




# TRAINING GUIDE

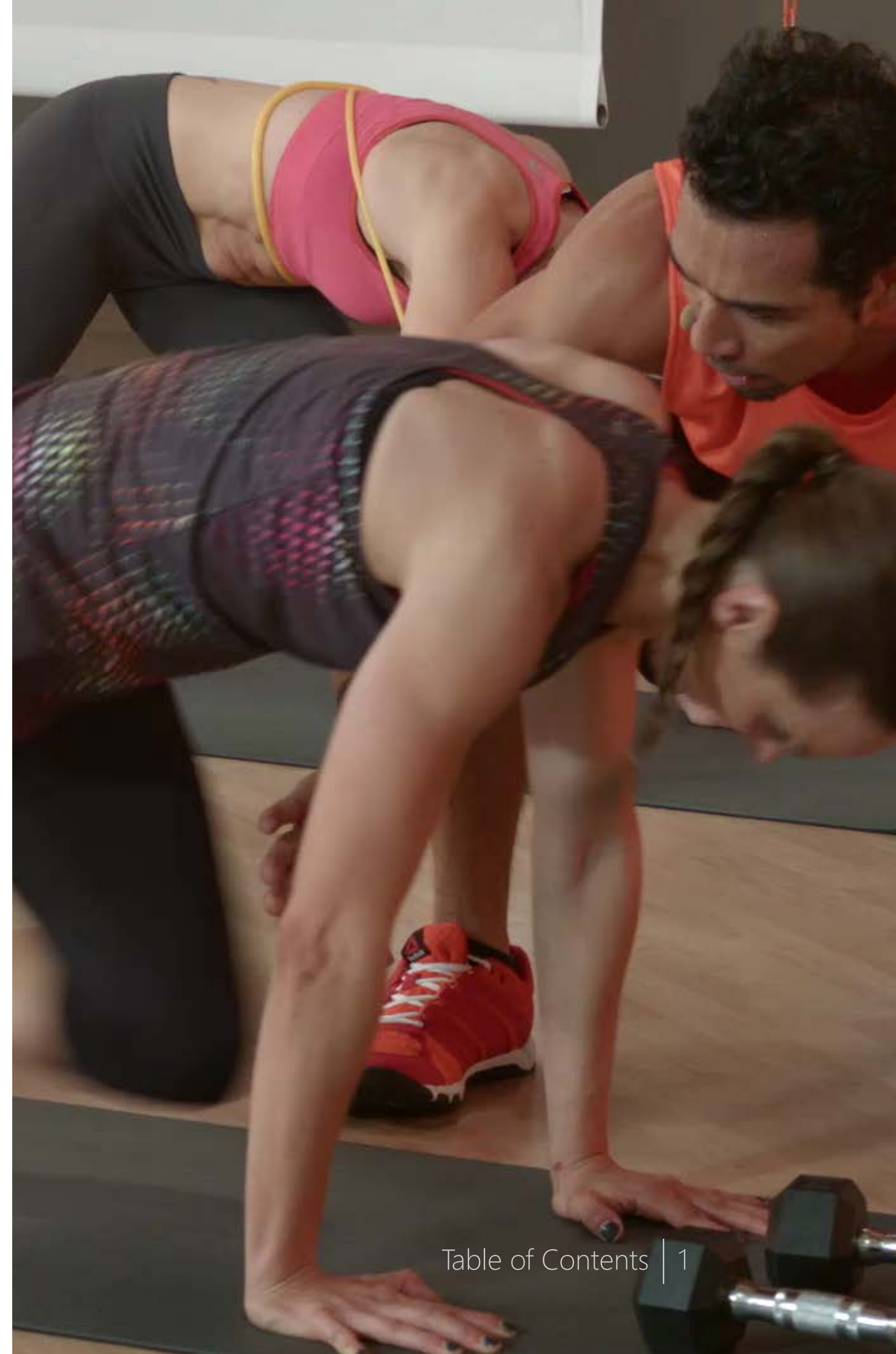
20MINUTEBODY.COM



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 If you have any specific medical conditions and/or dietary concerns or allergies, please consult your physician or nutritionist before commencing this or any other exercise program.





# INTRODUCTION

Congratulations on beginning the 20 Minute Body! Here's your guide to starting the program to help you get the most out of it. Results are not given, they are earned, and I commend you for taking the hardest step... getting started. I know you may want to jump in and start the workouts, but it's really important to first take stock in where you are so you can see how far you've come.

