

Real Moves

Fitness Guide



real appeal

real appeal



Before Getting Started

At Real Appeal, we want to make sure that you have a fun time and great experience reaching your weight-loss and fitness goals.

Only you and your doctor can determine if you are in good enough physical condition to perform any of the workout programs outlined in the Real Moves Fitness Guide. Please consult your physician before beginning the program to help assess your fitness level, especially if you have a history of injury or other health issues.

The Real Moves Fitness Guide is designed to fit your life. At any time, if you feel you are exercising beyond your current physical capabilities, feel free to take a break or drop back to a less advanced level. While using any of the workouts outlined in this Guide, if you feel any discomfort, pain, dizziness or nausea, please discontinue the exercise immediately (and seek medical attention if your symptoms persist). The Real Moves workout program

(specifically, the Real Strength workouts) incorporates handheld weights and resistance bands, which, when not used correctly, could lead to injury. Please use the equipment only as demonstrated in the Real Moves workouts. You should always inspect the equipment before beginning any workout to make sure it is not damaged or defective. In general, please always use caution when using any equipment related to the program.

Finally, please be aware that you, as the participant, assume all risks of injury in the use of the any of the programs outlined in the Real Moves Fitness Guide. Real Appeal is not liable to any person or entity for any injury, damage or loss related or unrelated to the Real Moves and Real Appeal content.

Please consult your doctor, and stay safe!

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“Let’s Move To Lose!”

Welcome to the Real Moves Fitness Guide!

I'm David Jack, your personal trainer and fitness motivator for the Real Appeal program. I've spent years teaching clients how to incorporate more movement and exercise into their busy schedules so they can lose weight, feel great, and lead happier, healthier lives. And that's exactly what I plan on doing with YOU!

Your body was built to move. And, whether you've moved your body a little (or even a lot) over the past few weeks, months, or years, any of the workout programs in this guide can work for you. All you need is a minimum time investment to get started and you'll start seeing and feeling results almost immediately.

Study after study shows that people who have successfully lost weight and maintained their results are regular exercisers.

The first step is to make sure you complete the “Activity Profile” quiz in your Real Success Guide, session 2 (page 28 of your booklet, or in the PDF online). This 4-question quiz will help you narrow down which workout program may be right for you. (The whole quiz will take only 3 minutes, so please do it!)

After you have your answer, simply choose one from the three different programs that are outlined in the upcoming pages and follow your daily schedule, then log your exercise minutes on RealAppeal.com—that's it! With each of the programs, there is no guesswork—no wondering, “what workout should I do?” or “how long should I work out for?” or “how hard should I work out?” I've put together each schedule so you'll progress in your level of fitness, but still at your own pace.

You'll soon see how quickly your body will adapt—and you'll start feeling stronger and looking better in no time flat. I want to bring out the best in you—so you can be your best you yet.

Remember, even small steps can lead to big results. So, what are you waiting for? It's time to get REAL!

David Jack

Choose the Real Appeal Workout Program that Works for You

The Real Appeal approach is all about making exercise convenient, simple, and effective. We've created several different approaches so you can follow the one that fits best into your life right now. No matter which one you choose, log your workout in your Activity Tracker on RealAppeal.com. Every minute counts towards your weight-loss goal!

1 Real Moves Workout Program (DVDs and online)

These workouts blend cardio, strength, and flexibility training to give you a well-rounded program that blasts calories, increases lean muscle tissue, promotes flexibility and improves balance. No crazy dance moves, no complicated choreography—these workouts are solid, effective, and a heck of a lot of fun. Every few weeks, we'll change up the workouts and increase the intensity so your body (and your brain) never gets bored, helping you avoid plateaus. If you're just getting started, use the Basic Schedule on page 18. If you're ready to challenge yourself, or you've been working out regularly, use the Intermediate/Advanced Schedule on page 21. No matter if you're a novice or an aspiring athlete, these workouts can work for you! (Special bonus: each workout is approximately 30 minutes or less, which makes it simple to fit them into your busy day.)

2 The Walk It Off! Program

Walking is virtually “excuse-proof” because you can do it in various locations and at different times of the day—the perfect portable workout program. Similar to the Real Moves Workout program, you can choose between Basic and Intermediate/Advanced plans (pages 32 and 37). In both programs, you'll begin by walking in short increments of time, then work your way up to longer durations at higher intensities. These programs will help you burn fat and calories while tightening and toning all over. You'll also feel great because walking is proven to boost your mood and help beat stress. All of these benefits come from just putting one foot in front of the other. What's not to love about all that?

3 DIY (Do-It-Yourself) Workout Program

Everyone is different—no one person, no one body is the same. So, why do we all have to do the same workout? If neither the Real Moves workouts nor the Walk It Off! Programs work for you, then try the DIY schedule. The workout times and intensity level recommendations for the

DIY program are similar to those in the Walk It Off! and Real Moves programs, but with DIY, you choose the cardio and strength-training regimens. So pick what appeals to you and what you think you'll stick with—because making fitness a priority will help you reap boundless body (and life) transformation rewards! (Turn to page 48 for more info on the DIY plan.)



Step Up Your Weight-Loss Challenge

Adding just a few more steps to your daily activity can really make a difference in your weight loss. The more steps you take, the more calories you burn—and the more fit you'll become. Wearing your pedometer from your Real Appeal Welcome Kit is a great way to capture your progress, motivate you, and enhance your results as you're following the Real Appeal program. Strap it on to find out how many steps per day you're currently logging, then watch that number grow as you become more active over the course of this program. It's fun to see if you can beat your own record.

How many steps should you strive for? The American College of Sports Medicine and Shape Up America suggest aiming for 10,000 steps a day. You probably already rack up a third of that just going through your day! And you can work up to it gradually—one fun way to do that is the Step Up Your Weight Loss Challenge.

Using your pedometer, clock the number of steps you currently take per day.

- Add another 1,000 steps a day. (For example, if you were getting in 4,000 steps daily, go for 5,000 steps per day.) Do this for two weeks.
- Then, add 1,000 steps every two weeks, until you hit 10,000 a day. (That's the equivalent of 5 miles!)
- Don't miss a step! Wear your pedometer from the moment you get up to the time you go to bed, so you'll log everything from walking around your home or work to doing a Real Moves DVD or online workout.

The Step Up Your Weight Loss Challenge is also a great idea to get your family, friends, or coworkers in on the fun (and success) of Real Appeal! You'll be walking proof that small steps really do lead to big results.

Tap Into Real Intensity

Your time is valuable—you want to make every minute of exercise count. That’s why you need to focus not only on how long you work out, but how hard. Intensity—how hard you work while you’re working out—affects both your fitness level and your weight. While exercising at any intensity will help shed those extra pounds, the bottom line is, the higher your intensity, the faster your body will burn calories. You want to make sure that you are challenging yourself, because body challenge = body change! You also want to stay in a safe intensity range so that you do not overexert yourself.

To help you determine your optimum intensity level, you will use the Rate of Perceived Exertion (RPE) Scale (also known as the Borg Scale). This is a subjective scale based on how difficult you feel the level of intensity is on a range from 1 to 10—with 1 being extremely easy and 10 being extremely difficult. (1 is equal to the amount of effort you’d expend sitting on your couch, whereas 10 is like running for your life.)

For low intensity workouts, like casual walking or flexibility training, you can stay between an RPE of 3 to 4. For workouts of moderate intensity, like fitness walking, riding the stationary bike or elliptical, strength training, or low-impact cardio, you should aim for a 4 to 6 on the RPE scale. If you’ve been doing high-intensity workouts prior to starting Real Appeal, and have your doctor’s blessing, you could take it up to a 7 (high intensity) with fast fitness walking, hiking steep hills, climbing up three or

more flights of stairs or performing high-impact cardio. Just remember, your RPE scale is your own subjective measure. So, a 5 on your scale may be at a faster or slower pace than a 5 on your best pal’s RPE scale. Perceived exertion really is in the eye of the beholder!

Rate of Perceived Exertion (RPE) Scale

10	Out of breath; you can't talk!
9	Huffing and puffing; you can say only a few words at a time.
7-8	Breathing heavily; you can speak only a sentence or two at a time.
5-6	Definitely breathing harder than normal; you can carry on a short conversation but with some difficulty.
3-4	Breathing easily and talking are no problem; you could keep this up for hours!
1-2	Breathing normally because you're not working hard, if at all!

Using the Real Moves Workout Program

The Real Moves workouts (DVDs or online) are jam-packed with the heart-pumping power of cardio, the lean muscle development of strength training, and the muscle rejuvenating benefits of stretching. Real Appeal's well-rounded fitness regimen will help transform your body faster and easier than you may have thought possible.

