



SUPER MOM

2 WEEK PLAN

PROGRAM DESCRIPTION

DAY 1

Total Body in 10

10 Minute Workout with Jessica Smith

No more excuses! You CAN make a difference in just 10 minutes a day. This sequence features resistance training moves that recruit several muscles at a time. The more muscles you work, the more calories you burn during and post-workout. Hit all the angles as you twist and reach your way through the "lunge matrix" and other athletically-driven moves.

PROGRAM DESCRIPTION

DAY 2

10 Minute Bootylicious Buns

10 Minute Workout with Stephanie Vitorino

Bottoms up, ladies! Stephanie's Bootylicious Buns Workout offers the 'best of buns' moves out there. Her unique twists on some glute-classics, both standing and on the floor, will target your backside from all angles. Join the ranks of J-Lo, Jessica Alba and Beyonce, and make your tush the talk of the town in just 10 minutes!

PROGRAM DESCRIPTION

DAY 3

Cardio Yoga

20 Minute Workout with Meaghan Townsend

Yoga junkies who enjoy a highly physical practice will love this series. Get your cardio and stretch on with Meaghan's powerful flow routine. Keep moving to build heat and increase your heart rate as you strengthen and elongate all your muscles. Challenge your balance, improve posture and get killer-core strength with this one!

PROGRAM DESCRIPTION

DAY 4

DAY OFF

PROGRAM DESCRIPTION

DAY 5

Incredible Abs

This is not your typical ab workout. One look at Cindy's abs will get you motivated to give her routine a try. Target your obliques (sides), rectus abdominus (center), transverse (lower) abs, plus all the tiny, supporting muscles with this 10 minute belly exercise.

PROGRAM DESCRIPTION

DAY 6

Cardio Sculpt

10 minutes with Steve Maresca

This cardio sculpting routine works multiple muscles with each and every move. You'll sweat, jump, lunge and even increase your flexibility in just 10 minutes.

PROGRAM DESCRIPTION

DAY 7

Straight to the Core

10 minutes with Elise Gulan

This is a ten minute core series designed to give you flat, lean abs. You'll target and work your entire core including obliques, transverses and lower back while building sustained core strength to support your spine. This workout will leave you feeling stronger and looking long and lean.



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DAY 8

Incredible Abs

This is not your typical ab workout. One look at Cindy's abs will get you motivated to give her routine a try. Target your obliques (sides), rectus abdominus (center), transverse (lower) abs, plus all the tiny, supporting muscles with this 10 minute belly exercise.

DAY 9

DAY OFF

PROGRAM DESCRIPTION

DAY 10

Total Body in 10

10 Minute Workout with Jessica Smith
No more excuses! You CAN make a difference in just 10 minutes a day. This sequence features resistance training moves that recruit several muscles at a time. The more muscles you work, the more calories you burn during and post-workout. Hit all the angles as you twist and reach your way through the "lunge matrix" and other athletically-driven moves.

PROGRAM DESCRIPTION

DAY 11

DAY OFF

10 Minute Bootylicious Buns

10 Minute Workout with Stephanie Vitorino
Bottoms up, ladies! Stephanie's Bootylicious Buns Workout offers the 'best of buns' moves out there. Her unique twists on some glute-classics, both standing and on the floor, will target your backside from all angles. Join the ranks of J-Lo, Jessica Alba and Beyonce, and make your tush the talk of the town in just 10 minutes!

PROGRAM DESCRIPTION

DAY 12

Cardio Sculpt

10 minutes with Steve Maresca
This cardio sculpting routine works multiple muscles with each and every move. You'll sweat, jump, lunge and even increase your flexibility in just 10 minutes.

PROGRAM DESCRIPTION

DAY 13

Cardio Yoga

20 Minute Workout with Meaghan Townsend
Yoga junkies who enjoy a highly physical practice will love this series. Get your cardio and stretch on with Meaghan's powerful flow routine. Keep moving to build heat and increase your heart rate as you strengthen and elongate all your muscles. Challenge your balance, improve posture and get killer-core strength with this one!

DAY 14

DAY OFF