

MAKE ME OVER Workout Plan

Reference this plan to see how Rochelle, Gina and Tuccoa lost weight in 12 weeks. Then go to **ExerciseTV On Demand** or online to access these workouts. If they can lose weight with ExerciseTV, so can you... No matter what your fitness level!

WEEK 1

Day	Time	Exersize TV Workout	Folder	Cardio	Extra Activity
1	AM	NO MORE TROUBLE ZONES	Jillian Michaels, Most Popular		
	PM			45 min. Cardio Circuit: 10 min. treadmill, 10 min. precore, 10 min. bike, 10 min. treadmill, 5 min. precore	
2	AM	EXPLOSIVE UPPER BODY & GOLD METAL GLUTES	Most Popular & Most Popular		
	PM			45 min. Cardio Circuit: 10 min. treadmill, 5 min. bike, 10 min. treadmill, 5 min. bike, 10 min. treadmill, 5 min. bike	
3	AM	FAT BURN, CARDIOKE	Cardio, Most Popular		
	PM			60 min. Spin or 3 different cardio machines (20 min. each)	
4	AM	30 DAY SHRED 1, BIGGEST LOSER POWER SCULPT & ABS AND BACK	Jillian Michaels, Biggest Loser & Abs		
	PM			45 min. walk or jog: 10 min. warm-up, 30 min. walk/jog, 5 min. cool down	
5	AM	BIGGEST LOSER CARDIO MAX & LESS IS MORE CARDIO	Biggest Loser & Most Popular		
	PM			30 min. light cardio walk or hike	
6	AM/PM	WORKOUT WITH STEVE			
7	AM/PM				60 min. of whatever you want that is physical (hike, bike, skate, tennis, swim, etc.)

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WEEK 2

Day	Time	Exersize TV Workout	Folder	Cardio	Extra Activity
8	AM	30 DAY SHRED 1 & LESS IS MORE CARDIO	Jillian Michaels & Most Popular		
	PM			45 min. cardio circuit: 10 min. treadmill, 10 min. precore, 10 min. bike, 5 min. precore	
9	AM	EXPLOSIVE UPPER BODY & GOLD METAL GLUTES	Most Popular & Most Popular		
	PM			45 min. cardio circuit: 10 min. treadmill, 5 min. bike, 10 min. treadmill, 5 min. bike, 10 min. treadmill, 5 min. bike	
10	AM	NO MORE TROUBLE ZONES	Jillian Michaels		
	PM			60 min. Spin or 3 different cardio machines (20 min. each)	
11	AM	30 DAY SHRED 1, BIGGEST LOSER POWER SCULPT & STRAIGHT TO THE CORE	Jillian Michaels, Biggest Loser & Abs		
	PM			45 min. walk or jog: 10 min. warm-up, 30 min. walk/jog, 5 min. cool down	
12	AM	BIGGEST LOSER CARDIO MAX & LESS IS MORE CARDIO	Biggest Loser & Most Popular		
	PM			30 min. light cardio walk or hike	
13	AM/PM	WORKOUT WITH STEVE			
14	AM/PM				60 min. of whatever you want that is physical (hike, bike, skate, tennis, swim, etc.)

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WEEK 3

Day	Time	Exersize TV Workout	Folder	Cardio	Extra Activity
15	AM	RED CARPET BODY, BIGGEST LOSER POWER SCULPT & JACKIE 1-ON-1 CORE	Hollywood Body, Biggest Loser, Abs		
	PM			60 min. walk/jog: 10 min. warmup, 45 min. walk, 5 min. cooldown	
16	AM	BOOST METABOLISM	Jillian Michaels		
	PM			Light cardio walk or hike	
17	AM/PM	WORKOUT WITH STEVE			
18	AM/PM				60 min. of whatever you want that is physical (hike, bike, skate, tennis, swim, etc.)
	AM	NO MORE TROUBLE ZONES	Jillian Michaels		
19	PM			60 min. cardio circuit: 10 min. treadmill, 10 min. precore, 10 min. bike, 10 min. treadmill, 10 min. precore, 10 min. bike.	
20	AM	LESS IS MORE CARDIO, EXPLOSIVE UPPER BODY & GOLD METAL GLUTES	New Year New You, Most Popular & Most Popular		
	PM			60 min. cardio circuit: 10 min. treadmill, 5 min. bike, 10 min. treadmill, 5 min. bike, 10 min. treadmill, 5 min. bike, 10 min. treadmill, 5 min. bike	
21	AM	30 DAY SHRED 1, 30 DAY SHRED 2, 6 PACK AB BURN	Jillian Michaels, Jillian Michaels & 10 Minute Workouts		
	PM			60 min. Spin or 3 different cardio machines (20 min. each)	