Real Smart Training

The real secret behind the Real Moves workouts is what we call Real Smart Training. Real Smart Training is the concept of performing “compound” moves with short rest periods in between. These moves maximize calorie burn and help

increase your metabolic rate both during and after the workout. Compound exercises are full body moves that help you recruit more muscles per movement. For example, instead of doing just a squat, you might hold dumbbells in your hands and add a shoulder press at the end of the squat. This compound exercise integrates both the smaller muscles in the shoulder and larger muscle groups in the legs. Targeting multiple muscle groups in every move will help you maximize the effectiveness of every workout and help boost your “after burn” effect (the calories you burn even after you’ve finished working out).

David Jack, your personal trainer, has designed each workout to tap the power of Real Smart Training to make the workouts both efficient and effective. With Real Smart Training, you are doing real moves for real results. End result? A leaner, fitter, real you.



Real Cardio Workouts (1-5)

Approximate running time: 30 minutes

Real Cardio 1 and 2:

Each low-impact workout is approximately 30 minutes and contains three circuits with four moves per circuit. Each move is about 30 seconds with a rest in between each circuit. As you start making a regular commitment to your fitness, you'll move from Real Cardio 1 to Real Cardio 2, which adds a little more intensity to help rev up your calorie-burning results.

Real Cardio 3, 4 and 5:

Real Cardio 3 gets your adrenaline flowing and those calories burning by increasing the time of each move by 10 seconds. Still three circuits, but now each move is performed for 40 seconds. With Cardio 4, David introduces combat training to help increase your power and speed. Cardio 5 puts calorie burn into overdrive by integrating elite athlete training moves with high-energy cardio combinations. Each workout is the building block of the

next, so that as you progress on your fitness journey, you are continuing to challenge your body.

Don't forget:
Challenge =
Change!



Real Strength Workouts (1-5)

Approximate running time: 30 minutes

Real Strength 1 and 2:

These workouts incorporate the use of resistance bands, handheld weights, and your own body weight to target as many muscles as possible, helping fire up your body's fat-burning capabilities. Similar to the Real Cardio programs, these workouts are structured in three circuits with three moves each circuit. Each move is 30 seconds, with recovery time in between each circuit.

Real Strength 3, 4 and 5:

You want to look refined and defined? In Real Strength 3, David Jack adds an extra element called the "Power Burst," to kick your heart rate into high gear. Power Bursts are short bursts of cardio interspersed throughout the circuits, for lean-muscle-making and calorie-burning in one! In Real Strength 4, you're taking it up another notch with four muscle-defining, fat-burning strength circuits for transformation results. Finally, with Real Strength 5, you're performing dynamic strength moves to chisel and define from every angle. You'll not only feel stronger, you'll look leaner, more sculpted, and just plain fitter, from every angle.

Real Abs Workouts (1 & 2)

Approximate running time: 10 minutes

Now it's time to take the spotlight and shine it on those abs. With both Abs 1 and 2, it's 360-degree training—you'll work your core from the front, sides, and back for a flatter, firmer, stronger mid-section. With moves like Russian Twists, the Supine Runner, the Bird Dog, and Supermans, you'll be working your stomach muscles in brand new ways, while tightening and toning all over.

Real Flex Workouts (1 & 2)

Approximate running time: 20 minutes

As David Jack likes to say, "Flexibility training is just as important as any of the other work we are doing." With Flex 1, you'll progress through a classic stretch series to

help your muscles recover and relax from all the hard work! In Flex 2, you'll move more dynamically with active movement arranged in a flow-type sequence. Both workouts can help to improve your cardio and strength performance, joint fluidity, range of motion, and balance. You'll likely find them helpful in reducing joint and muscle pain and even your stress levels. These types of programs give as good as they get!



Tips for Getting Started

real tips

- If you're new to exercise, or you haven't been that active lately, we recommend following along with the **modifier** in each workout DVD or online video. The **modifier** demonstrates the most basic version of the move, so that you can perform the moves safely yet effectively.
- If you're a bit more exercise savvy and you've been at it recently, follow David Jack or any of the other team members and you'll get a fantastic workout!
- All the planning has been done for you. Simply follow the schedules (pages 18 or 21), so you know which Real Moves workout to do each day.
- At the beginning of each workout, you will be shown exactly what fitness equipment you need. Make sure that you always have water and a towel.* A workout mat is optional. Two sets of handheld weights (light and heavy) and resistance bands (provided in your Real Appeal kit) will be needed for the strength workouts. (*You will need a towel in Real Strength 3 and Real Cardio 5 to perform a "David Jack-special" move!)
- Remember to keep track of your workouts on RealAppeal.com.



Real Moves Workouts



Real Moves Basic

For Week 1, focus on gathering your exercise clothing, equipment and other tools, and look over the calendars to see how you will fit exercise into your schedule. Then you'll be 100% ready to start moving and get losing!

In Week 2, you'll jump right in and start out doing a total of 90 minutes of cardio per week.

In Week 4, you will then progress to 150 minutes per week as your workout "baseline." During the course of the program, we provide suggested optional workouts to increase your total workout time. (Keep in mind that for best weight loss results, weight-loss experts recommend a total of 175 to 250 minutes of cardio activity per week.)

Real Moves BASIC

WEEK	SUN	MON	TUE	WED	THU	FRI	SAT
1	INTRODUCTORY WEEK <ul style="list-style-type: none"> Gather your exercise clothing, equipment and other tools Look over calendars 						
2	Rest	Real Cardio 1	Real Cardio 1	Real Flex 1 (Optional) + Real Abs 1 (Optional)	Rest	Rest	Real Cardio 1
3	Rest	Real Cardio 1	Real Cardio 1	Real Flex 1 (Optional) + Real Abs 1 (Optional)	Rest	Rest	Real Cardio 1
4	Rest	Real Cardio 1	Real Strength 1	Real Flex 1 + Real Abs 1	Real Strength 1	Real Cardio 1	Rest
5	Rest	Real Cardio 2	Real Strength 2	Real Flex 1 + Real Abs 1	Real Strength 2	Real Cardio 2	Rest
6	Rest	Real Cardio 2	Real Strength 2	Real Flex 1 + Real Abs 1	Real Strength 2	Real Cardio 2	Rest
7	Rest	Real Cardio 2	Real Strength 2	Real Cardio 2	Real Strength 2	Real Flex 2 + Real Abs 2	Rest
8	Rest	Real Cardio 3	Real Strength 3	Real Cardio 3	Real Strength 3	Real Flex 2 + Real Abs 2	Real Cardio 3 (Optional)



Real Moves BASIC

WEEK	SUN	MON	TUE	WED	THU	FRI	SAT
9	REST	Real Cardio 3	Real Strength 3	Real Cardio 3	Real Strength 3	Real Flex 2 + Real Abs 2	Real Cardio 3 (Optional)
10	REST	Real Cardio 3 + Real Abs 2 (Optional)	Real Strength 3	Real Cardio 3	Real Strength 3	Real Flex 1 + Real Abs 1	Real Cardio 3 (Optional)
11	REST	Real Cardio 4 + Real Abs 2 (Optional)	Real Strength 4	Real Cardio 4	Real Strength 4	Real Flex 1 + Real Abs 1	Real Cardio 4 (Optional)
12	REST	Real Cardio 4 + Real Abs 1 (Optional)	Real Strength 4	Real Cardio 4	Real Strength 4	Real Flex 2 + Real Abs 2	Real Cardio 4 (Optional)
13	REST	Real Cardio 4 + Real Abs 1 (Optional)	Real Strength 4	Real Cardio 4 + Real Flex 1 (Optional)	Real Strength 4	Real Flex 2 + Real Abs 2	Real Cardio 4 (Optional)
14	REST	Real Cardio 5 + Real Abs 1 (Optional)	Real Strength 5	Real Cardio 5 + Real Flex 2 (Optional)	Real Strength 5	Real Flex 1 + Real Abs 1	Real Cardio 5 (Optional)
15	REST	Real Cardio 5 + Real Abs 2 (Optional)	Real Strength 5	Real Cardio 5 + Real Flex 2 (Optional)	Real Strength 5	Real Flex 1 + Real Abs 1	Real Cardio 5 (Optional)
16	REST	Real Cardio 5 + Real Abs 2 (Optional)	Real Strength 5	Real Cardio 5 + Real Flex 2 (Optional)	Real Strength 5	Real Flex 1 + Real Abs 1	Real Cardio 5

Real Moves Intermediate/Advanced

With the Real Moves Intermediate/Advanced Schedule, after Week 1, you'll jump right into Level 3 workouts (Real Cardio 3 and Real Strength 3) for the first three weeks of your program. Then, you'll do Levels 4 (Real Cardio 4 and Real Strength 4) and 5 (Real Cardio 5 and Real Strength 5), each in 3-week increments.

