weight loss and lower body sculpting. Its focus is on cardio and cardio + sculpt workouts, while incorporating four lower body specific workout days over the course of the rotation. It is divided into two cycles, that work together: 3 days of FIRM workouts and one day off, then 4 days of FIRM workouts and one day off.

Focus on FIRM Leg Press, which beautifully shapes all areas of the lower body. Leg Press is the most effective exercise to obtain beautiful gluteals, shapely hamstrings, and sculpted quadriceps, all in perfect proportion. The 14-inch Fanny Lifter is critical to achieving those results. It is the perfect height for this exercise - whether you are 5 feet tall or over 6 feet! Use to the full 14 inches for maximum results. Your challenge is to increase the amount of weight you use during FIRM Leg Press while keeping perfect form.

- Either increase both weights you use, or hold your Sculpting Stick on the same side as your floor leg to help you balance while increasing the weight in your other hand.
- Keep your body weight in the heel of the foot that is on the Fanny Lifter.
- Move vertically, being sure not to pitch forward



- Bend your landing, knee as you lower, bringing your thigh parallel to the floor and your knee in line with your hip.
- When you lift, squeeze your buttocks and the backs of your legs.

Week 1:

Day 1: Body Sculpt (Lower Body Only)  
 Day 2: Calorie Killer  
 Day 3: FIRM Cardio  
 Day 4: Rest  
 Day 5: CA&WT  
 Day 6: Cardio Sculpt Blaster  
 Day 7: Cardio Sculpt

Week 3:

Day 1: Maximum Cardio Burn  
 Day 2: CA&WT  
 Day 3: Super Cardio Sculpt  
 Day 4: Rest  
 Day 5: Body Sculpt (Lower Body Only)  
 Day 6: Cardio Sculpt Blaster  
 Day 7: FIRM Strength

Week 5:

Day 1: Super Cardio Sculpt  
 Day 2: Cardio Sculpt

Week 2:

Day 1: Super Cardio Sculpt  
 Day 2: Rest  
 Day 3: Lower Body Sculpt I  
 Day 4: Cardio Sculpt Blaster  
 Day 5: FIRM Strength  
 Day 6: Rest  
 Day 7: Cardio Sculpt

Week 4:

Day 1: Rest  
 Day 2: FIRM Cardio  
 Day 3: Maximum Cardio Burn  
 Day 4: CA&WT  
 Day 5: Calorie Killer  
 Day 6: Rest  
 Day 7: Lower Body Sculpt I

**Target Your Female Fat Zones  
Abs, Hips, Thighs Rotation  
By: Kirsten Palmer**

"Female fat zones" isn't a pleasant way to think about, but truth be told, we all tend to accumulate fat either around the waistline or in the hips and thighs -- or both! This rotation is designed to help you target those dreaded trouble spots. First let's zero in on the most frequently asked questions about this featured flab.

**How do I get rid of this fat on my thighs?**

The only ways to rid your body of unwanted pounds, no matter where they are located are a healthy, balanced diet with the right calorie level so that you expend more calories per day than you consume, total body workouts that burn a high number of calories while maintaining or increasing your body's overall fat free mass, and a special emphasis on toning particularly weak or small muscles.

**Which abdominal exercises should I do to get a smaller waist?**

While there are lots of excellent exercises to strengthen and tighten the muscles of the abdominals, obliques, and low back, there are 2 other integral aspects of achieving a smaller waist: 1) a healthy, balanced diet with the right calorie level so that you expend more calories per day than you consume and 2) total body workouts that burn a high number of calories while maintaining or increasing your body's overall fat free mass.

**But... I eat well and I exercise, why am I still having trouble with this area?**

Because you haven't lost all of the fat on your body necessary to reveal trim, firm muscles in those areas. This doesn't mean you have to lose ALL of the fat on your body, but the reality is simply that you are holding on to unwanted fat. And the only way to rid yourself of that unwanted fat is to adjust your diet and your exercise routine to ensure that you have a total calorie expenditure of 3500 calories each week. This will

allow you to lose one pound of fat. Not particularly exciting is it? Doesn't have much of a ring to it, does it?

