



INSTRUCTIONS

The Figure 8 Express workout plan is for people who have been sedentary for quite some time and/or have extremely busy lifestyles. This plan is the best workout to get you moving immediately. What you'll love about the Figure 8 exercise moves is that they are very gentle on your joints and are extremely effective to burn fat and tone your midsection.

During the days you work out, you will be performing three short workouts three times a day. You can either perform them back to back in one session or perform each workout at different times of the day. For instance, you can perform your first workout in the morning, the second during your lunch break, and the third in the early evening before your dinner.

Each week, the intensity will slightly increase so that by the end of the eight weeks, you'll be burning off the fat and getting lean muscles. Good luck and have fun!



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FIGURE 8

WORKOUT SCHEDULE

You can perform these workouts back to back or divide and spread throughout the day.

WEEK 1	WORKOUT 1	TIME	WORKOUT 2	TIME	WORKOUT 3	TIME
DAY 1	Basics: 3 Core Moves	7:21	Merengue: Get Started	4:22	Samba: Get Started	8:23
	Basics: Signature Moves Latin	6:22	Warm Up: Drills	4:35	Warm Up: Drills	4:35
	Cool Down: Learn	4:51	Merengue: Drills	5:39	Samba: Drills	8:11
DAY 2	Basics: Tips	4:22	Cool Down: Learn	4:51	Cool Down: Learn	4:51
	Warm Up: Drills	4:35	Basics: Layering System	7:25	Salsa: Get Started	9:25
	Merengue: Drills	5:39	Warm Up: Drills	4:35	Warm Up: Drills	4:35
	Cool Down: Learn	4:51	Samba: Drills	8:11	Salsa: Learn	6:10
DAY 3	Cool Down: Learn					
	Cool Down: Learn					
	Cool Down: Learn					
	Cool Down: Learn					
DAY 4	Rest:					
	Perform 30 to 60 minutes of incidental exercises throughout the day					
	Paso Doble: Get Started	11:41	Warm Up: Drills	4:35	Jive: Get Started	6:47
	Warm Up: Drills	4:35	Merengue: Drills	5:39	Warm Up: Drills	4:35
DAY 5	Paso Doble: Drills	7:16	Salsa: Learn	6:10	Jive: Drills	6:02
	Cool Down: Learn	4:51	Cool Down: Learn	4:51	Cool Down: Learn	4:51
	Warm Up: Drills	4:35	Warm Up: Drills	4:35	Warm Up: Drills	4:35
	Merengue: Learn	4:36	Samba: Learn	6:42	Salsa: Drills	8:29
DAY 6	Paso Doble: Drills	7:16	Jive: Drills	6:02	Cool Down: Learn	4:51
	Cool Down: Learn	4:51	Cool Down: Learn	4:51	Cool Down: Learn	4:51
	Warm Up: Drills	4:35	Warm Up: Drills	4:35	Warm Up: Drills	4:35
	Merengue: Burn	5:45	Salsa: Burn	6:02	Jive: Burn	6:12
DAY 7	Samba: Burn	6:57	Paso Doble: Burn	6:52	Tone: 10-Min Abs	10:00
	Cool Down: Learn	4:51	Cool Down: Learn	4:51	Cool Down: Learn	4:51
	Rest:					
	Perform 30 to 60 minutes of incidental exercises throughout the day					



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FIGURE 8
 WORKOUT SCHEDULE

You can perform these workouts back to back or divide and spread throughout the day.