Take the time to follow the instructions on how to take your Before and After photos as well as your Measurements. I know it can be humbling to take a Before photo, I've had my fair share of ones I wasn't proud of, but trust me, it's worth it. It's also important to take measurements at the start of your program. Progress photos and progress measurements are motivating and help create greater accountability because they tell the truth. It's about being honest with where you are and taking action on where you want to go.

In health,  
— Brett

*“Talk is cheap...  
actions pay the bills.”*





# WHAT'S INCLUDED

## THE TRILOGY

The Trilogy is the complete program and includes all 11 program discs with 13 workouts as well as a full color printed 20 Minute Body Workout Calendar.

### PROGRAM I (a.k.a. Yellow Program)



THE 4X4



30 HI 30 LO



PRIMAL  
MOVEMENTS



Bonus DVD  
Cardio Capoeira

### PROGRAM II (a.k.a. Orange Program)



HIITMAN



THE 4X4



30HI 30LO

### PROGRAM III (a.k.a. Blue Program)



THE PYRAMID



HIITMAN



30HI 30LO



Bonus DVD  
Booty & Abs, Chest  
& Abs, Stretch &  
Recovery

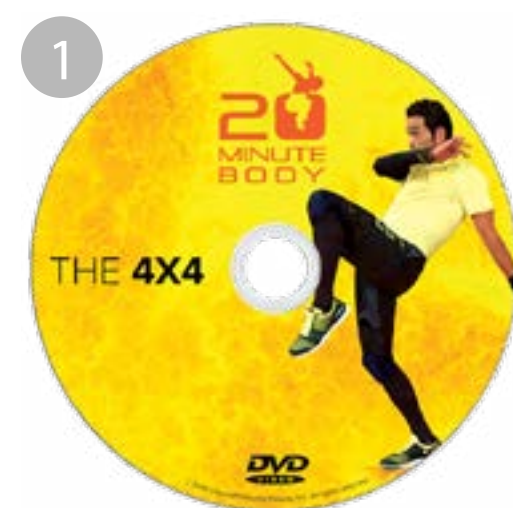




# WHAT'S INCLUDED

## PROGRAM I (a.k.a. Yellow Program)

The Yellow Program is the first program in the 20 Minute Body Trilogy and includes all the Yellow Program DVDs, a Bonus DVD (Cardio Capoeira workout), as well as a full color printed 20 Minute Body Workout Calendar.



THE 4X4



30 HI 30 LO



PRIMAL  
MOVEMENTS



Bonus DVD  
Cardio Capoeira





# WHAT'S INCLUDED

## PROGRAM II (a.k.a. Orange Program)

The Orange Program is the second program in the 20 Minute Body Trilogy and includes all the Orange Program DVDs as well as a full color printed 20 Minute Body Workout Calendar.