Thereafter, starting in Week 11, we create the ultimate mix of variable intensity. You'll move from Level 3 one week, to Level 5 the next, then back to 3, and so on. By switching up the variety of intensity, we are creating maximum challenge, causing your muscles to constantly adjust (instead of adapt) to the workouts. That variation leads to more calorie burn and a big-time boost to your body transformation results. (Hey, we don't call this the Advanced Calendar for nothing!)

Real Moves INTERMEDIATE/ADVANCED

WEEK	SUN	MON	TUE	WED	THU	FRI	SAT
1	INTRODUCTORY WEEK • Gather your exercise clothing, equipment and other tools • Look over calendars						
	REST	Real Cardio 3	Real Cardio 3	Real Flex 1 + Real Abs 1	Real Strength 3 (Optional)	Real Cardio 3	REST
	REST	Real Cardio 3	Real Cardio 3	Real Flex 1 + Real Abs 1	Real Strength 3 (Optional)	Real Cardio 3	REST
	REST	Real Cardio 3	Real Cardio 3	Real Flex 1 + Real Abs 1	Real Strength 3	Real Cardio 3	REST
	REST	Real Cardio 4	Real Strength 4	Real Flex 2 + Real Abs 2	Real Strength 4	Real Cardio 4	REST
	REST	Real Cardio 4	Real Strength 4	Real Flex 2 + Real Abs 2	Real Strength 4	Real Cardio 4	REST
	REST	Real Cardio 4	Real Strength 4	Real Cardio 4	Real Flex 2 + Real Abs 2	Real Strength 4	REST
	REST	Real Cardio 5	Real Strength 5	Real Cardio 5	Real Flex 1 + Real Abs 1	Real Strength 5	Real Cardio 3 (Optional)

Real Moves INTERMEDIATE/ADVANCED

WEEK	SUN	MON	TUE	WED	THU	FRI	SAT
9	REST	Real Cardio 5	Real Strength 5	Real Cardio 5	Real Flex 1 + Real Abs 1	Real Strength 5	Real Cardio 3 (Optional)
10	REST	Real Cardio 5 + Real Abs 2 (Optional)	Real Strength 5	Real Cardio 5	Real Flex 1 + Real Abs 1	Real Strength 5	Real Cardio 3 (Optional)
11	REST	Real Cardio 4 + Real Abs 2 (Optional)	Real Strength 4	Real Cardio 4	Real Strength 4	Real Flex 2 + Real Abs 2	Real Cardio 5 (Optional)
12	REST	Real Cardio 3 + Real Abs 1 (Optional)	Real Strength 3	Real Cardio 5	Real Strength 5	Real Flex 2 + Real Abs 2	Real Cardio 5 (Optional)
13	REST	Real Cardio 4 + Real Abs 1 (Optional)	Real Strength 4	Real Cardio 5 + Real Flex 1 (Optional)	Real Strength 5	Real Flex 2 + Real Abs 2	Real Cardio 3 (Optional)
14	REST	Real Cardio 3 + Real Abs 1 (Optional)	Real Strength 3	Real Cardio 3 + Real Flex 2 (Optional)	Real Strength 3	Real Flex 2 + Real Abs 2	Real Cardio 4 (Optional)
15	REST	Real Cardio 4 + Real Abs 1 (Optional)	Real Strength 4	Real Cardio 4 + Real Flex 2 (Optional)	Real Strength 4	Real Flex 1 + Real Abs 2 (Optional)	Real Cardio 5 (Optional)
16	REST	Real Cardio 5 + Real Abs 1 (Optional)	Real Strength 5	Real Cardio 5 + Real Flex 2 (Optional)	Real Strength 5	Real Flex 1 + Real Abs 2	Real Cardio 5 (Optional)

Using the **Walk It Off!** Workout Program

The Walk It Off! program contains a Basic and an Intermediate/Advanced schedule so you can personalize the time, level, and intensity of your workouts. If you're just getting back into fitness, start with Walk It Off! Basic. If you want to up your game, try Walk It Off! Intermediate/Advanced. Both programs will help you burn fat, blast calories, and slim down. Now let's get moving!

How to Walk for Weight Loss

You'll be doing two types of walking in Walk It Off!, whether you've chosen the Basic program or the Intermediate/Advanced. Let's take a look at the differences between the two, so you can put your best foot forward.

Casual Walking

Casual walking can be done throughout the day to help you move more and increase your overall activity level. You can do this in so many ways:

- **hoofing it on errands**
- **walking your dog**
- **taking the stairs** instead of the elevator
- **playing with your kids** at the park (instead of sitting on a bench)
- **choosing a parking spot that's farther from the store**
- **accompanying your kids to school** or the bus stop on foot

A good way to sneak in more steps: Before every outing, ask yourself if you need to drive or if you could do it on foot. Also, if you're sitting at your desk or on the couch, make a point to get up and move for at least 5 to 10 minutes every two hours.

Moving frequently helps your body use oxygen more efficiently, which translates into burning more calories and improving your circulation.

While walking casually, the pace should be gentle enough that it's easy to maintain a steady conversation with a friend (an RPE between a 2 and a 4, in other words).

Fitness Walking

Fitness walking gets you moving faster than you would while window shopping or going for a Sunday stroll. With fitness walking, you'll be putting a bit more energy into each step so that you are walking with purpose and determination (as if you're late for a very important date!). You should try to maintain an intensity of 4 to 6, possibly a 7, on the RPE scale. This means you should be moving at a pace that's fast enough so that your breathing becomes quicker than normal and keeping up a steady conversation becomes challenging or downright difficult. Remember: Moving at a faster pace will always help you burn more calories and blast more body fat, which will help boost your weight-loss results. Keep track of your progress by logging your fitness walking minutes in the Fitness Tracker on **RealAppeal.com**.

Now that you know the difference between these two types of walking, get ready to walk off the pounds!

Walking is the #1 Workout for Weight-Loss Winners!

According to the National Weight Control Registry, walking is the number one reported method of exercise for people who have taken off weight (an average of 66 pounds!) and kept it off for 5 ½ years.



Walk It Off! Warm-Up

Rather than walking at a brisk pace as soon as you step out the door, it's better to give yourself a warm-up period: Spend 5 to 10 minutes walking at a leisurely pace or stepping or marching in place. Follow this with some gentle stretches for your calves, hamstrings, hips, and quadriceps muscles. This may sound unnecessary especially if you're walking at a low- to moderate-intensity, but warming up this way will increase your body temperature and enhance blood flow, which will help your muscles become more flexible and responsive to exercise. Just

as letting your car run for a few minutes on a cold winter morning can prime it to drive more smoothly (and make you more comfortable!), warming up your body before going for a walk will help optimize your performance.

Here are a few quick stretches that you can do after you've warmed up and before you begin brisk walking. Note: If you have challenges with balance, be sure to stretch next to a fixed object (e.g., wall) for additional support, if needed.

1 To stretch, stand tall with your feet hip-width apart, your knees slightly bent, and place your hands on your hips.



2 Gently shift your hips forward and back five times in each direction.



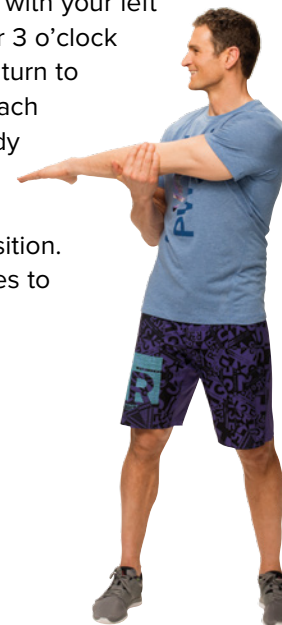
3 Shift your hips from left to right five times in each direction.



4 Move your hips in circles five times clockwise, then five times counterclockwise.



5 Keep your spine tall and turn your shoulders, neck, and head to the right, so you're looking over your right shoulder. Then reach across your body, at chest height, with your left hand in the 2 or 3 o'clock direction. Next, turn to your left and reach across your body with your right hand in the 10 or 9 o'clock position. Repeat five times to each side.



6 Place your right foot about two feet behind you, keeping your right leg straight and your right heel on the ground. Then bend your left knee slightly and reach over your head with your right arm. Keep your torso upright while leaning to the left side; hold for 15 to 30 seconds. Switch sides and repeat.



Walk It Off! Form

Getting started with walking is as simple as putting one foot in front of the other. To put some power in your step:

- 1 Stand tall, with your shoulders back and your chest lifted (which will keep your abs engaged and help you breathe more efficiently).
- 2 Look about 10 yards ahead as you stride because your body will naturally follow your eyes.
- 3 Strike the ground with your heel, roll through the ball of your foot, and push off with the ball of your foot and your toes.
- 4 Keep your elbows bent and let your arms swing easily at your sides to help you gain momentum and recruit your core muscles (an added perk!).



