



80 DAY OBSESSION™ CALENDAR PHASE 1

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>PREP:</p> <ul style="list-style-type: none"> • Download the Starter Guide, Eating Plan and Tracker Sheet under Program Materials • Watch the Quick Start Tips and the Eating Plan Tips Video under Workout List • Meal Prep for the Week 						
<p>Take Measurements & Photos</p> <p>Watch Weekly Obsession</p>	<p>DAY 1</p> <p>TOTAL BODY CORE</p> <p>2 sets/15 reps • 60 min. Weights, Resistance Loops, Mat*</p>	<p>DAY 2</p> <p>BOOTY</p> <p>2 sets/15 reps • 60 min. Resistance Loops, Mat*</p>	<p>DAY 3</p> <p>CARDIO CORE</p> <p>3 sets/30 sec. each • 40 min. • Strength Slides</p>	<p>DAY 4</p> <p>AAA</p> <p>2 sets/15 reps • 49 min. Weights, Resistance Loops, Strength Slides, Mat*</p>	<p>DAY 5</p> <p>LEGS</p> <p>2 sets/15 reps • 46 min. Weights</p>	<p>DAY 6</p> <p>CARDIO FLOW</p> <p>4 reps • 31 min. None</p>
<p>DAY 7</p> <p>ROLL & RELEASE</p> <p>19 min. Foam Roller*, Mat* Watch Weekly Obsession</p>	<p>DAY 8</p> <p>TOTAL BODY CORE</p> <p>3 sets/10 reps • 60 min. Weights, Resistance Loops, Mat*</p>	<p>DAY 9</p> <p>BOOTY</p> <p>3 sets/10 reps • 60 min. Resistance Loops, Mat*</p>	<p>DAY 10</p> <p>CARDIO CORE</p> <p>3 sets/30 sec. each • 37 min. • Strength Slides</p>	<p>DAY 11</p> <p>AAA</p> <p>3 sets/10 reps • 55 min. Weights, Resistance Loops, Strength Slides, Mat*</p>	<p>DAY 12</p> <p>LEGS</p> <p>3 sets/10 reps • 52 min. Weights</p>	<p>DAY 13</p> <p>CARDIO FLOW</p> <p>4 reps • 30 min. None</p>
<p>DAY 14</p> <p>STRETCH & RELEASE</p> <p>16 min. • Mat* Watch Weekly Obsession</p>	<p>DAY 15</p> <p>TOTAL BODY CORE</p> <p>3 sets/10 reps • 60 min. Weights, Resistance Loops, Mat*</p>	<p>DAY 16</p> <p>BOOTY</p> <p>3 sets/10 reps • 55 min. Resistance Loops, Mat*</p>	<p>DAY 17</p> <p>CARDIO CORE</p> <p>3 sets/30 sec. each • 36 min. • Strength Slides</p>	<p>DAY 18</p> <p>AAA</p> <p>3 sets/10 reps • 55 min. Weights, Resistance Loops, Strength Slides, Mat*</p>	<p>DAY 19</p> <p>LEGS</p> <p>3 sets/10 reps • 51 min. Weights</p>	<p>DAY 20</p> <p>CARDIO FLOW</p> <p>4 reps • 30 min. None</p>
<p>REST / SELF-CARE</p> <p>Watch Weekly Obsession</p>	<p>DAY 21</p> <p>TOTAL BODY CORE</p> <p>2 sets/15 reps • 57 min. Weights, Resistance Loops, Mat*</p>	<p>DAY 22</p> <p>BOOTY</p> <p>2 sets/15 reps • 53 min. Resistance Loops, Mat*</p>	<p>DAY 23</p> <p>CARDIO CORE</p> <p>3 sets/30 sec. each • 35 min. • Strength Slides</p>	<p>DAY 24</p> <p>AAA</p> <p>2 sets/15 reps • 48 min. Weights, Resistance Loops, Strength Slides, Mat*</p>	<p>DAY 25</p> <p>LEGS</p> <p>2 sets/15 reps • 48 min. Weights</p>	<p>DAY 26</p> <p>CARDIO FLOW</p> <p>4 reps • 27 min. None</p>