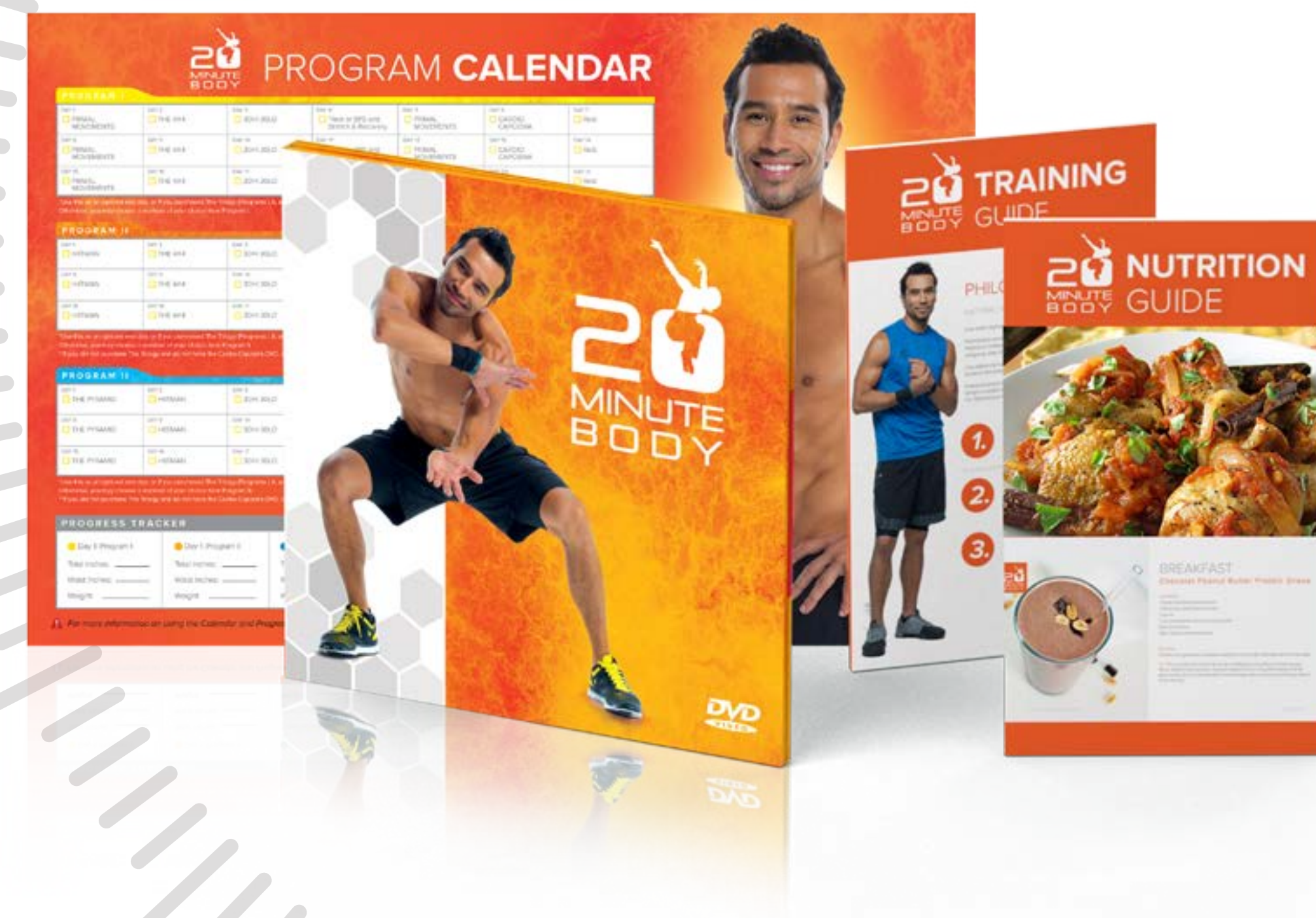
HIITMAN



THE 4X4



30HI 30LO





# WHAT'S INCLUDED

## PROGRAM III (a.k.a. Blue Program)

The Blue Program is the third program in the 20 Minute Body Trilogy and includes all the Blue Program DVDs, a Bonus DVD with 3 workouts (Booty & Abs, Chest & Abs, Stretch & Recovery), as well as a full color printed 20 Minute body Workout Calendar.