WEEK 2	WORKOUT 1	TIME	WORKOUT 2	TIME	WORKOUT 3	TIME
DAY 1	Warm Up: 2-Minute Warm Up	2:00	Warm Up: 2-Minute Warm Up	2:00	Warm Up: 2-Minute Warm Up	2:00
	Merengue: Learn	4:36	Merengue: Burn	5:45	Merengue: Blast	5:46
	Cool Down: 3-Minute Lower Body	3:00	Cool Down: 3-Minute Lower Body	3:00	Cool Down: 3-Minute Lower Body	3:00
DAY 2	Warm Up: 2-Minute Warm Up	2:00	Warm Up: 2-Minute Warm Up	2:00	Warm Up: 2-Minute Warm Up	2:00
	Samba: Learn	6:42	Samba: Burn	6:47	Samba: Blast	8:21
	Cool Down: 3-Minute Lower Body	3:00	Cool Down: 3-Minute Lower Body	3:00	Cool Down: 3-Minute Lower Body	3:00
DAY 3	Rest: Perform 30 to 60 minutes of incidental exercises throughout the day					
DAY 4	Warm Up: 2-Minute Warm Up	2:00	Warm Up: 2-Minute Warm Up	2:00	Warm Up: 2 Min Warm Up	2:00
	Salsa: Learn	6:10	Salsa: Burn	6:02	Salsa: Blast	8:58
	Cool Down: 3-Minute Lower Body	3:00	Cool Down: 3-Minute Lower Body	3:00	Cool Down: 3-Minute Lower Body	3:00
DAY 5	Warm Up: 2-Minute Warm Up	2:00	Warm Up: 2-Minute Warm Up	2:00	Warm Up: 2-Minute Warm Up	2:00
	Paso Doble: Learn	6:00	Paso Doble: Burn	6:54	Paso Doble: Blast	7:27
	Cool Down: 3-Minute Lower Body	3:00	Cool Down: 3-Minute Lower Body	3:00	Cool Down: 3-Minute Lower Body	3:00
DAY 6	Warm Up: 2-Minute Warm Up	2:00	Warm Up: 2-Minute Warm Up	2:00	Warm Up: 2- Minute Warm Up	2:00
	Jive: Learn	5:37	Jive: Burn	6:10	Jive: Blast	7:22
	Cool Down: 3-Minute Lower Body	3:00	Cool Down: 3-Minute Lower Body	3:00	Cool Down: 3-Minute Lower Body	3:00
DAY 7	Rest: Perform 30 to 60 minutes of incidental exercises throughout the day					



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FIGURE 8

WORKOUT SCHEDULE

You can perform these workouts back to back or divide and spread throughout the day.

WEEK 3	WORKOUT 1	TIME	WORKOUT 2	TIME	WORKOUT 3	TIME
DAY 1	Warm Up: Drills	4:35	Warm Up: Drills	4:35	Warm Up: Drills	4:35
	Merengue: Burn	5:45	Samba: Blast	8:21	Salsa: Learn	6:10
	Cool Down: 3-Minute Plyo	3:27	Cool Down: 3-Minute Plyo	3:27	Cool Down: 3-Minute Plyo	3:27
DAY 2	Warm Up: Drills	4:35	Warm Up: Drills	4:35	Warm Up: Drills	4:35
	Jive: Burn	6:10	10-Minute Abs	10:00	Paso Doble: Blast	7:27
	Cool Down: 3-Minute Plyo	3:27	Cool Down: 3-Minute Plyo	3:27	Cool Down: 3-Minute Plyo	3:27
DAY 3	Rest: Perform 30 to 60 minutes of incidental exercises throughout the day					
DAY 4	Warm Up: Drills	4:35	Warm Up: Drills	4:35	Warm Up: Drills	4:35
	Merengue: Blast	5:46	Samba: Learn	6:42	Salsa: Burn	6:02
	Cool Down: 3-Minute Plyo	3:27	Cool Down: 3-Minute Plyo	3:27	Cool Down: 3-Minute Plyo	3:27
DAY 5	Warm Up: Drills	4:35	Warm Up: Drills	4:35	Warm Up: Drills	4:35
	Jive: Blast	7:22	10-Minute Abs	10:00	Paso Doble: Learn	6:00
	Cool Down: 3-Minute Plyo	3:27	Cool Down: 3-Minute Plyo	3:27	Cool Down: 3-Minute Plyo	3:27
DAY 6	Warm Up: Drills	4:35	Warm Up: Drills	4:35	Warm Up: Drills	4:35
	Merengue: Learn	4:36	Paso Doble: Burn	6:54	Samba: Burn	6:47
	Cool Down: 3-Minute Plyo	3:27	Cool Down: 3-Minute Plyo	3:27	Cool Down: 3-Minute Plyo	3:27
DAY 7	Rest: Perform 30 to 60 minutes of incidental exercises throughout the day					



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FIGURE 8[®]

WORKOUT SCHEDULE

You can perform these workouts back to back or divide and spread throughout the day.