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WEEK 4

Day	Time	Exersize TV Workout	Folder	Cardio	Extra Activity
22	AM	STRENGTH INTERVAL, TOTAL BODY PILATES & JACKIE 1-ON-1 CORE	Two Weeks, New You, Pilates Makeover & Abs		
	PM			60 min. walk/jog: 10 min. warmup, 45 min. walk, 5 min. cooldown	
23	AM	CARDIOKE & LESS IS MORE CARDIO	Cardio Calorie Burn & Most Popular		
	PM			45 min. light cardio walk or hike	
24	AM/PM	WORKOUT WITH STEVE			
25	AM/PM				60 min. of whatever you want that is physical (hike, bike, skate, tennis, swim, etc.)
26	AM	ALL LOWER BODY AND CORE PROGRAMS			
	PM			45 min. cardio circuit: 10 min. treadmill, 10 min. precore, 10 min. bike, 10 min. treadmill, 5 min. precore.	
27	AM	UPPER BODY & ABS			
	PM			45 min. cardio: 10 min. treadmill, 5 min. bike, 10 min. treadmill, 5 min. bike, 10 min. treadmill, 5 min. bike.	
28	AM	CARDIO ONLY PROGRAMS			
	PM			60 min. spin or 3 different cardio machines 20 min. each	

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WEEK 5

Day	Time	Exersize TV Workout	Folder	Cardio	Extra Activity
29	AM	ALL LOWER BODY AND CORE PROGRAMS			
	PM			45 min. walk/jog: 10 min. warmup, 30 min. walk/jog, 5 min. cool down.	
30	AM	UPPER BODY & ABS			
	PM			30 min. light cardio walk or hike.	
31	AM/PM	WORKOUT WITH STEVE			
32	AM/PM				60 min. of whatever you want that is physical (hike, bike, skate, tennis, swim, etc.)
33	AM	20 MIN. FULL BODY CIRCUIT, 20 MIN. CARDIO & 20 MIN. UPPER BODY CIRCUIT			
	PM	SAME AS MORNING BUT DIFFERENT PROGRAMS			
34	AM/PM			140 min. of low/moderate intensity cardio	
35	AM	ALL UPPER BODY AND CORE PROGRAMS			
	PM	LEGS CIRCUIT & ABS			

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WEEK 6

Day	Time	Exersize TV Workout	Folder	Cardio	Extra Activity	
36	AM			20 min. high intensity cardio, 40 min. low intensity.		
	PM			20 min. high intensity cardio, 40 min. low intensity.		
37	AM/PM			140 min. of low/moderate intensity cardio		
38	AM/PM	WORKOUT WITH STEVE				
39	AM/PM				60 min. of whatever you want that is physical (hike, bike, skate, tennis, swim, etc.)	
40	AM	NO MORE TROUBLE ZONES	Jillian Michaels/ Most Popular			
	PM			45 min. Cardio Circuit: 10 min. treadmill, 10 min. precore, 10 min. bike, 10 min. treadmill, 5 min. precore		
41	AM	EXPLOSIVE UPPER BODY & GOLD METAL GLUTES	Most Popular & Most Popular			
	PM			45 min. Cardio Circuit: 10 min. treadmill, 5 min. bike, 10 min. treadmill, 5 min. bike, 10 min. treadmill, 5 min. bike		
42	AM	EXPLOSIVE UPPER BODY & GOLD METAL GLUTES	Most Popular & Most Popular			
	PM			45 min. Cardio Circuit: 10 min. treadmill, 5 min. bike, 10 min. treadmill, 5 min. bike, 10 min. treadmill, 5 min. bike		