THE PYRAMID



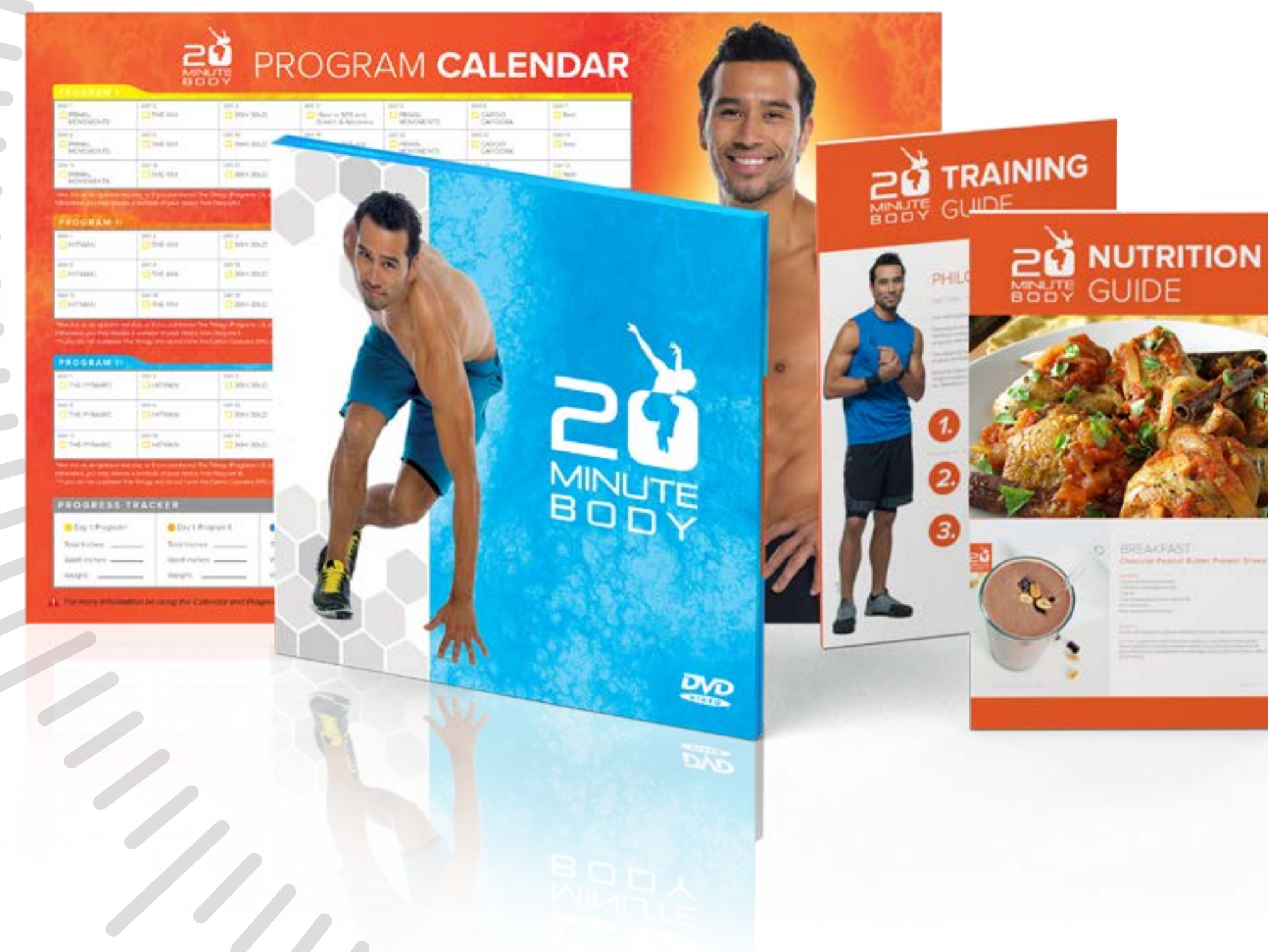
HIITMAN



30HI 30LO



Bonus DVD  
Booty & Abs, Chest  
& Abs, Stretch &  
Recovery





# USING THE CALENDAR

20 MINUTE BODY

PROGRAM CALENDAR

PROGRAM I

DAY 1 PRIMAL MOVEMENTS	DAY 2 THE 4X4	DAY 3 30HI 30LO	DAY 4 Rest or BPS and Stretch & Recovery	DAY 5 PRIMAL MOVEMENTS	DAY 6 CARDIO CAPOEIRA	DAY 7 Rest
DAY 8 PRIMAL MOVEMENTS	DAY 9 THE 4X4	DAY 10 30HI 30LO	DAY 11 Rest or BPS and Stretch & Recovery	DAY 12 PRIMAL MOVEMENTS	DAY 13 CARDIO CAPOEIRA	DAY 14 Rest
DAY 15 PRIMAL MOVEMENTS	DAY 16 THE 4X4	DAY 17 30HI 30LO	DAY 18 Rest or BPS and Stretch & Recovery	DAY 19 PRIMAL MOVEMENTS	DAY 20 CARDIO CAPOEIRA	DAY 21 Rest

\*Use this as an optional rest day, or if you purchased The Trilogy (Programs I, II, and III) which contains the BPS and Stretch routines, choose a BPS workout and the Stretch & Recovery routine. Otherwise, you may choose a workout of your choice from Program I.

PROGRAM II

DAY 1 HITMAN	DAY 2 THE 4X4	DAY 3 30HI 30LO	DAY 4 Rest or BPS and Stretch & Recovery	DAY 5 30HI 30LO	DAY 6 CARDIO CAPOEIRA	DAY 7 Rest
DAY 8 HITMAN	DAY 9 THE 4X4	DAY 10 30HI 30LO	DAY 11 Rest or BPS and Stretch & Recovery	DAY 12 30HI 30LO	DAY 13 CARDIO CAPOEIRA	DAY 14 Rest
DAY 15 HITMAN	DAY 16 THE 4X4	DAY 17 30HI 30LO	DAY 18 Rest or BPS and Stretch & Recovery	DAY 19 30HI 30LO	DAY 20 CARDIO CAPOEIRA	DAY 21 Rest

\*Use this as an optional rest day, or if you purchased The Trilogy (Programs I, II, and III) which contains the BPS and Stretch routines, choose a BPS workout and the Stretch & Recovery routine. Otherwise, you may choose a workout of your choice from Program II.

\*\*If you did not purchase The Trilogy and do not have the Cardio Capoeira DVD, choose a workout of your choice from Program II.