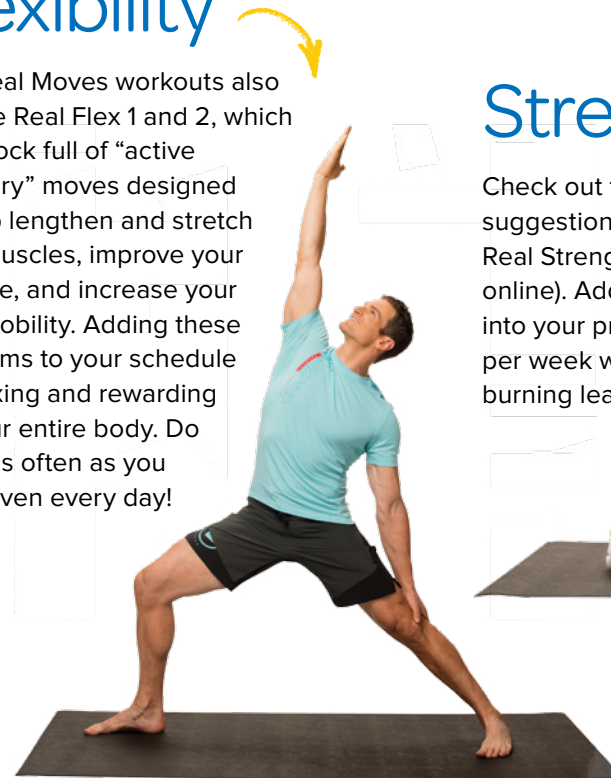
Spice Up Your Walk It Off! Plan

Walking is one of the simplest ways to get the great calorie-blasting benefits of cardio. However, you may want to mix things up by adding some strength,

core, and flexibility training to help boost your body-shaping results. Below are some quick tips on how to add more variety into your fitness program:

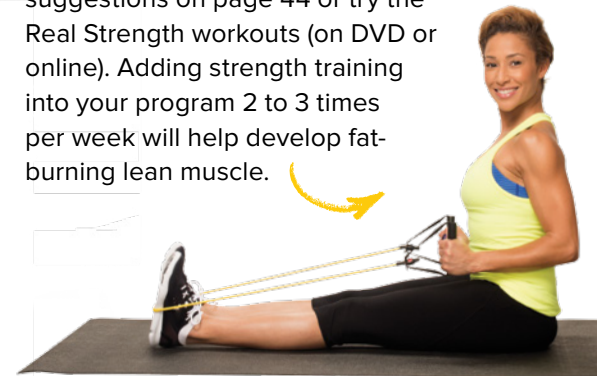
Flexibility

The Real Moves workouts also include Real Flex 1 and 2, which are chock full of “active recovery” moves designed to help lengthen and stretch your muscles, improve your balance, and increase your joint mobility. Adding these programs to your schedule is relaxing and rewarding for your entire body. Do them as often as you like—even every day!



Strength

Check out the strength training suggestions on page 44 or try the Real Strength workouts (on DVD or online). Adding strength training into your program 2 to 3 times per week will help develop fat-burning lean muscle.



Core

Try the Real Abs workouts from the Real Moves program. Both Real Abs 1 and Real Abs 2 help flatten and firm your entire midsection (as well as strengthen your back). Try adding these 10-minute workouts to your routine a couple of times a week.





Walk It Off! Workouts



Walk It Off! Basic

Haven't exercised in a while? Then start with Walk It Off! BASIC. You'll start walking in 15-minute increments and work up to 45-minute walks by the end of the program. The BASIC program is all about making this work for you.

Walk It Off! BASIC

WEEK	SUN	MON	TUE	WED	THU	FRI	SAT
1	Fitness walking 15 min RPE: 4-6	Casual walking 5 min 3x/day RPE: 2-4	Fitness walking 15 min RPE: 4-6	Casual walking 5 min 3x/day RPE: 2-4	Casual walking 5 min 3x/day RPE: 2-4	Fitness walking 15 min RPE: 4-6	Casual walking during errands & chores at least 15 min total RPE: 2-4
	Add the Spice! (Strength Training/Core/Flexibility)						
2	Fitness walking 15 min RPE: 4-6	Casual walking 5 min 3x/day RPE: 2-4	Fitness walking 15 min RPE: 4-6	Casual walking 5 min 3x/day RPE: 2-4	Casual walking 5 min 3x/day RPE: 2-4	Fitness walking 15 min RPE: 4-6	Casual walking during errands & chores at least 15 min total RPE: 2-4
	Add the Spice! (Strength Training/Core/Flexibility)						
3	Fitness walking 15 min RPE: 4-6	Casual walking 5 min 3x/day RPE: 2-4	Fitness walking 15 min RPE: 4-6	Casual walking 5 min 3x/day RPE: 2-4	Casual walking 5 min 3x/day RPE: 2-4	Fitness walking 15 min RPE: 4-6	Casual walking during errands & chores at least 15 min total RPE: 2-4
	Add the Spice! (Strength Training/Core/Flexibility)						
4	Fitness walking 15 min RPE: 4-6	Casual walking 5 min 3x/day RPE: 2-4	Fitness walking 15 min RPE: 4-6	Casual walking 5 min 3x/day RPE: 2-4	Casual walking 5 min 3x/day RPE: 2-4	Fitness walking 15 min RPE: 4-6	Casual walking during errands & chores at least 15 min total RPE: 2-4
	Add the Spice! (Strength Training/Core/Flexibility)						

Walk It Off! BASIC

WEEK	SUN	MON	TUE	WED	THU	FRI	SAT	
5	Fitness walking 15 min RPE: 4-6	Casual walking 5 min 3x/day RPE: 2-4	Fitness walking 15 min RPE: 4-6	Casual walking 5 min 3x/day RPE: 2-4	Casual walking 5 min 3x/day RPE: 2-4	Fitness walking 15 min RPE: 4-6	Casual walking during errands & chores at least 15 min total RPE: 2-4	
	Add the Spice! (Strength Training/Core/Flexibility)							
6	Fitness walking 25 min RPE: 4-6 or higher	Fitness walking 20 min RPE: 4-6 or higher	Casual walking 5 min 4x/day RPE: 2-4	Fitness walking 20 min RPE: 4-6 or higher	Casual walking 5 min 4x/day RPE: 2-4	Casual walking 5 min 4x/day RPE: 2-4	Fitness walking 20 min RPE: 4-6 or higher	
	Add the Spice! (Strength Training/Core/Flexibility)							
7	Fitness walking 25 min RPE: 4-6 or higher	Fitness walking 20 min RPE: 4-6 or higher	Casual walking 5 min 4x/day RPE: 2-4	Fitness walking 20 min RPE: 4-6 or higher	Casual walking 5 min 4x/day RPE: 2-4	Casual walking 5 min 4x/day RPE: 2-4	Fitness walking 20 min RPE: 4-6 or higher	
	Add the Spice! (Strength Training/Core/Flexibility)							
8	Fitness walking 25 min RPE: 4-6 or higher	Fitness walking 20 min RPE: 4-6 or higher	Casual walking 5 min 4x/day RPE: 2-4	Fitness walking 20 min RPE: 4-6 or higher	Casual walking 5 min 4x/day RPE: 2-4	Casual walking 5 min 4x/day RPE: 2-4	Fitness walking 20 min RPE: 4-6 or higher	
	Add the Spice! (Strength Training/Core/Flexibility)							

Walk It Off! BASIC

WEEK	SUN	MON	TUE	WED	THU	FRI	SAT	
9	Fitness walking 35 min RPE: 4-6 or higher	Fitness walking 25 min RPE: 4-6 or higher	Casual walking 5 min 5x/day RPE: 2-4	Fitness walking 25 min RPE: 4-6 or higher	Casual walking 5 min 5x/day RPE: 2-4	Casual walking 5 min 5x/day RPE: 2-4	Fitness walking 30 min RPE: 4-6 or higher	
	Add the Spice! (Strength Training/Core/Flexibility)							
10	Fitness walking 35 min RPE: 4-6 or higher	Fitness walking 25 min RPE: 4-6 or higher	Casual walking 5 min 5x/day RPE: 2-4	Fitness walking 25 min RPE: 4-6 or higher	Casual walking 5 min 5x/day RPE: 2-4	Casual walking 5 min 5x/day RPE: 2-4	Fitness walking 30 min RPE: 4-6 or higher	
	Add the Spice! (Strength Training/Core/Flexibility)							
11	Fitness walking 35 min RPE: 4-6 or higher	Fitness walking 25 min RPE: 4-6 or higher	Casual walking 5 min 5x/day RPE: 2-4	Fitness walking 25 min RPE: 4-6 or higher	Casual walking 5 min 5x/day RPE: 2-4	Casual walking 5 min 5x/day RPE: 2-4	Fitness walking 30 min RPE: 4-6 or higher	
	Add the Spice! (Strength Training/Core/Flexibility)							
12	Fitness walking 35 min RPE: 4-6 or higher	Fitness walking 25 min RPE: 4-6 or higher	Casual walking 5 min 5x/day RPE: 2-4	Fitness walking 25 min RPE: 4-6 or higher	Casual walking 5 min 5x/day RPE: 2-4	Casual walking 5 min 5x/day RPE: 2-4	Fitness walking 30 min RPE: 4-6 or higher	
	Add the Spice! (Strength Training/Core/Flexibility)							



