

JILLIAN
MICHAELS
America's Toughest Trainer

Ultimate
Body Shop

**8 Week
Weight Loss Program**

**"The Body Shop has everything you need to strengthen,
condition, and tone your body to ripped perfection."**

www.jillianmichaels.com

Please note that not all exercises are referenced on
the product exercise chart or instructional DVD.

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WEEKS 1 – 2 Couch Potato
DAYS 1 and 4

DAYS 3 and 6

These days should be cardio only. Shoot for 30 minutes doing the activity of your choice. Mix it up. Try incline walking. Stair climbing. Rowing. Swimming. Biking etc. No strength training. It's imperative that you let your muscles rest between training sessions. Studies have shown that you get best results when you train a muscle group 2 times a week with 2 days of rest between training sessions. **Make sure you take at least one day totally off exercise.**

























WARM-UP	CIRCUIT 1	CIRCUIT 2	CIRCUIT 3
Hack Squat :30	Chest Press :30	Chest Fly :30	Low Press :30
Plank Calf Raise :30	Hack Squat :20	Hack Squat :20	Sit-Up :30
Hack Squat :30	Decline Press :30	Iron Cross :30	Supine Triceps Pushdown :30
Plank Calf Raise :30	Chest Press :20	Hack Squat :20	Low Press :30
	Hack Squat :30	Chest Fly :30	Sit-Up :30
	Decline Press :30	Iron Cross :30	Supine Triceps Pushdown :30
Advance to Circuit 1	Repeat 3 times and advance to Circuit 2	Repeat 3 times and advance to Circuit 3	Repeat 3 times and stretch



WEEKS 1 - 2 Couch Potato DAYS 2 and 5

DAYS 3 and 6

These days should be cardio only. Shoot for 30 minutes doing the activity of your choice. Mix it up. Try incline walking. Stair climbing. Rowing. Swimming. Biking etc. No strength training. It's imperative that you let your muscles rest between training sessions. Studies have shown that you get best results when you train a muscle group 2 times a week with 2 days of rest between training sessions. **Make sure you take at least one day totally off exercise.**

WARM-UP	CIRCUIT 1	CIRCUIT 2	CIRCUIT 3
Seated Leg Abduction [Right Leg] 	Wide Grip Pull-Up 	Medium Push-Up 	Paddling 
Ab Crunch with Resistance 	Low Row 	High Row 	Kneeling Single Leg Hamstring Curl [Right Leg] 
Reverse Fly 	Prone Pull Down 	Supine Pullover 	Prone Single Leg Hip Extension [Right Leg] 
Seated Leg Abduction [Left Leg] 	Wide Grip Pull-Up 	Medium Push-Up 	Paddling 
Ab Crunch with Resistance 	Low Row 	High Row 	Kneeling Single Leg Hamstring Curl [Left Leg] 
Reverse Fly 	Prone Pull Down 	Supine Pullover 	Prone Single Leg Hip Extension [Left Leg] 
Advance to Circuit 1	Repeat 3 times and advance to Circuit 2	Repeat 3 times and advance to Circuit 3	Repeat 3 times and stretch



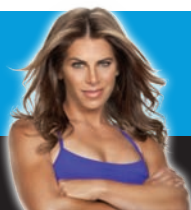
WEEKS 3 - 4 Beginner

DAYS 1 and 4

DAYS 3 and 6

These days should be cardio only. Shoot for 30 minutes doing the activity of your choice. Mix it up. Try incline walking. Stair climbing. Rowing. Swimming. Biking etc. No strength training. It's imperative that you let your muscles rest between training sessions. Studies have shown that you get best results when you train a muscle group 2 times a week with 2 days of rest between training sessions. **Make sure you take at least one day totally off exercise.**