PROGRAM III

DAY 1 THE PYRAMID	DAY 2 HITMAN	DAY 3 30HI 30LO	DAY 4 Rest or BPS and Stretch & Recovery	DAY 5 THE PYRAMID	DAY 6 CARDIO CAPOEIRA	DAY 7 Rest
DAY 8 THE PYRAMID	DAY 9 HITMAN	DAY 10 30HI 30LO	DAY 11 Rest or BPS and Stretch & Recovery	DAY 12 HITMAN	DAY 13 CARDIO CAPOEIRA	DAY 14 Rest
DAY 15 THE PYRAMID	DAY 16 HITMAN	DAY 17 30HI 30LO	DAY 18 Rest or BPS and Stretch & Recovery	DAY 19 30HI 30LO	DAY 20 CARDIO CAPOEIRA	DAY 21 Rest

\*Use this as an optional rest day, or if you purchased The Trilogy (Programs I, II, and III) which contains the BPS and Stretch routines, choose a BPS workout and the Stretch & Recovery routine. Otherwise, you may choose a workout of your choice from Program III.

\*\*If you did not purchase The Trilogy and do not have the Cardio Capoeira DVD, choose a workout of your choice from Program III.

PROGRESS TRACKER

<div>Day 1: Program I</div> <div>Total Inches: _____</div> <div>Waist Inches: _____</div> <div>Weight: _____</div>	<div>Day 1: Program II</div> <div>Total Inches: _____</div> <div>Waist Inches: _____</div> <div>Weight: _____</div>	<div>Day 1: Program III</div> <div>Total Inches: _____</div> <div>Waist Inches: _____</div> <div>Weight: _____</div>	<div>Results:</div> <div>Total Inches Lost: _____</div> <div>Total Waist Inches Lost: _____</div> <div>Total Weight Lost: _____</div>	BEFORE PHOTO	AFTER PHOTO
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For more information on using the Calendar and Progress Tracker, download the 20 Minute Body Program Guide at: <http://www.20minutebody.com/downloads>

The 20 Minute Body Calendar can be found inside the Orange Program wallet if you ordered the Trilogy. If you ordered the Yellow or Blue Program, the calendar can be found in the middle of the DVD wallet. You can also download the 20 Minute Body Workout Calendar at: [www.20minutebody.com/downloads/](http://www.20minutebody.com/downloads/)

## PROGRAM SEQUENCE

The 20 Minute Body was designed to be completed in sequence starting with the Yellow Program, then going to the Orange Program, and finishing with the Blue Program. However, if you didn't purchase The Trilogy, don't worry! You can still get great results by completing any of the program colors on their own or in any combination.

## THE TRILOGY

Start with day 1 of Program I (yellow). After Day 21 of Program I, start to day 1 of Program II (orange). Use the rest day at the end of each program. After day 21 of the Program II, start Day 1 of the Program III (blue) until you finish the last day of Program III. Congratulate yourself and enjoy your results!

## IF YOU MISSED A DAY

If you missed a day, skip the workout for the day you missed, then follow the calendar to do the workout listed for the next day. If you want to make up the workout you missed, you can do that on one of the rest days.

If you missed more than one day, you can make up one or both of those workouts on rest days.

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# MEASUREMENT GUIDELINES

Tracking your progress is an important part of your success. It can be an indicator that you're doing things correctly as well as a great motivator to keep you committed. Tracking progress with thorough measurements is highly recommended and can be one of the most fulfilling parts of the process.

The instructions below outline how to properly measure your body in 9 sites so you can accurately track your progress. You will need an "assistant" to help take your measurements.

For best results make sure your assistant uses the same techniques and measures the same sites, in the same order, and at the same time of the day. Always measure your results before you workout and when you are dry since wet skin can make taking measurements more difficult. Measure just before starting the program and right after completion.