WEEK 4	WORKOUT 1	TIME	WORKOUT 2	TIME	WORKOUT 3	TIME
DAY 1	Warm Up: 2-Minute Warm Up	2:00	Warm Up: 2-Minute Warm Up	2:00	Warm Up: 2-Minute Warm Up	2:00
	Merengue: Learn	4:36	Samba: Learn	6:42	Salsa: Blast	8:58
DAY 2	Paso Doble: Learn	6:00	Jive: Learn	5:37	Cool Down: Blast	6:50
	Cool Down: 3-Minute Lower Body	3:00	Cool Down: 3-Minute Lower Body	3:00		
DAY 3	Warm Up: 2-Minute Warm Up	2:00	Warm Up: Drills	4:35	Warm Up: 2-Minute Warm Up	2:00
	Samba: Burn	6:47	10-Minute Abs	10:00	Jive: Blast	7:22
DAY 4	Salsa: Burn	6:02	Cool Down: Plyo	3:00	Cool Down: Drills	4:42
	Cool Down: 3-Minute Lower Body	3:00				
Rest: Perform 30 to 60 minutes of incidental exercises throughout the day						
DAY 5	Warm Up: 2-Minute Warm Up	2:00	Warm Up: 2-Minute Warm Up	2:00	Warm Up: 2-Minute Warm Up	2:00
	Salsa: Blast	8:58	Samba: Learn	6:42	Merengue: Learn	4:36
DAY 6	Cool Down: Blast	6:50	Jive: Learn	5:37	Paso Doble: Learn	6:00
			Cool Down: 3-Minute Lower Body	3:00	Cool Down: 3-Minute Lower Body	3:00
DAY 7	Warm Up: 2-Minute Warm Up	2:00	Warm Up: 2-Minute Warm Up	2:00	Warm Up: 2-Minute Warm Up	2:00
	Merengue: Drills	5:39	Jive: Blast	7:22	Samba: Burn	6:47
DAY 8	Paso Doble: Blast	7:27	Cool Down: Drills	4:42	Salsa: Burn	6:02
	Cool Down: 3-Minute Lower Body	3:00			Cool Down: 3-Minute Lower Body	3:00
DAY 9	Warm Up: Drills	4:35	Warm Up: 2-Minute Warm Up	2:00	Warm Up: 2-Minute Warm Up	2:00
	10-Minute Abs	10:00	Samba: Blast	8:21	Merengue: Drills	5:39
DAY 10	Cool Down: 3-Minute Plyo	3:27	Salsa: Learn	6:10	Paso Doble: Blast	7:27
			Cool Down: 3-Minute Lower Body	3:00	Cool Down: 3-Minute Lower Body	3:00
Rest: Perform 30 to 60 minutes of incidental exercises throughout the day						



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FIGURE 8
 WORKOUT SCHEDULE

You can perform these workouts back to back or divide and spread throughout the day.

WEEK 5	WORKOUT 1	TIME	WORKOUT 2	TIME	WORKOUT 3	TIME
DAY 1	Warm Up: Drills	4:35	Warm Up: Drills	4:35	Warm Up: Drills	4:35
	Toning: Rhythms Lower Body	10:44	10-Minute Abs	10:00	Toning: Rhythms Lower Body	10:44
	Cool Down: Rhythms Tone	6:03	Cool Down: Rhythms Tone	6:03	Cool Down: Rhythms Tone	6:03
DAY 2	Warm Up: Drills	4:35	Warm Up: 2-Minute Warm Up	2:00	Warm Up: Drills	4:35
	Toning: Rhythms Upper Body	10:44	Salsa: Drills	8:29	Toning: Rhythms Upper Body	10:44
	Cool Down: Rhythms Tone	6:03	Cool Down: Burn	6:22	Cool Down: Rhythms Tone	6:03
DAY 3	Rest: Perform 30 to 60 minutes of incidental exercises throughout the day					
DAY 4	Warm Up: Drills	4:35	Warm Up: 2-Minute Warm Up	2:00	Warm Up: Drills	4:35
	10-Minute Abs	10:00	Toning: Rhythms Full Body	10:24	10-Minute Abs	10:00
	Cool Down: Rhythms Tone	6:03	Cool Down: Burn	6:22	Cool Down: Rhythms Tone	6:03
DAY 5	Warm Up: Drills	4:35	Warm Up: 2-Minute Warm Up	2:00	Warm Up: Burn	6:42
	Toning: Rhythms Lower Body	10:44	Merengue: Blast	5:46	10-Minute Abs	10:00
	Cool Down: Rhythms Tone	6:03	Cool Down: Burn	6:22	Cool Down: Blast	6:50
DAY 6	Warm Up: Drills	4:35	Warm Up: 2-Minute Warm Up	2:00	Warm Up: Drills	4:35
	Toning: Rhythms Upper Body	10:44	Samba: Blast	8:21	10-Minute Abs	10:00
	Cool Down: Rhythms Tone	6:03	Salsa: Burn	6:02	Cool Down: Rhythms Tone	6:03
			Cool Down: 3-Minute Lower Body	3:00		
DAY 7	Rest: Perform 30 to 60 minutes of incidental exercises throughout the day					