**There is an upside!**

The positive side of this predicament is that you can control the outcome! You can make changes that will give you the results you want. You are in the driver's seat. You are the master of your destiny. You just need the right tools, and you have them here in The FIRM Believers Club!

**Follow this rotation and Sara's 14-Day Diet.**

Sara's 14-Day Diet will give you energy and keep your diet in check -- it's so easy to think you're eating right until you've got a clear plan. This rotation will give you both total body workouts that burn a high number of calories and targeted workouts that will help you tighten and tone your trouble zones. If you're at an advanced level and you usually work out more days than this or for longer than these workouts, add in extra cardio wherever you have time. Add a cardio workout to the targeted days -- the first day of each cycle -- or the cardio days -- the second day of each cycle. Or, choose a longer C+S on the third day of each cycle or sub one that you know pushes you a little harder than the one scheduled.

**Track your progress!**

Track changes in your body 3 ways: 1) your weight, 2) your measurements, and 3) how your favorite pair of jeans, pants or a dress fits. Take a picture of yourself before and after. Keep a diary so that you can log your diet, your workout and your moods. Tracking your moods might help you understand the best time of day for you to exercise, the time of day you need a little dietary pick-me-up, and hopefully, just how good diet and exercise can make you feel!

**Target Your Female Fat Zones**  
**Abs, Hips, Thighs Rotation**  
**By: Kirsten Palmer**

**Week 1:**

Day 1: Tight Buns & Killer Legs  
Day 2: Ultimate Calorie Blaster  
Day 3: Rest  
Day 4: Jiggle Free Buns  
Day 5: Maximum Cardio Burn  
Day 6: Burn & Shape  
Day 7: Rest

**Week 3:**

Day 1: Rest  
Day 2: Cross Trainer: Lower Body Split &  
Advanced Cardio Blast  
Day 3: Ultimate Calorie Blaster  
Day 4: Hard Core Fusion  
Day 5: Rest  
Day 6: Jiggle Free Buns  
Day 7: Maximum Cardio Burn

**Week 5: BootCamp: Maximum Calorie Burn**

**Week 2:**

Day 1: Standing Legs & Fat Blasting Cardio  
Day 2: Cardio Overdrive  
Day 3: Total Body Time Crunch  
Day 4: Rest  
Day 5: Complete Body Sculpting  
Day 6: Fat Blaster  
Day 7: BootCamp: Maximum Calorie Burn

**Week 4:**

Day 1: Burn & Shape  
Day 2: Rest  
Day 3: Tight Buns & Killer Legs  
Day 4: Cardio Overdrive  
Day 5: Total Body Time Crunch  
Day 6: Complete Body Sculpting  
Day 7: Fat Blaster

**Who Wears Short Shorts?**

**You!**

**Video Rotation**

**By: Suzanne Bates**

Who wears short shorts? Girls with great legs wear short shorts! And FIRM Believers are girls with great legs!! As summer winds down, this is your last chance to show off those great gams. So lets get them looking better than ever!

Four major muscle groups are worked to give our legs a beautiful, lean and muscular shap. The quadiceps (front of thigh), hamstrings (back of thigh), gastrocnemius (calves) and gluteals (fanny)...because honestly, what's a great pair of legs with a bad looking booty?! Besides, most FIRM exercises target both the legs and the fanny - it's a bonus!

In this month's rotation, you'll find some great leg-shaping sculpting - variations of lunges, dips, squats and leg press combined with tough, but fun floor work. And to shave off that top layer....cardio, cardio, cardio.

The program is 2 days on, one day off. And before you gasp that it's not enough...many days contain doubled-up workouts. So it will be plenty tough. The plan is sculpt, cardio, rest, cardio + sculpt with leg emphasis, cardio, rest.

Enjoy! And let me know how the view in those short shorts is shaping up!

