



Follow the routines in the order listed. Take your time and stick with each routine until you are ready to move on; that may be 2 days, 3 days, or even a full week. If you want more of a challenge, check out the **ADVANCED** Calendar.

BEGINNER 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

1. CRAZY 8s

Day 1 <i>Take your "BEFORE" photos & measurements</i>	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
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2. YOU GOT THIS

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
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3. FULL OUT

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
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4. IN THE POCKET

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
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5. GO FOR IT

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
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6. LIVIN IN THE 8s

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6 <i>Take your "AFTER" photos & stats</i>	Day 7
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