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WEEK 7

Day	Time	Exersize TV Workout	Folder	Cardio	Extra Activity
43	AM	FAT BURN & CARDIOKE	Cardio & Most Popular		
	PM			60 min. Spin or 3 different cardio machines (20 min. each)	
44	AM	30 DAY SHRED 1, BIGGEST LOSER POWER SCULPT & ABS AND BACK	Jillian Michaels, Biggest Loser & Abs		
	PM			60 min. Spin or 3 different cardio machines (20 min. each)	
45	AM/PM	WORKOUT WITH STEVE			
46	AM/PM				60 min. of whatever you want that is physical (hike, bike, skate, tennis, swim, etc.)
47	AM	30 DAY SHRED 1 & LESS IS MORE CARDIO	Jillian Michaels & Most Popular		
	PM			45 min. walk or jog: 10 min. warm-up, 30 min. walk/jog, 5 min. cool down	
48	AM	BIGGEST LOSER CARDIO MAX & LESS IS MORE CARDIO	Biggest Loser & Most Popular		
	PM				
49	AM				
	PM			30 min. light cardio walk or hike	

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WEEK 8

Day	Time	Exersize TV Workout	Folder	Cardio	Extra Activity
50	AM	NO MORE TROUBLE ZONES	Jillian Michaels		
	PM			60 min. Spin or 3 different cardio machines (20 min. each)	
51	AM	30 DAY SHRED 1, BIGGEST LOSER POWER SCULPT & STRAIGHT TO THE CORE	Jillian Michaels, Biggest Loser & Abs		
52	PM			45 min. walk or jog: 10 min. warm-up, 30 min. walk/jog, 5 min. cool down	
53	AM	BIGGEST LOSER CARDIO MAX & LESS IS MORE CARDIO	Biggest Loser & Most Popular		
	PM			30 min. light cardio walk or hike	
54	AM/PM	WORKOUT WITH STEVE			
55	AM/PM				60 min. of whatever you want that is physical (hike, bike, skate, tennis, swim, etc.)
56	AM	NO MORE TROUBLE ZONES	Jillian Michaels		
	PM			60 min. cardio circuit: 10 min. treadmill, 10 min. precore, 10 min. bike, 10 min. treadmill, 10 min. precore, 10 min. bike.	

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WEEK 9

Day	Time	Exersize TV Workout	Folder	Cardio	Extra Activity
57	AM	LESS IS MORE CARDIO, EXPLOSIVE UPPER BODY & GOLD METAL GLUTES	New Year New You, Most Popular & Most Popular		
	PM			60 min. cardio circuit: 10 min. treadmill, 5 min. bike, 10 min. treadmill, 5 min. bike, 10 min. treadmill, 5 min. bike, 10 min. treadmill, 5 min. bike	
58	AM	STRENGTH INTERVAL, TOTAL BODY PILATES & JACKIE 1-ON-1 CORE	Two Weeks, New You, Pilates Makeover & Abs		
	PM			60 min. walk/jog: 10 min. warmup, 45 min. walk, 5 min. cooldown	
59	AM	CARDIOKE & LESS IS MORE CARDIO	Cardio Calorie Burn & Most Popular		
	PM			45 min. light cardio walk or hike	
60	AM/PM	WORKOUT WITH STEVE			
61	AM/PM				60 min. of whatever you want that is physical (hike, bike, skate, tennis, swim, etc.)
62	AM	BOOST METABOLISM	Jillian Michaels		
	PM			60 min. cardio circuit: 10 min. treadmill, 10 min. precore, 10 min. bike, 10 min. treadmill, 10 min. precore, 10 min. bike.	
63	AM	BIGGEST LOSER CARDIO MAX & LESS IS MORE CARDIO	Biggest Loser & Most Popular		
	PM			30 min. light cardio walk or hike.	

