



WORKOUT CALENDAR

You can mix up these Rockin' Body® workouts any way you want, but here's how they were designed to really burn the fat and define your muscles.

	MON	TUES	WED	THUR	FRI	SAT	SUN
WEEK 1	Mark, Move & Groove	Mark, Move & Groove + Party Express	Disco Groove + Hard-Core Abs	Party Express + Booty Time	Shaun T's Dance Party + Hard-Core Abs	Party Express + Disco Groove	REST
WEEK 2	Party Express + Hard-Core Abs	Rock It Out	Shaun T's Dance Party	Party Express + Disco Groove	Shaun T's Dance Party	Booty Time + Rock It Out	REST
WEEK 3	Party Express + Rock It Out	Shaun T's Dance Party	Disco Groove + Hard-Core Abs	Booty Time + Rock It Out	Shaun T's Dance Party	Booty Time + Hard-Core Abs	REST
WEEK 4	Party Express + Hard-Core Abs	Shaun T's Dance Party	Rock It Out + Hard-Core Abs	Disco Groove + Booty Time	Shaun T's Dance Party	Party Express + Rock It Out	REST



DELUXE WORKOUT CALENDAR

You can mix up these Rockin' Body® workouts any way you want, but here's how the Rockin' Results Deluxe workouts were designed to maximize your weight loss and body toning.*

	MON	TUES	WED	THUR	FRI	SAT	SUN
WEEK 1	Mark, Move & Groove	Mark, Move & Groove + Party Express	Disco Groove + Hard-Core Abs	Party Express + Booty Time	Shaun T's Dance Party + Hard-Core Abs	Party Express + Disco Groove	REST
WEEK 2	Party Express + Hard-Core Abs	Rock It Out	Shaun T's Dance Party + Hard-Core Abs	House Your Body	Hip Hop	Booty Time + Hard-Core Abs	REST
WEEK 3	Party Express + Rock It Out	Hip Hop	Disco Groove + Hard-Core Abs	Booty Time + Rock It Out	Shaun T's Dance Party + Hard-Core Abs	House Your Body	REST
WEEK 4	Hip Hop	Disco Groove + Hard-Core Abs	Rock It Out	House Your Body	Shaun T's Dance Party	Party Express + Rock It Out	REST

*Use the weighted wristbands to accelerate your results.