**Who Wears Short Shorts?  
You!  
Video Rotation  
By: Suzanne Bates**

**Week 1:**

Day 1: Body Sculpt  
Day 2: Advanced Cardio Blast & Express  
Cardio  
Day 3: Rest  
Day 4: Aerobic Body Shaping & Bonus Floor  
Workout  
Day 5: Ultimate Calorie Blaster  
Day 6: Rest  
Day 7: Standing Legs

**Week 3:**

Day 1: Rest  
Day 2: FIRM Cardio  
Day 3: Maximum Cardio Burn  
Day 4: Rest  
Day 5: Total Sculpt plus Abs  
Day 6: Ultimate Calorie Blaster  
Day 7: Rest

**Week 5:**

Day 1: Advanced Cardio Blast & Super  
Cardio Sculpt

**Week 2:**

Day 1: Super Cardio  
Day 2: Rest  
and Abs  
Day 3: Total Muscle Shaping & Hips, Thighs  
Day 4: Calorie Killer  
Day 5: Rest  
Day 6: Lower Body Sculpt I & II  
Day 7: Express Cardio & Super Cardio  
Sculpt

**Week 4:**

Day 1: Complete Body Sculpting  
Day 2: Super Cardio  
Day 3: Rest  
Day 4: Supercharged Sculpting & Lower  
Body Sculpt II  
Day 5: Calorie Killer  
Day 6: Rest  
Day 7: Jiggle Free Buns & FIRM Hips,  
Thighs, & Abs

Day 2: Rest  
Day 3: Rest

# Specialty Rotation Calendars

## Upper Body

**Bikini Bootcamp**  
**The Home Stretch!**  
**Month 3: Upper Body Focus**  
**By: Stephanie Huckabee**

It's month three of Bikini Bootcamp and I'm going to challenge you to train your upper body with more energy and enthusiasm than ever before!

When it comes to wearing a bikini, there's nothing more striking than a woman with some muscle definition. This is your way to announce to the world that not only are you a confident woman, but you're a **STRONG** confident woman ready to take on all the summertime activities that come your way!

In order to make the most of any bikini, it's important to develop your entire upper body. One of my biggest motivators in developing my upper body is that I don't have a very defined waist. So, I've learned that by developing my back and my shoulders, I can actually reshape my figure to give me a more defined waist - and that's a great way to wear a bikini with confidence!

And last but not least, I want you to embrace the strength that you can gain by pushing yourself a little harder and think beyond a bikini. Think about how much more energy you'll have to swim at the beach or at the lake. And...you'll be able to do all of your summer time activities with confidence, wearing your bikini with a sculpted upper body that tells everyone just how strong and fit you are!



**Bikini Bootcamp**  
**The Home Stretch!**  
**Month 3: Upper Body Focus**  
**By: Stephanie Huckabee**

**Week 1:**

Day 1: Cardio Sculpt  
Day 2: Rest  
Day 3: Upper Body Sculpt  
Day 4: Cardio Sculpt & Jiggle Free Abs  
Day 5: Total Body Shaping  
Day 6: Fat Blaster  
Day 7: Rest

**Week 3:**

Day 1: Super Cardio Sculpt  
Day 2: Rest  
Day 3: Upper Body  
Day 4: Calorie Killer  
Day 5: CA&WT  
Day 6: Rest  
Day 7: Bust & Butt

**Week 5:**

Day 1: FIRM Strength  
Day 2: Rest  
Day 3: Super Body Sculpt  
Day 4: Super Cardio

**Week 2:**

Day 1: Body Sculpt  
Day 2: Super Cardio  
Day 3: Jiggle Free Arms & Fat Blasting  
Cardio  
Day 4: Rest  
Day 5: Cross Trainer: Upper Body Split  
Day 6: Ultimate Calorie Blaster  
Day 7: Aerobic Body Shaping

**Week 4:**

Day 1: Maximum Cardio Burn  
Day 2: Jiggle Free Arms & Fat Blasting  
Cardio  
Day 3: Fat Blaster  
Day 4: Rest  
Day 5: Upper Body Sculpt  
Day 6: Cardio Sculpt Blaster & Jiggle  
Free Abs

**Free From Flap  
Say Good-Bye To The Waving Upper Arm!  
Video Rotation  
By: Annie Lee**

FIRM, shapely arms are the tell tale signs of a consistent exerciser. The arms allow the fitness devotee to showcase the time and hard work put forth. Visible for all to see; no matter if they are covered or not, it is no wonder women and men spend time pumping iron just to flex their muscles. I'll give you a prime example to this need to display hard work. Out of the blue in my gym, someone asked me once if I wanted a ticket? "A ticket to what?" I replied looking very puzzled. The person responded back with a big smile and a flexed biceps muscle, "A ticket to the big gun show!" (Of course, he was referring to his well-exercised biceps muscle.)