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FIGURE 8
 WORKOUT SCHEDULE

You can perform these workouts back to back or divide and spread throughout the day.

WEEK 6	WORKOUT 1	TIME	WORKOUT 2	TIME	WORKOUT 3	TIME
DAY 1	Warm Up: 2-Minute Warm Up	2:00	Warm Up: Drills	4:35	Warm Up: 2-Minute Warm Up	2:00
	Merengue: Blast	5:46	Toning: Rhythms Upper Body	10:44	Salsa: Drills	8:29
	Cool Down: 3-Minute Plyo	3:00	Cool Down: Rhythms Tone	6:03	Cool Down: 3-Minute Plyo	3:00
DAY 2	Warm Up: Drills	4:35	Warm Up: Drills	4:35	Warm Up: 2-Minute Warm Up	2:00
	Toning: Rhythms Lower Body	10:44	10-Minute Abs	10:00	Paso Doble: Burn	6:54
	Cool Down: Rhythms Tone	6:03	Cool Down: Rhythms Tone	6:03	Cool Down: 3-Minute Plyo	3:00
DAY 3	Rest: Perform 30 to 60 minutes of incidental exercises throughout the day					
DAY 4	Warm Up: 2-Minute Warm Up	2:00	Warm Up: Drills	4:35	Warm Up: 2-Minute Warm Up	2:00
	Merengue: Blast	5:46	Paso Doble: Learn	6:00	Salsa: Drills	8:29
	Samba: Burn	6:47	Cool Down: Rhythms Tone	6:03	Jive: Burn	6:12
	Cool Down: 3-Minute Plyo	3:00			Cool Down: 3-Minute Plyo	3:00
DAY 5	Warm Up: Drills	4:35	Warm Up: Drills	4:35	Warm Up: 2-Minute Warm Up	2:00
	Toning: Rhythms Upper Body	10:44	10-Minute Abs	10:00	Merengue: Learn	4:36
	Cool Down: Rhythms Tone	6:03	Cool Down: 3-Minute Plyo	3:00	Cool Down: 3-Minute Plyo	3:00
DAY 6	Warm Up: 2-Minute Warm Up	2:00	Warm Up: Drills	4:35	Warm Up: 2-Minute Warm Up	2:00
	Salsa: Blast	8:58	Toning: Rhythms Lower Body	10:44	Merengue: Drills	5:39
	Cool Down: 3-Minute Plyo	3:00	Cool Down: Rhythms Tone	6:03	Cool Down: 3-Minute Plyo	3:00
DAY 7	Rest: Perform 30 to 60 minutes of incidental exercises throughout the day					



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FIGURE 8

WORKOUT SCHEDULE

You can perform these workouts back to back or divide and spread throughout the day.