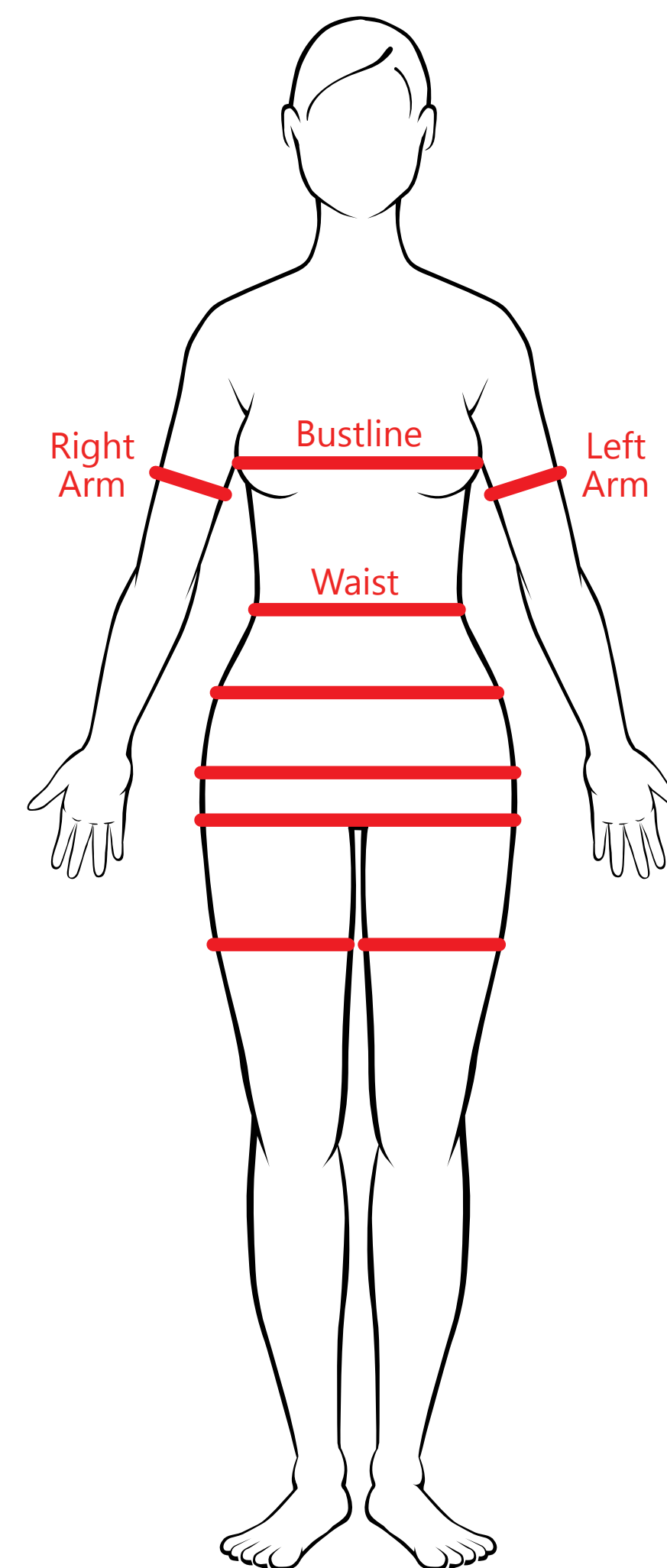


# MEASUREMENT GUIDELINES

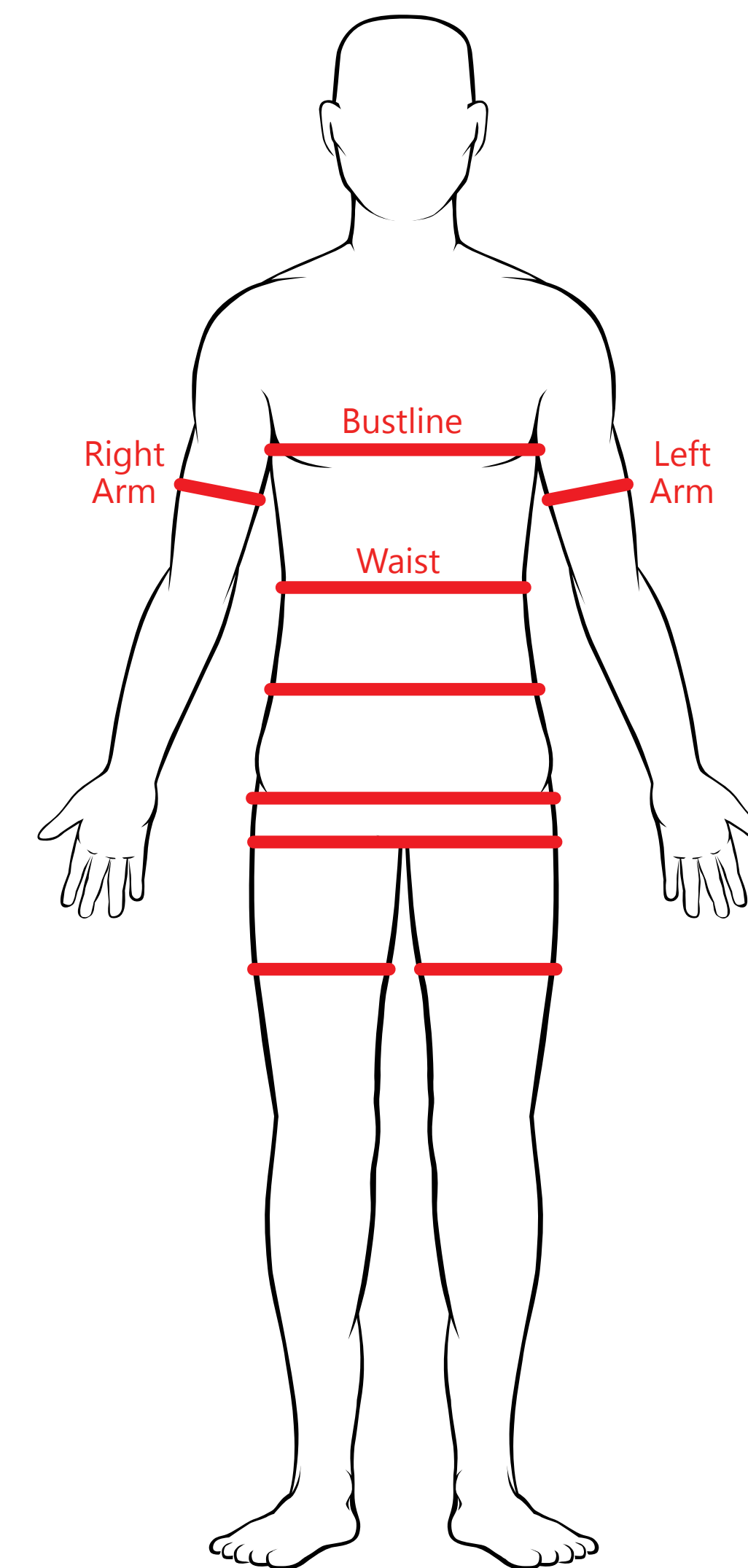
**Bustline** – Turn opposite your assistant with your hands out like a plane. Have your assistant put the measuring tape under your arms and over your bust line or chest line. Have them use their hands to place the measuring tape along your nipple line. Lower your hands to your sides. When you put your hands down, the tape will expand. Exhale and have your assistant take the measurement and record the number where the tape meets.

**Arms** – Have your assistant measure the portion of your arms between the top of the shoulder and the elbow. Record the number where the tape meets. Take the measurement of your other arm in the same manner. Don't worry if the readings are different, we aren't all symmetrical...it's normal!

**Waist** – Put your arms out again like a plane and have your assistant put the tape around your waist at the smallest/most narrow area and measure at that point. Record the number where the tape meets. This is not pants size waist, but the waist as defined for sports and fitness.



