



How to use this CD:

Step 1. Read the workbook and plan

Step 2. Print off the 12 week workout plan for your level

Step 3. Print off the workouts for your level

Step 4. Print off the measurements pages for each week and fill them in

Step 5. Open all other CD's and follow their instructions

Step 6. Start the program and do it!

Step 7. Get married and fit at the same time