WARM-UP	CIRCUIT 1	CIRCUIT 2	CIRCUIT 3
Plyometric Squat	Chest Press	Single-Leg Squat [Right Leg/Left Leg] :15 each	Supine Triceps Pushdown
Reverse Crunch	Cross Fly	Plank Calf Raise	Supine Single Leg Hip Flexion [Right Leg]
Plank Calf Raise	Hack Squat	Iron Cross	Side Lying Adduction [Right Leg/Left Leg] :15 each
Plyometric Squat	Chest Press	Ab Crunch with Resistance	Triceps Kickback
Reverse Crunch	Cross Fly	Squirm	Sliding Planks
Plank Calf Raise	Hack Squat	Low to High Wood Chop [Facing To The Right/ Facing To The Left] :15 each	Supine Single Leg Hip Flexion [Left Leg]
Advance to Circuit 1	Repeat 3 times and advance to Circuit 2	Repeat 3 times and advance to Circuit 3	Repeat 3 times and stretch

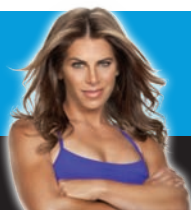


WEEKS 3 - 4 Beginner DAYS 2 and 5

DAYS 3 and 6

These days should be cardio only. Shoot for 30 minutes doing the activity of your choice. Mix it up. Try incline walking. Stair climbing. Rowing. Swimming. Biking etc. No strength training. It's imperative that you let your muscles rest between training sessions. Studies have shown that you get best results when you train a muscle group 2 times a week with 2 days of rest between training sessions. **Make sure you take at least one day totally off exercise.**

WARM-UP	CIRCUIT 1	CIRCUIT 2	CIRCUIT 3
Paddling	Wide Grip Pull-Up	Supine Military Pull-Up	Low to High Wood Chop [Facing To The Right/ Facing To The Left] :30 each
Seated Leg Abduction [Right Leg]	Medium Pull-Up	Kneeling Single Leg Hamstring Curl [Right Leg/Left Leg] :15 each	Biceps Curl
Supine Pullover	Prone Pull Down	Reverse Crunch	Prone Single Leg Hip Extension [Facing To The Right/ Facing To The Left] :30 each
Paddling	Supine Pullover	Decline Biceps Curl	Plank Calf Raise
Seated Leg Abduction [Left Leg]	Low Row	Ab Crunch with Resistance	
Supine Pullover	High Row	Biceps Curl Facing Away	
Advance to Circuit 1	Repeat 3 times and advance to Circuit 2	Repeat 3 times and advance to Circuit 3	Repeat 3 times and stretch



WEEKS 5 – 6 Intermediate
DAYS 1 and 4

DAYS 3 and 6

These days should be cardio only. Shoot for 30 minutes doing the activity of your choice. Mix it up. Try incline walking. Stair climbing. Rowing. Swimming. Biking etc. No strength training. It's imperative that you let your muscles rest between training sessions. Studies have shown that you get best results when you train a muscle group 2 times a week with 2 days of rest between training sessions. **Make sure you take at least one day totally off exercise.**

WARM-UP	CIRCUIT 1	CIRCUIT 2	CIRCUIT 3
Sliding Plank :60	Single Leg Squat [Right Leg] :45	Low Press :45	Side Lying Adduction [Right Leg] :45
Plyometric Squat :60	Chest Press :45	Reverse Crunch :45	V Crunch with Chest Fly :45
Sliding Plank :60	Cross Fly :45	Supine Lateral Raise :45	Front Raise :45
Plyometric Squat :60	Single Leg Squat [Left Leg] :45	Low Press :45	Side Lying Adduction [Left Leg] :45
	Chest Press :45	Reverse Crunch :45	V Crunch with Chest Fly :45
	Cross Fly :45	Supine Lateral Raise :45	Front Raise :45
Advance to Circuit 1	Repeat 3 times and advance to Circuit 2	Repeat 3 times and advance to Circuit 3	Repeat 3 times and stretch



WEEKS 5 - 6 Intermediate DAYS 2 and 5

DAYS 3 and 6

These days should be cardio only. Shoot for 30 minutes doing the activity of your choice. Mix it up. Try incline walking. Stair climbing. Rowing. Swimming. Biking etc. No strength training. It's imperative that you let your muscles rest between training sessions. Studies have shown that you get best results when you train a muscle group 2 times a week with 2 days of rest between training sessions. **Make sure you take at least one day totally off exercise.**