Walk It Off! BASIC

WEEK	SUN	MON	TUE	WED	THU	FRI	SAT
13	Fitness walking 45 min RPE: 4-6 or higher	Fitness walking 30 min RPE: 4-6 or higher	Casual walking 10 min 3x/day RPE: 2-4	Fitness walking 30 min RPE: 4-6 or higher	Casual walking 10 min 3x/day RPE: 2-4	Fitness walking 30 min RPE: 4-6 or higher	Fitness walking 35 min RPE: 4-6 or higher
	Add the Spice! (Strength Training/Core/Flexibility)						
14	Fitness walking 45 min RPE: 4-6 or higher	Fitness walking 30 min RPE: 4-6 or higher	Casual walking 10 min 3x/day RPE: 2-4	Fitness walking 30 min RPE: 4-6 or higher	Casual walking 10 min 3x/day RPE: 2-4	Fitness walking 30 min RPE: 4-6 or higher	Fitness walking 35 min RPE: 4-6 or higher
	Add the Spice! (Strength Training/Core/Flexibility)						
15	Fitness walking 45 min RPE: 4-6 or higher	Fitness walking 30 min RPE: 4-6 or higher	Casual walking 10 min 3x/day RPE: 2-4	Fitness walking 30 min RPE: 4-6 or higher	Casual walking 10 min 3x/day RPE: 2-4	Fitness walking 30 min RPE: 4-6 or higher	Fitness walking 35 min RPE: 4-6 or higher
	Add the Spice! (Strength Training/Core/Flexibility)						
16	Fitness walking 45 min RPE: 4-6 or higher	Fitness walking 30 min RPE: 4-6 or higher	Casual walking 10 min 3x/day RPE: 2-4	Fitness walking 30 min RPE: 4-6 or higher	Casual walking 10 min 3x/day RPE: 2-4	Fitness walking 30 min RPE: 4-6 or higher	Fitness walking 35 min RPE: 4-6 or higher
	Add the Spice! (Strength Training/Core/Flexibility)						

Walk It Off! Intermediate/ Advanced

If you're up for more of a challenge, then Walk It Off! INTERMEDIATE/ADVANCED is the program for you! On the days when you work longer and harder, you'll challenge your muscles and increase your body's fat-burning abilities. Shorter-walk days will allow your energy level to recharge and muscles to get stronger, during that recovery period.

Walk It Off! INTERMEDIATE/ADVANCED

WEEK	SUN	MON	TUE	WED	THU	FRI	SAT
1	Fitness walking 45-60 min RPE: 4-6+	Fitness walking 15-20 min RPE: 4-6+	Casual walking 5 min 3-4x/day RPE: 2-4	Fitness walking 25-30 min RPE: 4-6+	Fitness walking 30-45 min RPE: 4-6+	Casual walking 5 min 3-4x/day RPE: 2-4	Hiking, stair climbing, or fast-paced walking 60+ min RPE: 4-6+
	Add the Spice! (Strength Training/Core/Flexibility)						
2	Fitness walking 45-60 min RPE: 4-6+	Fitness walking 15-20 min RPE: 4-6+	Casual walking 5 min 3-4x/day RPE: 2-4	Fitness walking 25-30 min RPE: 4-6+	Fitness walking 30-45 min RPE: 4-6+	Casual walking 5 min 3-4x/day RPE: 2-4	Hiking, stair climbing, or fast-paced walking 60+ min RPE: 4-6+
	Add the Spice! (Strength Training/Core/Flexibility)						
3	Fitness walking 45-60 min RPE: 4-6+	Fitness walking 15-20 min RPE: 4-6+	Casual walking 5 min 3-4x/day RPE: 2-4	Fitness walking 25-30 min RPE: 4-6+	Fitness walking 30-45 min RPE: 4-6+	Casual walking 5 min 3-4x/day RPE: 2-4	Hiking, stair climbing, or fast-paced walking 60+ min RPE: 4-6+
	Add the Spice! (Strength Training/Core/Flexibility)						
4	Fitness walking 45-60 min RPE: 4-6+	Fitness walking 15-20 min RPE: 4-6+	Casual walking 5 min 3-4x/day RPE: 2-4	Fitness walking 25-30 min RPE: 4-6+	Fitness walking 30-45 min RPE: 4-6+	Casual walking 5 min 3-4x/day RPE: 2-4	Hiking, stair climbing, or fast-paced walking 60+ min RPE: 4-6+
	Add the Spice! (Strength Training/Core/Flexibility)						

Walk It Off! INTERMEDIATE/ADVANCED

WEEK	SUN	MON	TUE	WED	THU	FRI	SAT
5	Fitness walking 45-60 min RPE: 4-6+	Fitness walking 30 min RPE: 4-6+	Casual walking 5 min 5-6x/day RPE: 2-4	Fitness walking Morning: 15-20 min Evening: 15-20 min RPE: 4-6+	Fitness walking Morning: 15-20 min Evening: 15-20 min RPE: 4-6+	Casual walking 5 min 5-6x/day RPE: 2-4	Hiking, stair climbing, or fast-paced walking 60+ min RPE: 5-7
	Add the Spice! (Strength Training/Core/Flexibility)						
6	Fitness walking 45-60 min RPE: 4-6+	Fitness walking 30 min RPE: 4-6+	Casual walking 5 min 5-6x/day RPE: 2-4	Fitness walking Morning: 15-20 min Evening: 15-20 min RPE: 4-6+	Fitness walking Morning: 15-20 min Evening: 15-20 min RPE: 4-6+	Casual walking 5 min 5-6x/day RPE: 2-4	Hiking, stair climbing, or fast-paced walking 60+ min RPE: 5-7
	Add the Spice! (Strength Training/Core/Flexibility)						
7	Fitness walking 45-60 min RPE: 4-6+	Fitness walking 30 min RPE: 4-6+	Casual walking 5 min 5-6x/day RPE: 2-4	Fitness walking Morning: 15-20 min Evening: 15-20 min RPE: 4-6+	Fitness walking Morning: 15-20 min Evening: 15-20 min RPE: 4-6+	Casual walking 5 min 5-6x/day RPE: 2-4	Hiking, stair climbing, or fast-paced walking 60+ min RPE: 5-7
	Add the Spice! (Strength Training/Core/Flexibility)						
8	Fitness walking 45-60 min RPE: 4-6+	Fitness walking 30 min RPE: 4-6+	Casual walking 5 min 5-6x/day RPE: 2-4	Fitness walking Morning: 15-20 min Evening: 15-20 min RPE: 4-6+	Fitness walking Morning: 15-20 min Evening: 15-20 min RPE: 4-6+	Casual walking 5 min 5-6x/day RPE: 2-4	Hiking, stair climbing, or fast-paced walking 60+ min RPE: 5-7
	Add the Spice! (Strength Training/Core/Flexibility)						

Walk It Off! INTERMEDIATE/ADVANCED

WEEK	SUN	MON	TUE	WED	THU	FRI	SAT
9	Fitness walking 30-45 min RPE: 4-6+	Fitness walking 30 min RPE: 4-6+	Casual walking 5 min 5-6x/day RPE: 2-4	Fitness walking Morning: 30 min Evening: 15-20 min RPE: 4-6+	Fitness walking Morning: 30 min Evening: 20-25 min RPE: 4-6+	Casual walking 5 min 5-6x/day RPE: 2-4	Hiking, stair climbing, or fast-paced walking 90+ min RPE: 4-6+
	Add the Spice! (Strength Training/Core/Flexibility)						
10	Fitness walking 30-45 min RPE: 4-6+	Fitness walking 30 min RPE: 4-6+	Casual walking 5 min 5-6x/day RPE: 2-4	Fitness walking Morning: 30 min Evening: 15-20 min RPE: 4-6+	Fitness walking Morning: 30 min Evening: 20-25 min RPE: 4-6+	Casual walking 5 min 5-6x/day RPE: 2-4	Hiking, stair climbing, or fast-paced walking 90+ min RPE: 4-6+
	Add the Spice! (Strength Training/Core/Flexibility)						
11	Fitness walking 30-45 min RPE: 4-6+	Fitness walking 30 min RPE: 4-6+	Casual walking 5 min 5-6x/day RPE: 2-4	Fitness walking Morning: 30 min Evening: 15-20 min RPE: 4-6+	Fitness walking Morning: 30 min Evening: 20-25 min RPE: 4-6+	Casual walking 5 min 5-6x/day RPE: 2-4	Hiking, stair climbing, or fast-paced walking 90+ min RPE: 4-6+
	Add the Spice! (Strength Training/Core/Flexibility)						
12	Fitness walking 30-45 min RPE: 4-6+	Casual walking 10 min 3-4x/day RPE: 2-4	Fitness walking 20 min RPE: 4-6+	Fitness walking Morning: 30 min Evening: 15-20 min RPE: 4-6+	Fitness walking Morning: 30 min Evening: 20-25 min RPE: 4-6+	Casual walking 5 min 5-6x/day RPE: 2-4	Hiking, stair climbing, or fast-paced walking 90+ min RPE: 4-6+
	Add the Spice! (Strength Training/Core/Flexibility)						

