



Follow this calendar if you feel confident about your dance skills or want a little more structure.

# ADVANCED CALENDAR

INSTRUCTIONS: Each day, give yourself 1, 2, or 3 check marks based on how well you perform during the **CIZE® IT UP** section:

Day 1:     
Backup Dancer

Front and Center

Ready for My Music Video

|                       |  |   |  |  |   |  |             |
|-----------------------|--|---|--|--|---|--|-------------|
| <b>WK</b><br><b>1</b> | Monday   | Tuesday                                   | Wednesday                              | Thursday                                   | Friday  | Saturday   | Sunday      |
|                       | <b>CRAZY 8s</b><br><i>Take your "BEFORE" photos &amp; measurements</i> | <b>CRAZY 8s</b><br><b>8 COUNT ABS</b>     | <b>CRAZY 8s</b>                        | <b>YOU GOT THIS</b><br><b>8 COUNT ABS</b>  | <b>YOU GOT THIS</b>   | <b>YOU GOT THIS</b><br><b>8 COUNT ABS</b>  | <b>REST</b> |
|                       | Monday   | Tuesday                                   | Wednesday                              | Thursday                                   | Friday  | Saturday   | Sunday      |
|                       | <b>FULL OUT</b>  | <b>FULL OUT</b><br><b>8 COUNT ABS</b>     | <b>FULL OUT</b>                        | <b>IN THE POCKET</b><br><b>8 COUNT ABS</b> | <b>IN THE POCKET</b>  | <b>IN THE POCKET</b><br><b>8 COUNT ABS</b>   | <b>REST</b> |
| <b>2</b>              | Monday   | Tuesday                                   | Wednesday                              | Thursday                                   | Friday  | Saturday   | Sunday      |
|                       | <b>CRAZY 8s</b>  | <b>YOU GOT THIS</b><br><b>8 COUNT ABS</b> | <b>FULL OUT</b>                        | <b>IN THE POCKET</b><br><b>8 COUNT ABS</b> | <b>CRAZY 8s</b><br><b>YOU GOT THIS</b><br><i>(CIZE IT UP 3x EACH)</i> | <b>FULL OUT</b><br><b>IN THE POCKET</b><br><i>(CIZE IT UP 3x EACH)</i><br><b>8 COUNT ABS</b> | <b>REST</b> |
|                       | Monday   | Tuesday                                   | Wednesday                              | Thursday                                   | Friday  | Saturday   | Sunday      |
|                       | <b>GO FOR IT</b><br><b>8 COUNT ABS</b>                                 | <b>GO FOR IT</b>                          | <b>GO FOR IT</b><br><b>8 COUNT ABS</b> | <b>LIVIN IN THE 8s</b>                     | <b>LIVIN IN THE 8s</b><br><b>8 COUNT ABS</b>                          | <b>LIVIN IN THE 8s</b><br><i>Take your "AFTER" photos &amp; stats</i>                        | <b>REST</b> |
| <b>3</b>              | Monday   | Tuesday                                   | Wednesday                              | Thursday                                   | Friday  | Saturday   | Sunday      |
|                       | <b>GO FOR IT</b><br><b>8 COUNT ABS</b>                                 | <b>GO FOR IT</b>                          | <b>GO FOR IT</b><br><b>8 COUNT ABS</b> | <b>LIVIN IN THE 8s</b>                     | <b>LIVIN IN THE 8s</b><br><b>8 COUNT ABS</b>                          | <b>LIVIN IN THE 8s</b><br><i>Take your "AFTER" photos &amp; stats</i>                        | <b>REST</b> |
|                       | Monday   | Tuesday                                   | Wednesday                              | Thursday                                   | Friday  | Saturday   | Sunday      |
|                       | <b>GO FOR IT</b><br><b>8 COUNT ABS</b>                                 | <b>GO FOR IT</b>                          | <b>GO FOR IT</b><br><b>8 COUNT ABS</b> | <b>LIVIN IN THE 8s</b>                     | <b>LIVIN IN THE 8s</b><br><b>8 COUNT ABS</b>                          | <b>LIVIN IN THE 8s</b><br><i>Take your "AFTER" photos &amp; stats</i>                        | <b>REST</b> |
| <b>4</b>              | Monday   | Tuesday                                   | Wednesday                              | Thursday                                   | Friday  | Saturday   | Sunday      |
|                       | <b>GO FOR IT</b><br><b>8 COUNT ABS</b>                                 | <b>GO FOR IT</b>                          | <b>GO FOR IT</b><br><b>8 COUNT ABS</b> | <b>LIVIN IN THE 8s</b>                     | <b>LIVIN IN THE 8s</b><br><b>8 COUNT ABS</b>                          | <b>LIVIN IN THE 8s</b><br><i>Take your "AFTER" photos &amp; stats</i>                        | <b>REST</b> |
|                       | Monday   | Tuesday                                   | Wednesday                              | Thursday                                   | Friday  | Saturday   | Sunday      |
|                       | <b>GO FOR IT</b><br><b>8 COUNT ABS</b>                                 | <b>GO FOR IT</b>                          | <b>GO FOR IT</b><br><b>8 COUNT ABS</b> | <b>LIVIN IN THE 8s</b>                     | <b>LIVIN IN THE 8s</b><br><b>8 COUNT ABS</b>                          | <b>LIVIN IN THE 8s</b><br><i>Take your "AFTER" photos &amp; stats</i>                        | <b>REST</b> |