WEEK 7	WORKOUT 1	TIME	WORKOUT 2	TIME	WORKOUT 3	TIME
DAY 1	Warm Up: 2-Minute Warm Up	2:00	Warm Up: Drills	4:35	Warm Up: Drills	4:35
	Merengue: Blast	5:46	Sexy Abs	10:00	Toning: Rhythms Upper Body	10:44
	Cool Down: 3-Minute Plyo	3:00	Cool Down: 3-Minute Plyo	3:00	Cool Down: Rhythms Tone	6:03
DAY 2	Warm Up: 2-Minute Warm Up	2:00	Warm Up: Drills	4:35	Warm Up: 2-Minute Warm Up	2:00
	Samba: Learn	6:42	Toning: Rhythms Lower Body	10:44	Salsa: Burn	6:02
	Cool Down: 3-Minute Lower Body	3:00	Cool Down: Rhythms Tone	6:03	Cool Down: 3-Minute Lower Body	3:00
DAY 3	Rest: Perform 30 to 60 minutes of incidental exercises throughout the day					
DAY 4	Warm Up: Drills	4:35	Warm Up: 2-Minute Warm Up	2:00	Warm Up: 2-Minute Warm Up	2:00
	Toning: Rhythms Upper Body	10:44	Jive: Drills	6:02	Samba: Burn	6:47
	Cool Down: Rhythms Tone	6:03	Cool Down: 3-Minute Plyo	3:00	Cool Down: 3-Minute Plyo	3:00
DAY 5	Warm Up: Drills	4:35	Warm Up: 2-Minute Warm Up	2:00	Warm Up: Drills	4:35
	Sexy Abs	10:00	Salsa: Learn	6:10	Toning: Rhythms Lower Body	10:44
	Cool Down: 3-Minute Plyo	3:00	Cool Down: 3-Minute Plyo	3:00	Cool Down: Rhythms Tone	6:03
DAY 6	Warm Up: 2-Minute Warm Up	2:00	Warm Up: 2-Minute Warm Up	2:00	Warm Up: 2-Minute Warm Up	2:00
	Salsa: Blast	8:58	Merengue: Blast	5:46	Samba: Burn	6:47
	Cool Down: 3-Minute Plyo	3:00	Cool Down: 3-Minute Lower Body	3:00	Cool Down: 3-Minute Lower Body	3:00
DAY 7	Rest: Perform 30 to 60 minutes of incidental exercises throughout the day					



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FIGURE 8
 WORKOUT SCHEDULE

You can perform these workouts back to back or divide and spread throughout the day.

WEEK 8	WORKOUT 1	TIME	WORKOUT 2	TIME	WORKOUT 3	TIME
DAY 1	Warm Up: Drills	4:35	Warm Up: Drills	4:35	Warm Up: Drills	4:35
	Rhythms: Lower Body	10:44	Rhythms: Upper Body	10:44	Rhythms: Full Body	10:24
	Cool Down: 3-Minute Plyo	3:00	Cool Down: 3-Minute Plyo	3:00	Cool Down: 3-Minute Plyo	3:00
DAY 2	Warm Up: 2-Minute Warm Up	2:00	Warm Up: 2-Minute Warm Up	2:00	Warm Up: 2-Minute Warm Up	2:00
	Salsa: Blast	8:58	Samba: Blast	8:21	Merengue: Blast	5:46
	Cool Down: 3-Minute Plyo	3:00	Cool Down: 3-Minute Lower Body	3:00	Cool Down: 3-Minute Plyo	3:00
DAY 3	Rest: Perform 30 to 60 minutes of incidental exercises throughout the day					
DAY 4	Warm Up: 2-Minute Warm Up	2:00	Warm Up: 2-Minute Warm Up	2:00	Warm Up: 2-Minute Warm Up	2:00
	Salsa: Drills	8:29	Jive: Blast	7:22	Merengue: Burn	5:45
	Cool Down: 3-Minute Plyo	3:00	Cool Down: 3-Minute Lower Body	3:00	Cool Down: 3-Minute Lower Body	3:00
DAY 5	Warm Up: 2-Minute Warm Up	2:00	Warm Up: 2-Minute Warm Up	2:00	Warm Up: 2-Minute Warm Up	2:00
	Paso Doble: Blast	7:27	Sexy Abs	10:00	Jive: Blast	7:22
	Cool Down: 3-Minute Plyo	3:00	Cool Down: 3-Minute Plyo	3:00	Cool Down: 3-Minute Plyo	3:00
DAY 6	Warm Up: 2-Minute Warm Up	2:00	Warm Up: 2-Minute Warm Up	2:00	Warm Up: Drills	4:35
	Merengue: Blast	5:46	Paso Doble: Blast	7:27	Rhythms: Upper Body	10:44
	Cool Down: 3-Minute Plyo	3:00	Cool Down: 3-Minute Lower Body	3:00	Cool Down: 3-Minute Plyo	3:00
DAY 7	Rest: Perform 30 to 60 minutes of incidental exercises throughout the day					