Walk It Off! INTERMEDIATE/ADVANCED

WEEK	SUN	MON	TUE	WED	THU	FRI	SAT
13	Fitness walking 45-60 min RPE: 4-6+	Fitness walking 30 min RPE: 4-6+	Casual walking 5 min 5-6x/day RPE: 2-4	Fitness walking Morning: 15-20 min Evening: 15-20 min RPE: 4-6+	Fitness walking Morning: 15-20 min Evening: 15-20 min RPE: 4-6+	Casual walking 5 min 5-6x/day RPE: 2-4	Hiking, stair climbing, or fast-paced walking 60+ min RPE: 5-7
	Add the Spice! (Strength Training/Core/Flexibility)						
14	Fitness walking 45-60 min RPE: 4-6+	Fitness walking 30 min RPE: 4-6+	Casual walking 5 min 5-6x/day RPE: 2-4	Fitness walking Morning: 15-20 min Evening: 15-20 min RPE: 4-6+	Fitness walking Morning: 15-20 min Evening: 15-20 min RPE: 4-6+	Casual walking 5 min 5-6x/day RPE: 2-4	Hiking, stair climbing, or fast-paced walking 60+ min RPE: 5-7
	Add the Spice! (Strength Training/Core/Flexibility)						
15	Fitness walking 45-60 min RPE: 4-6+	Fitness walking 30 min RPE: 4-6+	Casual walking 5 min 5-6x/day RPE: 2-4	Fitness walking Morning: 15-20 min Evening: 15-20 min RPE: 4-6+	Fitness walking Morning: 15-20 min Evening: 15-20 min RPE: 4-6+	Casual walking 5 min 5-6x/day RPE: 2-4	Hiking, stair climbing, or fast-paced walking 60+ min RPE: 5-7
	Add the Spice! (Strength Training/Core/Flexibility)						
16	Fitness walking 45-60 min RPE: 4-6+	Fitness walking 30 min RPE: 4-6+	Casual walking 5 min 5-6x/day RPE: 2-4	Fitness walking Morning: 15-20 min Evening: 15-20 min RPE: 4-6+	Fitness walking Morning: 15-20 min Evening: 15-20 min RPE: 4-6+	Casual walking 5 min 5-6x/day RPE: 2-4	Hiking, stair climbing, or fast-paced walking 60+ min RPE: 5-7
	Add the Spice! (Strength Training/Core/Flexibility)						

Using the **DIY** (Do-It-Yourself) Workout Program

Like to do a little bit of everything? You might be at the gym one day, taking a brisk walk in your neighborhood the next day, and on the weekend you enjoy biking or hiking. Well, guess what? It's all good for you! Just aim to rack up enough minutes and keep intensity up to get the most out of your workout-for-weight-loss regimen.

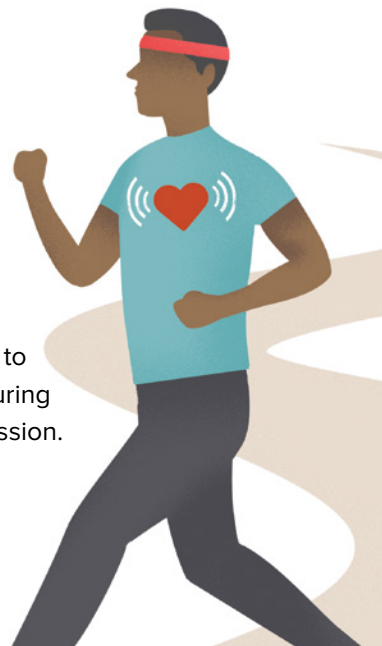
If you haven't been working out much (or at all), the DIY Beginner schedule eases you into it. You'll do low intensity exercise (like casual walking) on some days and the cardio (aerobic) exercise of your choice on other days.

With the flexibility and fun of the DIY program also comes a bit more responsibility for designing a program that challenges you. If you're following the DIY recommendations for duration (minutes) and intensity (RPE) but still feel as though the exercise not challenging you enough (say, your RPE is consistently lower than 4), then it's time to take it up a notch. Here are a few ways you can increase your intensity:

- **Increase speed**
- **Increase the resistance level** (on the elliptical or stationary cycle or the incline on the treadmill)

- **Add upper body movements** (keeping arms at or above shoulder height) while walking outdoors or on a track
- **Choose a different terrain** (such as hills, off-road, and so on) for walking or outdoor cycling
- **Change swim strokes** in the pool
- **Try a new type or mode of cardio** such as rowing, upper body ergometer (UBE), or other group exercise cardio class

You may find it best to change only one variable at a time (either intensity or duration, for example). As mentioned on page 12, safely increasing intensity is the best way to get more calorie burn during and after an exercise session.



The Many Ways to Get Your Cardio

What's aerobic exercise? Also called "cardio" (from "cardiovascular"), aerobic exercise is any movement that raises your heart rate for a sustained period of time, such as the following:

- **Aerobic exercise class** (bootcamp, spinning, Cardio Barre, power yoga, kickboxing classes, among many others)
- **Brisk walking**
- **Biking** (exercise bike or outdoor bike)
- **Dancing** (including Zumba, aerobic dance classes, dancing for fun)
- **Exercise machine** (elliptical trainer, rowing machine, treadmill, or stairclimber)
- **Hiking**
- **Jump roping**
- **Jogging/ Running**
- **Rollerblading**
- **Swimming**
- **Sports** (basketball, tennis, softball)
- **Water activities** (kayaking, canoeing)
- **Winter activities** (skiing, snowboarding)
- **Add your own:** _____



DIY Strength Training

For those of us who equate “exercise” with strictly cardio, strength training can be a bit of mystery. But if you’ve never done strength training, you are going to love what it does for your body. You’ll look more lean, sculpted, defined—and, of course, you’ll get stronger. If you’re already doing it—that’s great! Keep it up! The new lean tissue you develop with this program will give your metabolic rate (the rate at which you burn calories) an extra boost as well. When you’re just starting out, consider:

- **The Real Moves Strength Workouts** (DVDs or online). If you haven’t checked these out at RealAppeal.com or unpacked the DVDs from your Welcome Kit yet, give them a try. Ease in with Strength 1 and work your way up the series at your own pace. The workouts use a mix of exercise bands (also in your Welcome Kit), dumbbells, and your own body weight (such as toe raises)—they’re lots of fun!
- **A session with a personal trainer.** If you belong to a gym, consider investing in at least one session with a certified personal trainer who can set you up with a safe and effective routine.
- **Physical Activity for Everyone videos.** You’ll find a whole menu of all kinds of fun, simple moves you can do with—and without—dumbbells on this website: www.cdc.gov/physicalactivity/everyone/videos/.



Creating Your Own DIY BASIC and DIY INTERMEDIATE/ADVANCED Schedules

Both the DIY BASIC Schedule (starting on page 48) and the DIY INTERMEDIATE/ADVANCED Schedule (starting on page 57) give recommendations for total weekly minutes for cardio as well suggestions for the intensity of your workouts. Your job is to fill out the grid, jotting down:

- **The type of cardio exercise** (examples page 43)
- **The time and day you’ll do cardio**
- **The time and day you’ll strength train**
- **The time and day you’ll do flexibility and/or ab-toning**
- **The total minutes you’ll be exercising on a particular day**

To create your own Schedule, be sure you plan to:

- **Do a warm up before every workout.** (For tips, turn to page 26 of the Walk It Off! Program.)
- **Do cardio at least two to three days a week.** Log the minutes in your Activity Tracker on RealAppeal.com.
- **Do strength training two to three times a week.** Leave at least one day of rest in between strength training bouts.
- **Do a stretching and ab-toning workout two or more times per week.** The Real Moves Flex 1 and 2 and Real Abs 1 and 2 workouts have you covered!
- **Fill in at least one week in advance—** but more weeks are even better. This planning step is critical—if you don’t have a plan for the week, you’re less likely to get out and move. Check out the sample week on the next page to see how it’s done. (Need help? Your coach will be happy to help you make a plan and fill in your schedule.)