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WEEK 10

Day	Time	Exersize TV Workout	Folder	Cardio	Extra Activity
64	AM	NO MORE TROUBLE ZONES	Jillian Michaels, Most Popular		
	PM			45 min. Cardio Circuit: 10 min. treadmill, 10 min. precore, 10 min. bike, 10 min. treadmill, 5 min. precore	
65	AM	EXPLOSIVE UPPER BODY& GOLD METAL GLUTES	Most Popular& Most Popular		
	PM			45 min. Cardio Circuit: 10 min. treadmill, 5 min. bike, 10 min. treadmill, 5 min. bike, 10 min. treadmill, 5 min. bike	
66	AM	FAT BURN, CARDIOKE	Cardio, Most Popular		
	PM			60 min. Spin or 3 different cardio machines (20 min. each)	
67	AM	30 DAY SHRED 1, BIGGEST LOSER POWER SCULPT & ABS AND BACK	Jillian Michaels, Biggest Loser & Abs		
	PM			45 min. walk or jog: 10 min. warm-up, 30 min. walk/jog, 5 min. cool down	
68	AM	BIGGEST LOSER CARDIO MAX & LESS IS MORE CARDIO	Biggest Loser & Most Popular		
	PM			30 min. light cardio walk or hike	
69	AM/PM	WORKOUT WITH STEVE			
70	AM/PM				60 min. of whatever you want that is physical (hike, bike, skate, tennis, swim, etc.

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WEEK 11

Day	Time	Exersize TV Workout	Folder	Cardio	Extra Activity
71	AM	30 DAY SHRED 1 & LESS IS MORE CARDIO	Jillian Michaels & Most Popular		
	PM			45 min. cardio circuit: 10 min. treadmill, 10 min. precore, 10 min. bike, 5 min. precore	
72	AM	EXPLOSIVE UPPER BODY & GOLD METAL GLUTES	Most Popular & Most Popular		
	PM			45 min. cardio circuit: 10 min. treadmill, 5 min. bike, 10 min. treadmill, 5 min. bike, 10 min. treadmill, 5 min. bike	
73	AM	NO MORE TROUBLE ZONES	Jillian Michaels		
	PM			60 min. Spin or 3 different cardio machines (20 min. each)	
74	AM	30 DAY SHRED 1, BIGGEST LOSER POWER SCULPT & STRAIGHT TO THE CORE	Jillian Michaels, Biggest Loser & Abs		
	PM			45 min. walk or jog: 10 min. warm-up, 30 min. walk/jog, 5 min. cool down	
75	AM	BIGGEST LOSER CARDIO MAX & LESS IS MORE CARDIO	Biggest Loser & Most Popular		
	PM			30 min. light cardio walk or hike	
76	AM/PM	WORKOUT WITH STEVE			
77	AM/PM				60 min. of whatever you want that is physical (hike, bike, skate, tennis, swim, etc.)

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WEEK 12

Day	Time	Exersize TV Workout	Folder	Cardio	Extra Activity
78	AM	RED CARPET BODY, BIGGEST LOSER POWER SCULPT & JACKIE 1-ON-1 CORE	Hollywood Body, Biggest Loser, Abs		
	PM			60 min. walk/jog: 10 min. warmup, 45 min. walk, 5 min. cooldown	
79	AM	BOOST METABOLISM	Jillian Michaels		
	PM			Light cardio walk or hike	
80	AM/PM	WORKOUT WITH STEVE			
81	AM/PM				60 min. of whatever you want that is physical (hike, bike, skate, tennis, swim, etc.)
	AM	NO MORE TROUBLE ZONES	Jillian Michaels		
82	PM			60 min. cardio circuit: 10 min. treadmill, 10 min. precore, 10 min. bike, 10 min. treadmill, 10 min. precore, 10 min. bike.	
	AM	LESS IS MORE CARDIO, EXPLOSIVE UPPER BODY & GOLD METAL GLUTES	New Year New You, Most Popular & Most Popular		
83	PM			60 min. cardio circuit: 10 min. treadmill, 5 min. bike, 10 min. treadmill, 5 min. bike, 10 min. treadmill, 5 min. bike, 10 min. treadmill, 5 min. bike	
	AM	30 DAY SHRED 1, 30 DAY SHRED 2, 6 PACK AB BURN	Jillian Michaels, Jillian Michaels & 10 Minute Workouts		
84	PM			60 min. Spin or 3 different cardio machines (20 min. each)	