*Optional





80 DAY OBSESSION CALENDAR PHASE 2

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
REST / SELF-CARE Watch Weekly Obsession Recalculate your Calorie Target Take Measurements & Photos	DAY 27 BOOTY 2 sets/15 reps • 58 min. Weights, Resistance Loops, Mat*	DAY 28 CARDIO CORE 3 sets/30 sec. each • 43 min. • Resistance Loops, Strength Slides, Mat*	DAY 29 TOTAL BODY CORE 2 sets/15 reps • 60 min. Weights, Strength Slides, Mat*	DAY 30 LEGS 2 sets/15 reps • 41 min. Weights, Strength Slides, Mat*	DAY 31 AAA 2 sets/15 reps • 57 min. Weights, Resistance Loops, Strength Slides, Mat*	DAY 32 CARDIO FLOW 6 reps • 36 min. None
REST / SELF-CARE Watch Weekly Obsession	DAY 33 BOOTY 3 sets/10 reps • 59 min. Weights, Resistance Loops, Mat*	DAY 34 CARDIO CORE 3 sets/30 sec. each • 40 min. • Resistance Loops, Strength Slides, Mat*	DAY 35 TOTAL BODY CORE 3 sets/10 reps • 59 min. Weights, Strength Slides, Mat* REFEED DAY	DAY 36 LEGS 3 sets/10 reps • 42 min. Weights, Strength Slides, Mat*	DAY 37 AAA 3 sets/10 reps • 60 min. Weights, Resistance Loops, Strength Slides, Mat*	DAY 38 CARDIO FLOW 6 reps • 38 min. None
REST / SELF-CARE Watch Weekly Obsession	DAY 39 BOOTY 3 sets/10 reps • 58 min. Weights, Resistance Loops, Mat*	DAY 40 CARDIO CORE 3 sets/30 sec. each • 38 min. • Resistance Loops, Strength Slides, Mat*	DAY 41 TOTAL BODY CORE 3 sets/10 reps • 58 min. Weights, Strength Slides, Mat*	DAY 42 LEGS 3 sets/10 reps • 46 min. Weights, Strength Slides, Mat*	DAY 43 AAA 3 sets/10 reps • 61 min. Weights, Resistance Loops, Strength Slides, Mat*	DAY 44 CARDIO FLOW 6 reps • 41 min. None
REST / SELF-CARE Watch Weekly Obsession	DAY 45 BOOTY 2 sets/15 reps • 59 min. Weights, Resistance Loops, Mat*	DAY 46 CARDIO CORE 3 sets/30 sec. each • 38 min. • Resistance Loops, Strength Slides, Mat*	DAY 47 TOTAL BODY CORE 2 sets/15 reps • 57 min. Weights, Strength Slides, Mat* REFEED DAY	DAY 48 LEGS 2 sets/15 reps • 40 min. Weights, Strength Slides, Mat*	DAY 49 AAA 2 sets/15 reps • 62 min. Weights, Resistance Loops, Strength Slides, Mat*	DAY 50 CARDIO FLOW 6 reps • 39 min. None

TIPS FOR YOUR BEST RESULTS:

- SELF-CARE:**
- Never skip a warm-up or cooldown.
 - **Roll & Release** and **Stretch & Release**. Use these bonus recovery workouts anytime throughout your 80 days to help stretch and massage away soreness and to increase flexibility.
 - Sleep at least 8 hours a night to support muscle and mind recovery.
 - Get regular massages to help with recovery and relaxation.

*Optional



80 DAY OBSESSION CALENDAR PHASE 3

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
REST / SELF-CARE Watch Weekly Obsession Recalculate your Calorie Target Take Measurements & Photos	DAY 51 AAA 2 sets/15 reps • 54 min. Weights, Resistance Loops, Strength Slides, Mat*	DAY 52 CARDIO FLOW 4 reps • 45 min. None	DAY 53 LEGS 2 sets/15 reps • 52 min. Weights, Strength Slides	DAY 54 TOTAL BODY CORE 2 sets/15 reps • 58 min. Weights, Resistance Loops, Strength Slides, Mat*	DAY 55 CARDIO CORE 3 sets/30 sec. each • 41 min. • Resistance Loops, Strength Slides, Mat*	DAY 56 BOOTY 2 sets/15 reps • 47 min. Weights, Resistance Loops, Strength Slides, Mat*
REST / SELF-CARE Watch Weekly Obsession	DAY 57 AAA 3 sets/10 reps • 57 min. Weights, Resistance Loops, Strength Slides, Mat*	DAY 58 CARDIO FLOW 4 reps • 45 min. None REFEED DAY	DAY 59 LEGS 3 sets/10 reps • 51 min. Weights, Strength Slides	DAY 60 TOTAL BODY CORE 3 sets/10 reps • 59 min. Weights, Resistance Loops, Strength Slides, Mat*	DAY 61 CARDIO CORE 3 sets/30 sec. each • 42 min. • Resistance Loops, Strength Slides, Mat*	DAY 62 BOOTY 3 sets/10 reps • 54 min. Weights, Resistance Loops, Strength Slides, Mat*
REST / SELF-CARE Watch Weekly Obsession	DAY 63 AAA 3 sets/10 reps • 58 min. Weights, Resistance Loops, Strength Slides, Mat*	DAY 64 CARDIO FLOW 4 reps • 47 min. None	DAY 65 LEGS 3 sets/10 reps • 56 min. Weights, Strength Slides	DAY 66 TOTAL BODY CORE 3 sets/10 reps • 60 min. Weights, Resistance Loops, Strength Slides, Mat*	DAY 67 CARDIO CORE 3 sets/30 sec. each • 42 min. • Resistance Loops, Strength Slides, Mat*	DAY 68 BOOTY 3 sets/10 reps • 55 min. Weights, Resistance Loops, Strength Slides, Mat*
REST / SELF-CARE Watch Weekly Obsession	DAY 69 AAA 2 sets/15 reps • 58 min. Weights, Resistance Loops, Strength Slides, Mat*	DAY 70 CARDIO FLOW 4 reps • 47 min. None REFEED DAY	DAY 71 LEGS 2 sets/15 reps • 54 min. Weights, Strength Slides	DAY 72 TOTAL BODY CORE 2 sets/15 reps • 58 min. Weights, Resistance Loops, Strength Slides, Mat*	DAY 73 CARDIO CORE 3 sets/30 sec. each • 41 min. • Resistance Loops, Strength Slides, Mat*	DAY 74 BOOTY 2 sets/15 reps • 49 min. Weights, Resistance Loops, Strength Slides, Mat*