Following that bit of humor, this month's special is all about those arms, a.k.a. "big guns"! Now you probably aren't interested in huge, bulging arms, but a pair of shapely arms wouldn't be too bad. You ask, "How do I get rid of the flab and make the muscle?" Follow me on the Rotations Bulletin Board this month and I'll help you make that will allow you flex with pride! Keep in mind a few important points:

- The main muscles that make up the arm are the deltoids, biceps, and triceps. The deltoids, which are also know as the shoulders, consist of three muscles, the anterior (front), medial (side), and posterior (rear) delts. A good thing to note here is that if you are slightly bigger on the lower half, working your shoulders will help make your body more proportional. Another interesting note that most people are unaware of is that your triceps make up 2/3 of your upper arm! Therefore, that's another important area that we will focus on this month.
- We all have to start somewhere. You may only be able to lift 3 to 5 pounds in the beginning, whereas the next person may be able to lift 10 to 12. Do not get discouraged! Resistance training is all relative, what is not heavy for you may be

way too heavy for the next person; so stick with what you can do and progress from there.

- Progression is key in building muscle. So if the chosen weight is too easy, heavy up. Your body is an awesome machine; it has the ability to quickly adapt to weights. When you continue to use the same weight, change will no longer occur. If you want those arms, you have to challenge your body.
- Rest is an essential but most neglected component of training. It's not beneficial for you to work out the same muscles day after day if you not allowing yourself to rest properly. Rest is actually when the muscle is repairing itself, making it better and stronger for the next workout.

These tips, along with others, which will be found on the Rotations Board, will help us on our journey of asking others if they want tickets to the big gun show!

### **Videos In Rotation**

#### **Cardio + Sculpt**

FIRM Strength

Aerobic Body Shaping

Total Muscle Shaping

Complete Aerobics & Weight Training

Cardio Sculpt

Jiggle-Free Arms

#### **Cardio**

Maximum Cardio Burn

Calorie Killer

Super Cardio

Super Cardio Sculpt

Cardio Sculpt Blaster

Express Cardio

Advanced Cardio Blast  
Ultimate Calorie Blaster

**Sculpt**

Upper Body Sculpt  
Body Sculpt  
Super Body Sculpt  
FIRM Power Yoga

**Free From Flap  
Say Good-Bye To The Waving Upper Arm!  
Video Rotation  
By: Annie Lee**

**Week 1:**

Day 1: FIRM Strength  
Day 2: Rest  
Day 3: Upper Body Sculpt & Cardio Sculpt  
Blaster  
Day 4: Maximum Cardio Burn  
Day 5: CA&WT  
Day 6: Rest  
Day 7: Super Cardio Sculpt (Upper & Abs  
Only) & Super Cardio Sculpt

**Week 3:**

Day 1: Rest  
Day 2: Jiggle Free Arms & Express Cardio  
Day 3: Maximum Cardio Burn  
Day 4: Aerobic Body Shaping  
Day 5: FIRM Power Yoga  
Day 6: Rest  
Day 7: Upper Body Sculpt & Advanced  
Cardio Blast

**Week 5:**

Day 1: Rest  
Day 2: Super Body Sculpt (Upper & abs Only)  
& Calorie Killer  
Day 3: Express Cardio & Advanced Cardio Blast

**Week 2:**

Day 1: Super Cardio  
Day 2: Total Muscle Shaping  
Day 3: FIRM Power Yoga  
Day 4: Rest  
Day 5: Body Sculpt (Upper Body) &  
Calorie Killer  
Day 6: Ultimate Calorie Blaster  
Day 7: Cardio Sculpt

**Week 4:**

Day 1: Super Cardio  
Day 2: FIRM Strength  
Day 3: Rest  
Day 4: Body Sculpt (Upper Body) &  
Super Cardio Sculpt  
Day 5: Ultimate Calorie Blaster  
Day 6: CA&WT  
Day 7: FIRM Power Yoga

**Get Rid of the Jiggle!**  
**Upper Body Shape-up Rotation**  
**By: Suzanne Bates**

Do your triceps hang low! Do they wobble to and 'fro? O.K., so maybe you can't tie 'em in a knot or tie 'em in a bow, but if you're not as tight and toned up as you want to be, this rotation is just for you!