Week 1 Sample DIY BASIC Schedule

	SUN	MON	TUE	WED	THU	FRI	SAT
Cardio		6:30 PM: Exercise bike at the gym (15 min)			7 PM: Zumba class (45 min, at least 30 at RPE 4 to 6)		
Strength/ Flexibility/ Abs		6 PM: Strength training with dumbbells (before cycling)				7:30 PM: Real Strength 1 (DVD or online)	

TIPS:

Cardio: At least 45 min at RPE: 4 to 6. Spread this out over 2 to 3 days.
Strength training: 2 or 3 days with at least one day of rest in between.
Flexibility and ab-toning: 2 or more days per week.

Week 1 Sample DIY INTERMEDIATE/ADVANCED Schedule

	SUN	MON	TUE	WED	THU	FRI	SAT
Cardio	4:30 PM: Bike on the trail (60 min)	6:30 PM: Go for a row in the gym	6 AM: Cycling Class (60 min) at the gym	7 AM: Elliptical (25 min)	6 PM: Bootcamp Class (60 minutes)		
Strength/ Flexibility/ Abs		7 PM: Strength training with dumbbells			5:30 PM: Strength training with dumbbells (before Bootcamp)		6 PM: Real Strength 3 (DVD or online)

TIPS:

Cardio: 175 to 215 min at RPE: 4 to 6. Spread this out over 2 to 3 days.
Strength training: 3 or 4 days with at least one day of rest in between.
Flexibility and ab-toning: 2 or more days per week.



Do-It- Yourself Workouts



DIY Basic

This is your schedule—make it work for you! Plan around your most convenient times, and check your plan daily to keep yourself accountable. Be sure to capture all your activity—it’s quite motivating to look back over the week and see how much activity you squeezed in. If you miss a day, don’t beat yourself up—just cross it out and reschedule that workout for another day. The DIY is all about Y-O-U!

DIY BASIC Workout Schedule (also on RealAppeal.com)

Week 1

Log your workout choices in the grid.

	SUN	MON	TUE	WED	THU	FRI	SAT
Cardio							
Strength/ Flexibility/ Abs							
TIPS	Cardio: At least 45 min at RPE: 4 to 6. Spread this out over 2 to 3 days. Strength training: 2 or 3 days with at least one day of rest in between. Flexibility and ab-toning: 2 or more days per week.						

Week 2

Log your workout choices in the grid.

	SUN	MON	TUE	WED	THU	FRI	SAT
Cardio							
Strength/ Flexibility/ Abs							
TIPS	Cardio: At least 45 min at RPE: 4 to 6. Spread this out over 2 to 3 days. Strength training: 2 or 3 days with at least one day of rest in between. Flexibility and ab-toning: 2 or more days per week.						

DIY BASIC Workout Schedule

Week 3

Log your workout choices in the grid.

	SUN	MON	TUE	WED	THU	FRI	SAT
Cardio							
Strength/ Flexibility/ Abs							
TIPS	Cardio: At least 45 min at RPE: 4 to 6. Spread this out over 2 to 3 days. Strength training: 2 or 3 days with at least one day of rest in between. Flexibility and ab-toning: 2 or more days per week.						

Week 4

Log your workout choices in the grid.

	SUN	MON	TUE	WED	THU	FRI	SAT
Cardio							
Strength/ Flexibility/ Abs							
TIPS	Cardio: At least 45 min at RPE: 4 to 6. Spread this out over 2 to 3 days. Strength training: 2 or 3 days with at least one day of rest in between. Flexibility and ab-toning: 2 or more days per week.						

DIY BASIC Workout Schedule

Week 5

Log your workout choices in the grid.

	SUN	MON	TUE	WED	THU	FRI	SAT
Cardio							
Strength/ Flexibility/ Abs							
TIPS	Cardio: At least 70 min at RPE: 4 to 6. Spread this out over 3 to 5 days. Strength training: 2 or 3 days with at least one day of rest in between. Flexibility and ab-toning: 2 or more days per week.						

Week 6

Log your workout choices in the grid.

	SUN	MON	TUE	WED	THU	FRI	SAT
Cardio							
Strength/ Flexibility/ Abs							
TIPS	Cardio: At least 85 min at RPE: 4 to 6. Spread this out over 3 to 5 days. Strength training: 2 or 3 days with at least one day of rest in between. Flexibility and ab-toning: 2 or more days per week.						

DIY BASIC Workout Schedule

Week 7

Log your workout choices in the grid.

	SUN	MON	TUE	WED	THU	FRI	SAT
Cardio							
Strength/ Flexibility/ Abs							
TIPS	<p>Cardio: At least 85 min at RPE: 4 to 6. Spread this out over 3 to 5 days. Strength training: 2 or 3 days with at least one day of rest in between. Flexibility and ab-toning: 2 or more days per week.</p>						

Week 8

Log your workout choices in the grid.

	SUN	MON	TUE	WED	THU	FRI	SAT
Cardio							
Strength/ Flexibility/ Abs							
TIPS	<p>Cardio: At least 85 min at RPE: 4 to 6. Spread this out over 3 to 5 days. Strength training: 2 or 3 days with at least one day of rest in between. Flexibility and ab-toning: 2 or more days per week.</p>						

DIY BASIC Workout Schedule

Week 9

Log your workout choices in the grid.

	SUN	MON	TUE	WED	THU	FRI	SAT
Cardio							
Strength/ Flexibility/ Abs							
TIPS	<p>Cardio: At least 140 min at RPE: 4 to 6. Spread this out over 3 to 5 days. Strength training: 2 or 3 days with at least one day of rest in between. Flexibility and ab-toning: 2 or more days per week.</p>						

Week 10

Log your workout choices in the grid.

	SUN	MON	TUE	WED	THU	FRI	SAT
Cardio							
Strength/ Flexibility/ Abs							
TIPS	<p>Cardio: At least 140 min at RPE: 4 to 6. Spread this out over 3 to 5 days. Strength training: 2 or 3 days with at least one day of rest in between. Flexibility and ab-toning: 2 or more days per week.</p>						

DIY BASIC Workout Schedule

Week 11

Log your workout choices in the grid.

	SUN	MON	TUE	WED	THU	FRI	SAT
Cardio							
Strength/ Flexibility/ Abs							
TIPS	Cardio: At least 140 min at RPE: 4 to 6. Spread this out over 3 to 5 days. Strength training: 2 or 3 days with at least one day of rest in between. Flexibility and ab-toning: 2 or more days per week.						

Week 12

Log your workout choices in the grid.

	SUN	MON	TUE	WED	THU	FRI	SAT
Cardio							
Strength/ Flexibility/ Abs							
TIPS	Cardio: At least 140 min at RPE: 4 to 6. Spread this out over 3 to 5 days. Strength training: 2 or 3 days with at least one day of rest in between. Flexibility and ab-toning: 2 or more days per week.						

DIY BASIC Workout Schedule

Week 13

Log your workout choices in the grid.

	SUN	MON	TUE	WED	THU	FRI	SAT
Cardio							
Strength/ Flexibility/ Abs							
TIPS	Cardio: At least 170 min at RPE: 4 to 6. Spread this out over 3 to 5 days. Strength training: 2 or 3 days with at least one day of rest in between. Flexibility and ab-toning: 2 or more days per week.						

Week 14

Log your workout choices in the grid.

	SUN	MON	TUE	WED	THU	FRI	SAT
Cardio							
Strength/ Flexibility/ Abs							
TIPS	Cardio: At least 170 min at RPE: 4 to 6. Spread this out over 3 to 5 days. Strength training: 2 or 3 days with at least one day of rest in between. Flexibility and ab-toning: 2 or more days per week.						



DIY BASIC Workout Schedule

Week 15

Log your workout choices in the grid.

	SUN	MON	TUE	WED	THU	FRI	SAT
Cardio							
Strength/ Flexibility/ Abs							
TIPS	Cardio: At least 170 min at RPE: 4 to 6. Spread this out over 3 to 5 days. Strength training: 2 or 3 days with at least one day of rest in between. Flexibility and ab-toning: 2 or more days per week.						

Week 16

Log your workout choices in the grid.

	SUN	MON	TUE	WED	THU	FRI	SAT
Cardio							
Strength/ Flexibility/ Abs							
TIPS	Cardio: At least 170 min at RPE: 4 to 6. Spread this out over 3 to 5 days. Strength training: 2 or 3 days with at least one day of rest in between. Flexibility and ab-toning: 2 or more days per week.						