TIPS FOR YOUR BEST RESULTS:

MEAL PREP: Rest Day (Sunday) is a great opportunity to meal prep so you can stay on point with your nutrition throughout the week.

WEEKLY OBSESSION: Watch these weekly episodes that take you behind the scenes with Autumn and the cast as they document their progress and challenges, and share real-life wisdom to help you stay motivated and get results.

EXPERT ADVICE: If you have any questions, Beachbody's staff of certified trainers, registered dietitians, and other experts is here to help on our Community Message Boards or at BeachbodyExpertAdvice.com.

*Optional



PEAK WEEK

The final week is a mix of workouts from all 3 phases, allowing you to push hard and see how much stronger you have become. The *optional* Peak Week Deplete Day Meal Plan found in your Eating Plan takes your diet up a notch, leaving you looking lean, shredded, and seriously ready for your “after” photo.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
REST / SELF-CARE Watch Weekly Obsession	DAY 75 AAA PHASE 1 2 sets/15 reps • 53 min. Weights, Resistance Loops, Strength Slides, Mat*	DAY 76 CARDIO FLOW 4 reps • 35 min. None	DAY 77 LEGS PHASE 1 3 sets/10 reps • 54 min. Weights	DAY 78 TOTAL BODY CORE PHASE 3 2 sets/15 reps • 57 min. Weights, Resistance Loops, Strength Slides, Mat*	DAY 79 CARDIO CORE PHASE 2 3 sets/30 sec. each • 41 min. Resistance Loops, Strength Slides, Mat*	DAY 80 BOOTY PHASE 2 3 sets/10 reps • 60 min. Weights, Resistance Loops, Mat*
	DEplete DAY*	DEplete DAY*		DEplete DAY*	DEplete DAY*	

EQUIPMENT NEEDED:

*OPTIONAL.



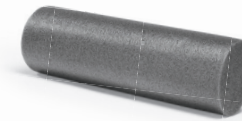
WEIGHTS
(light, medium, and heavy)



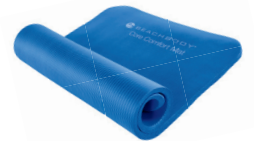
BEACHBODY® RESISTANCE LOOPS†



BEACHBODY STRENGTH SLIDES



BEACHBODY FOAM ROLLER*



BEACHBODY CORE COMFORT MAT**

- NOTE:**
- **Weights:** You may need to increase your weights as you progress through the program and remember to bend your knees when picking up your weights.
 - **Beachbody Resistance Loops:** Inspect your loops before each workout for wear and tear and replace them as needed.
 - **Beachbody Strength Slides:** These are made to work on hard floors or carpet by adding or removing the booties.
 - Always make sure your workout area is clear and dry.

To learn more about the equipment you’ll need, contact your Team Beachbody® Coach or visit TeamBeachbody.com.

GET A FREE 80 DAY OBSESSION TANK TOP OR T-SHIRT

Complete 80 Day Obsession and send your “before” and “after” photos to BeachbodyChallengeContest.com. We’ll send you a FREE tank top or T-shirt and the chance to win over \$100,000! **

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Consult your physician and follow all safety instructions before beginning this high-intensity and physically demanding exercise program and nutrition plan.

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†Resistance loops and mat contain natural rubber latex, which may cause severe allergic reactions.