Spring is in full force, so it's time to come out of the coats and bulky sweaters and show off your arms, shoulders, chest and back. There's no room for any jiggle in those tank tops and bathing suits, so I've designed a rotation to help you develop a sleek and toned upper body! Don't worry, I haven't forgotten about your legs and abs. Total body workouts are the best way to burn fat and rev up your metabolism, so in addition to those workouts, we'll be giving the upper body a little extra attention this month so you can achieve more definition and strength there. Grab some heavier dumbbells and let's pump it up!

This month you'll work 3 days on and one off. You'll need the rest day to let fatigued muscles recuperate for their next workout. But if the beautiful, feel free to get outside and enjoy a nice stroll or bike ride. There are two 3-day cycle: 1) sculpt/ cardio + sculpt/ cardio and 2) 1 sculpt and 1 cardio/ cardio/ cardio + sculpt. These cycles provide muscle recovery time for the extra tough upper body work and lot of cardio to burn calories.

Each week you will have 3 total body workouts and one all out upper body blast. The upper body workout is paired with a short cardio to maximize fat burning. Complete the weight workout first and go very light on weights in the cardio workout. During your total body routines, we'll target certain areas of the upper body with heavier weights. By week 4, you'll complete the entire upper body workout with heavier weights than you're using now.

Following is a suggested schedule of which groups to challenge with each workout.

**Get Rid of the Jiggle!**  
**Upper Body Shape-up Rotation**  
**By: Suzanne Bates**

**Week 1:**

Day 1: Upper Body Sculpt & Calorie Killer  
(Modify Weight for all)  
Day 2: Super Cardio Sculpt (Light Weight)  
Day 3: Cardio Sculpt (Heavy Weight On  
Shoulder)  
Day 4: Rest  
Day 5: Body Sculpt (Heavy weight for Back  
& Biceps)  
Day 6: CA&WT (Heavy weight for Chest &  
Triceps)  
Day 7: Cardio Sculpt Blaster (Light  
Weight)

**Week 3:**

Day 1: Calorie Killer (Moderate Weight)  
Day 2: Rest  
Day 3: Upper Body Sculpt & Cardio Sculpt  
Blaster (Heavy weights for Chest,  
Triceps, & Shoulders)  
Day 4: Maximum Cardio Burn (Light weight)  
Day 5: Cardio Sculpt (Heavy weight for  
Back & Biceps)  
Day 6: Rest  
Day 7: Super Body Sculpt (Heavy weight for  
Chest, Triceps, & Shoulders)

**Week 2:**

Day 1: Rest  
Day 2: Upper Body Sculpt & Super Cardio  
Sculpt  
Day 3: Maximum Cardio Burn  
Day 4: Cardio Sculpt (Heavy weight for  
Chest & Triceps)  
Day 5: Rest  
Day 6: Total Sculpt plus Abs (Heavy weight  
for Shoulders)  
Day 7: CA&WT (Moderate weight for all  
Upper Body Groups)

**Week 4:**

Day 1: CA&WT  
Day 2: Super Cardio Sculpt (Light weight)  
Day 3: Rest  
Day 4: Upper Body Sculpt & Calorie Killer  
(Heavy on all Upper Body Muscles)  
Day 5: Cardio Sculpt Blaster  
Day 6: Cardio Sculpt (Moderate weight for  
all Upper Body Muscles)  
Day 7: Rest

**Get Rid of the Jiggle!**  
**Upper Body Shape-up Rotation**  
**By: Suzanne Bates**

Week 5:

Day 1: Body Sculpt Blaster

Day 2: Maximum Cardio Burn

Day 3: CA&WT



**Rotation**

**Calendar**

**Template**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

**Notes:**