DIY Intermediate/ Advanced

Keep up the great work by reaching toward the recommended minutes as week progresses. If you're not able to meet the target number of minutes for cardio just, do your best! Keep track of how long you were able to go in your Activity Tracker on RealAppeal.com. If at any time you feel that you are not being challenged enough, feel free to increase your RPE—just keep it to 7 or so.

DIY INTERMEDIATE/ADVANCED Workout Schedule

Week 1

Log your workout choices in the grid.

	SUN	MON	TUE	WED	THU	FRI	SAT
Cardio							
Strength/ Flexibility/ Abs							
TIPS	<p>Cardio: At least 175 to 215 min at RPE: 4 to 6. Spread this out over 5 to 7 days. *Choose one day to do cardio at RPE: 5 to 7. Strength training: 3 or 4 days with at least one day of rest in between. Flexibility and ab-toning: 2 or more days per week.</p>						

Week 2

Log your workout choices in the grid.

	SUN	MON	TUE	WED	THU	FRI	SAT
Cardio							
Strength/ Flexibility/ Abs							
TIPS	<p>Cardio: At least 175 to 215 min at RPE: 4 to 6. Spread this out over 5 to 7 days. *Choose one day to do cardio at RPE: 5 to 7. Strength training: 3 or 4 days with at least one day of rest in between. Flexibility and ab-toning: 2 or more days per week.</p>						

DIY INTERMEDIATE/ADVANCED Workout Schedule

Week 3

Log your workout choices in the grid.

	SUN	MON	TUE	WED	THU	FRI	SAT
Cardio							
Strength/ Flexibility/ Abs							
TIPS	<p>Cardio: At least 175 to 215 min at RPE: 4 to 6. Spread this out over 5 to 7 days. *Choose one day to do cardio at RPE: 5 to 7. Strength training: 3 or 4 days with at least one day of rest in between. Flexibility and ab-toning: 2 or more days per week.</p>						

Week 4

Log your workout choices in the grid.

	SUN	MON	TUE	WED	THU	FRI	SAT
Cardio							
Strength/ Flexibility/ Abs							
TIPS	<p>Cardio: At least 190 to 230 min at RPE: 4 to 6. Spread this out over 5 to 7 days. *Choose one day to do cardio at RPE: 5 to 7. Strength training: 3 or 4 days with at least one day of rest in between. Flexibility and ab-toning: 2 or more days per week.</p>						

DIY INTERMEDIATE/ADVANCED Workout Schedule

Week 5

Log your workout choices in the grid.

	SUN	MON	TUE	WED	THU	FRI	SAT
Cardio							
Strength/ Flexibility/ Abs							
TIPS	<p>Cardio: At least 200 to 265 min at RPE: 4 to 6 or higher. Spread this out over 5 to 7 days. *Choose one day to do cardio at RPE: 5 to 7.</p> <p>Strength training: 3 or 4 days with at least one day of rest in between.</p> <p>Flexibility and ab-toning: 2 or more days per week.</p>						

Week 6

Log your workout choices in the grid.

	SUN	MON	TUE	WED	THU	FRI	SAT
Cardio							
Strength/ Flexibility/ Abs							
TIPS	<p>Cardio: At least 200 to 265 min at RPE: 4 to 6 or higher. Spread this out over 5 to 7 days. *Choose one day to do cardio at RPE: 5 to 7.</p> <p>Strength training: 3 or 4 days with at least one day of rest in between.</p> <p>Flexibility and ab-toning: 2 or more days per week.</p>						

DIY INTERMEDIATE/ADVANCED Workout Schedule

Week 7

Log your workout choices in the grid.

	SUN	MON	TUE	WED	THU	FRI	SAT
Cardio							
Strength/ Flexibility/ Abs							
TIPS	<p>Cardio: At least 200 to 265 min at RPE: 4 to 6 or higher. Spread this out over 5 to 7 days. *Choose one day to do cardio at RPE: 5 to 7.</p> <p>Strength training: 3 or 4 days with at least one day of rest in between.</p> <p>Flexibility and ab-toning: 2 or more days per week.</p>						

Week 8

Log your workout choices in the grid.

	SUN	MON	TUE	WED	THU	FRI	SAT
Cardio							
Strength/ Flexibility/ Abs							
TIPS	<p>Cardio: At least 200 to 265 min at RPE: 4 to 6 or higher. Spread this out over 5 to 7 days. *Choose one day to do cardio at RPE: 5 to 7.</p> <p>Strength training: 3 or 4 days with at least one day of rest in between.</p> <p>Flexibility and ab-toning: 2 or more days per week.</p>						

DIY INTERMEDIATE/ADVANCED Workout Schedule

Week 9

Log your workout choices in the grid.

	SUN	MON	TUE	WED	THU	FRI	SAT
Cardio							
Strength/ Flexibility/ Abs							
TIPS	<p>Cardio: At least 240 to 265 min at RPE: 4 to 6 or higher. Spread this out over 5 to 7 days. *Choose one day to do cardio at RPE: 5 to 7. Strength training: 3 or 4 days with at least one day of rest in between. Flexibility and ab-toning: 2 or more days per week.</p>						

Week 10

Log your workout choices in the grid.

	SUN	MON	TUE	WED	THU	FRI	SAT
Cardio							
Strength/ Flexibility/ Abs							
TIPS	<p>Cardio: At least 240 to 265 min at RPE: 4 to 6 or higher. Spread this out over 5 to 7 days. *Choose one day to do cardio at RPE: 5 to 7. Strength training: 3 or 4 days with at least one day of rest in between. Flexibility and ab-toning: 2 or more days per week.</p>						

DIY INTERMEDIATE/ADVANCED Workout Schedule

Week 11

Log your workout choices in the grid.

	SUN	MON	TUE	WED	THU	FRI	SAT
Cardio							
Strength/ Flexibility/ Abs							
TIPS	<p>Cardio: At least 240 to 265 min at RPE: 4 to 6 or higher. Spread this out over 5 to 7 days. *Choose one day to do cardio at RPE: 5 to 7. Strength training: 3 or 4 days with at least one day of rest in between. Flexibility and ab-toning: 2 or more days per week.</p>						

Week 12

Log your workout choices in the grid.

	SUN	MON	TUE	WED	THU	FRI	SAT
Cardio							
Strength/ Flexibility/ Abs							
TIPS	<p>Cardio: At least 230 to 285 min at RPE: 4 to 6 or higher. Spread this out over 5 to 7 days. *Choose one day to do cardio at RPE: 5 to 7. Strength training: 3 or 4 days with at least one day of rest in between. Flexibility and ab-toning: 2 or more days per week.</p>						

DIY INTERMEDIATE/ADVANCED Workout Schedule

Week 13

Log your workout choices in the grid.

	SUN	MON	TUE	WED	THU	FRI	SAT
Cardio							
Strength/ Flexibility/ Abs							
TIPS	<p>Cardio: At least 245 to 300 min at RPE: 4 to 6 or higher. Spread this out over 5 to 7 days. *Choose one day to do cardio at RPE: 5 to 7. Strength training: 3 or 4 days with at least one day of rest in between. Flexibility and ab-toning: 2 or more days per week.</p>						

Week 14

Log your workout choices in the grid.

	SUN	MON	TUE	WED	THU	FRI	SAT
Cardio							
Strength/ Flexibility/ Abs							
TIPS	<p>Cardio: At least 245 to 300 min at RPE: 4 to 6 or higher. Spread this out over 5 to 7 days. *Choose one day to do cardio at RPE: 5 to 7. Strength training: 3 or 4 days with at least one day of rest in between. Flexibility and ab-toning: 2 or more days per week.</p>						

DIY INTERMEDIATE/ADVANCED Workout Schedule

Week 15

Log your workout choices in the grid.

	SUN	MON	TUE	WED	THU	FRI	SAT
Cardio							
Strength/ Flexibility/ Abs							
TIPS	<p>Cardio: At least 245 to 300 min at RPE: 4 to 6 or higher. Spread this out over 5 to 7 days. *Choose one day to do cardio at RPE: 5 to 7. Strength training: 3 or 4 days with at least one day of rest in between. Flexibility and ab-toning: 2 or more days per week.</p>						

Week 16

Log your workout choices in the grid.

	SUN	MON	TUE	WED	THU	FRI	SAT
Cardio							
Strength/ Flexibility/ Abs							
TIPS	<p>Cardio: At least 245 to 300 min at RPE: 4 to 6 or higher. Spread this out over 5 to 7 days. *Choose one day to do cardio at RPE: 5 to 7. Strength training: 3 or 4 days with at least one day of rest in between. Flexibility and ab-toning: 2 or more days per week.</p>						