WARM-UP	CIRCUIT 1	CIRCUIT 2	CIRCUIT 3
Paddling	Wide Grip Pull-Up	Iron Cross	Reverse Fly
Plank Calf Raise	Medium Pull-Up	Prone Single Leg Hamstring Curl [Right Leg]	Biceps Curl
Ab Crunch with Resistance	Supine Pullover	Reverse Crunch	Squirm
Low to High Wood Chop [Facing To The Right/ Facing To The Left] :30 each	Wide Grip Pull-Up	Iron Cross	Reverse Fly
	Medium Pull-Up	Prone Single Leg Hamstring Curl [Left Leg]	Biceps Curl
	Supine Pullover	Reverse Crunch	Squirm
Advance to Circuit 1	Repeat 3 times and advance to Circuit 2	Repeat 3 times and advance to Circuit 3	Repeat 3 times and stretch



WEEKS 7 – 8 Advanced
DAYS 1 and 4

DAYS 3 and 6

These days should be cardio only. Shoot for 30 minutes doing the activity of your choice. Mix it up. Try incline walking. Stair climbing. Rowing. Swimming. Biking etc. No strength training. It's imperative that you let your muscles rest between training sessions. Studies have shown that you get best results when you train a muscle group 2 times a week with 2 days of rest between training sessions. **Make sure you take at least one day totally off exercise.**
























WARM-UP	CIRCUIT 1	CIRCUIT 2	CIRCUIT 3
Single Leg Squat [Right Leg] :60	Chest Press :60	Decline Press :60	Reverse Crunch :60
Sliding Plank :60	Cross Fly :60	Supine Lateral Raise :60	Sliding Lunge [Right Leg/Left leg] :60 :30 each
Single Leg Squat [Left Leg] :60	Kneeling Triceps Push Down :60	Sit-Up :60	Triceps Kickback :60
Sliding Plank :60	Plyometric Squat :60	Side Lying Adduction [Right Leg/Left Leg] :60 :30 each	Front Raise :60
Plyometric Squat :60	Chest Press :60	Decline Press :60	Supine Single Leg Hip Flexion [Right Leg/Left Leg] :60 :30 each
	Cross Fly :60	Supine Lateral Raise :60	Ab Crunch with Resistance :60
Advance to Circuit 1	Repeat 3 times and advance to Circuit 2	Repeat 3 times and advance to Circuit 3	Repeat 3 times and stretch



WEEKS 7 – 8 Advanced DAYS 2 and 5

DAYS 3 and 6

These days should be cardio only. Shoot for 30 minutes doing the activity of your choice. Mix it up. Try incline walking. Stair climbing. Rowing. Swimming. Biking etc. No strength training. It's imperative that you let your muscles rest between training sessions. Studies have shown that you get best results when you train a muscle group 2 times a week with 2 days of rest between training sessions. **Make sure you take at least one day totally off exercise.**

WARM-UP	CIRCUIT 1	CIRCUIT 2	CIRCUIT 3
Hack Squat 	Prone Pull Down 	Kneeling Single Leg Hamstring Curl [Right Leg] 	Supine Military Pull-Up 
Single Leg Squat [Right Leg/Left Leg]  :30 each	Supine Pullover 	Seated Leg Abduction [Right Leg] 	Iron Cross 
Plank Calf Raise 	Reverse Crunch 	Sliding Lunge [Right Leg On Bench] 	High Row 
Plyometric Squat 	Prone Pull Down 	Kneeling Single Leg Hamstring Curl [Left Leg] 	Low Row 
Sliding Plank 	Supine Pullover 	Seated Leg Abduction [Left Leg] 	Biceps Curl Facing Away 
	Reverse Crunch 	Sliding Lunge [Left Leg On Bench] 	Reverse Fly 
Advance to Circuit 1	Repeat 3 times and advance to Circuit 2	Repeat 3 times and advance to Circuit 3	Repeat 3 times and stretch