**WOMEN'S BODY  
MEASUREMENTS**



**MEN'S BODY  
MEASUREMENTS**

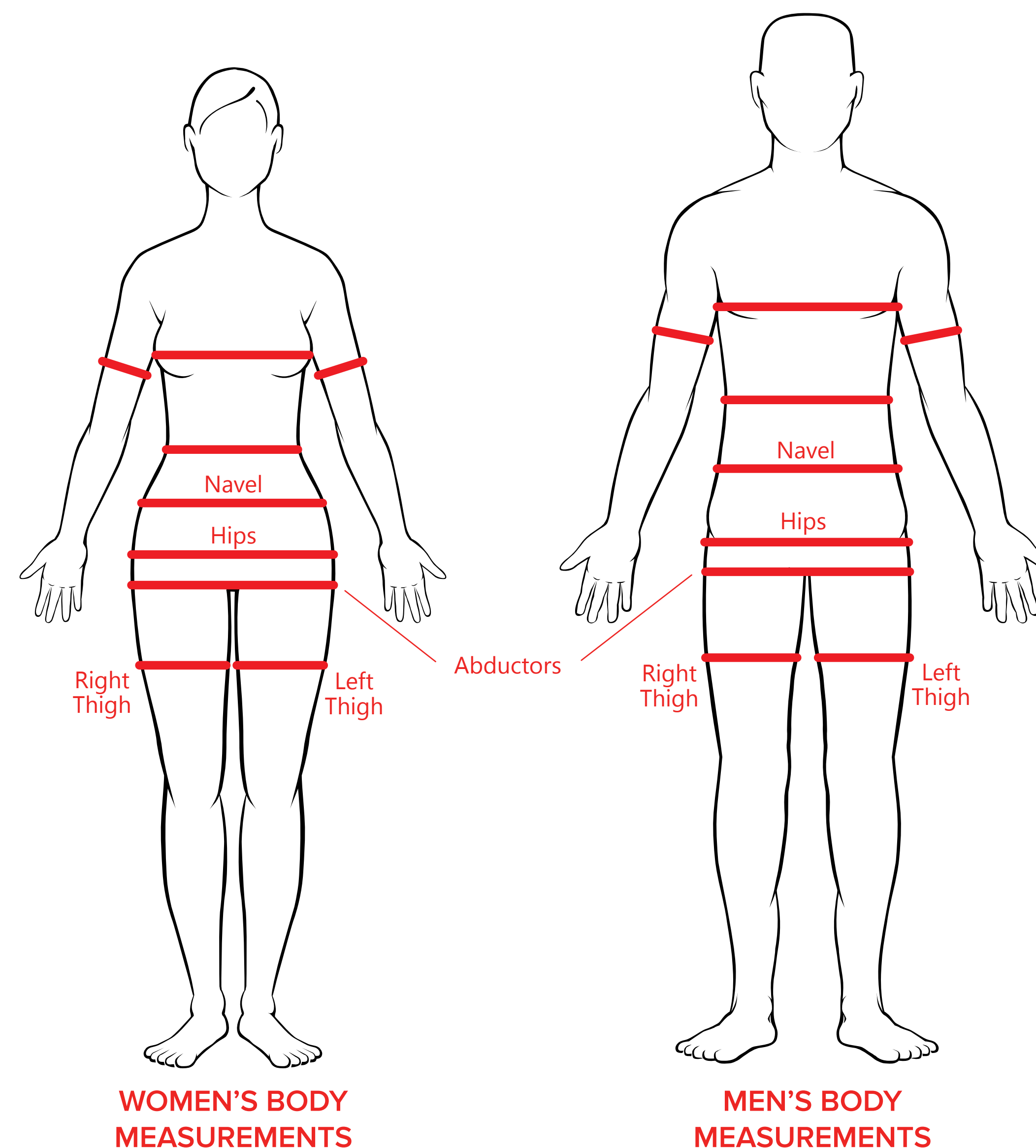


**Navel** – Put your arms out again like a plane and have your assistant put the tape around your waist and measure the waist at the center of the navel i.e., covering the belly button. Record the number where the tape meets.

**Hips** – Measure at the widest part of the hips/butt. Record the number where the tape meets. Ladies, I know this may not be your favorite place to measure, but it's a great indicator of progress since this can be such a problem area.

**Abductors** – Standing with your feet together, measure the portion of your thighs just below your glutes at about the groin level. This is a measurement of both thighs, so the tape goes all the way around you in the same manner that the waist and hips were measured. Record the number where the tape meets.

**Thighs** – Stand with your feet slightly wider than hips distance apart with your weight on both feet. Have your assistant put the measuring tape at your inseam and measure 6 inches down. Have them turn the tape to go around you and ask them to hold the tape with their finger so it stays level. Go around each leg and record the number where the tape meets. This area should be the largest part of the thigh.





# PHOTO GUIDELINES

Photos are an important part of tracking your progress and are highly recommended along with measuring your progress. Attach your photos to the 20 Minute Body Workout Calendar for a central place to keep your tracking and view your results!

For best results your photos should be full-body and from head to toe with a solid colored wall or background behind you. Women should wear a sports bra and shorts, men should be shirtless with shorts and without shoes. The idea is to be able to see the change in your body from the beginning of the program and on through completion.

1. Stand with your legs a fist width apart. Take two photos from the front at the beginning and end of the program with your hands on your hips and your hands at your sides.
2. Take two photos from your right side at the beginning and end of the program you're your hands on your hips and your hands at your sides.





3. Take two photos from your left side at the beginning and end of the program with your hands on your hips and your hands at your sides.

For best results, your clothing should be close fitting, not baggy. Use the same clothes from your Before photos in your Final photos.

Your photos should be crisp (not blurry) and show your entire body (from head to toe).

Submit your photos to be featured by 20 Minute Body or simply to share your success and inspire others!

[successtories@20minutebody.com](mailto:successtories@20minutebody.com)





# KEEP PUSHING PLAY

I want to wish you the best of luck on your fitness journey whether this is your first time in this program or you are returning for more results. But the reality is, luck has little to do with your results...hard work, belief in yourself and accountability to your word are what will transform you.

Getting in shape is tough and staying in shape is tougher. The one bit of advice I will leave you with is **KEEP PUSHING PLAY**.

I'm not telling you it will be easy, I'm telling you it will be worth it.

In health,  
— Brett

