



**GET VISIBLY  
FIT IN 7 DAYS**

**EVEN IF YOU HATE WORKING OUT**

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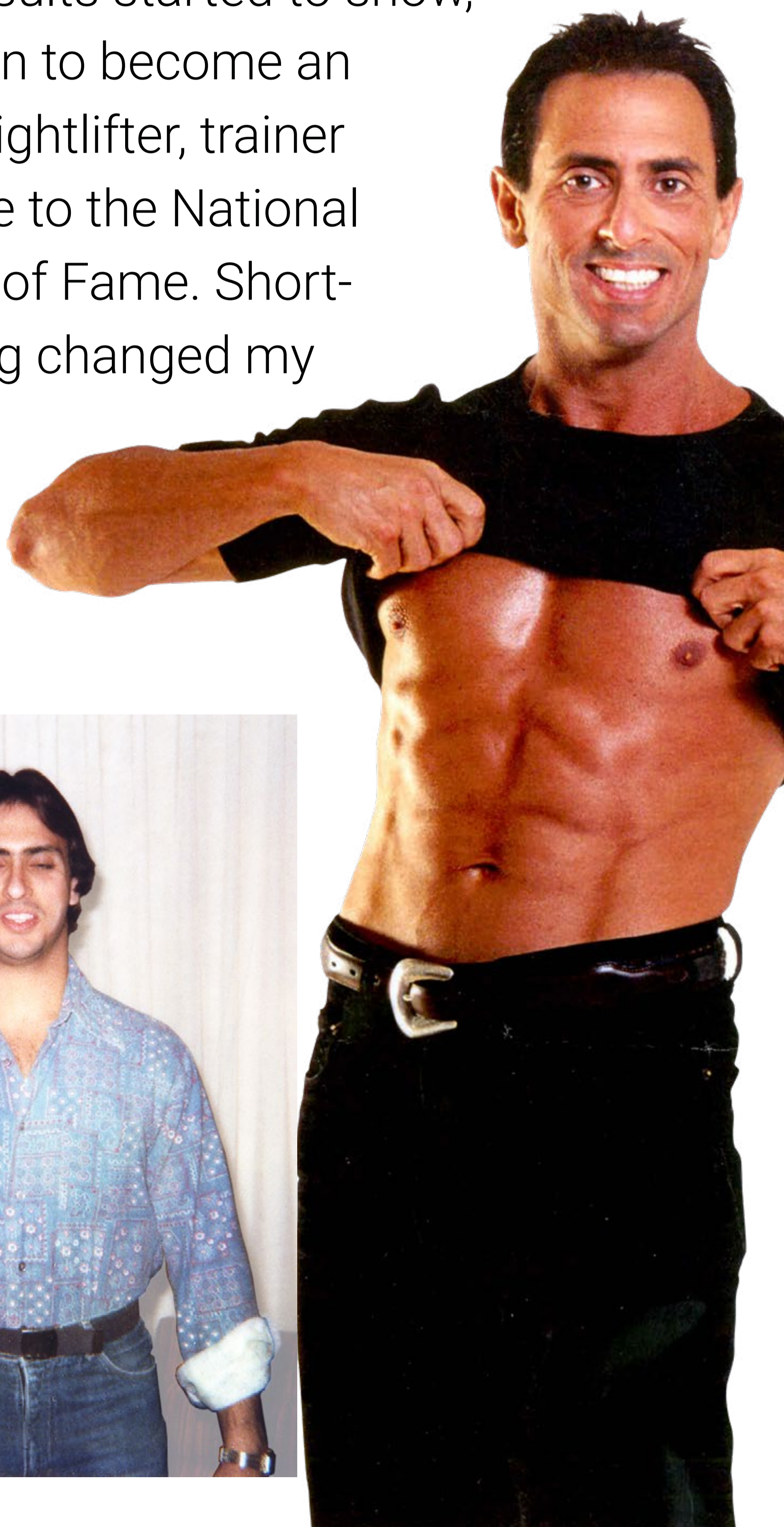


MEET YOUR TRAINER:  
**JOHN ABDO**

Hi, I'm John Abdo! Despite spending most of my 20s in the gym, I was obese! I worked hard, saw few results and was 50 pounds overweight. Feeling depressed and defeated, I turned to my doctor. We discovered all those gym sessions gave me no time to recover, leaving my hormones completely out of balance.

Instead of training for hours, I started exercising in short bursts throughout the day. Morning, afternoon, evening, like eating small meals throughout your day, I was exercise snacking.

I always felt energized, my weight dropped, results started to show, and I went on to become an Olympic Weightlifter, trainer and inductee to the National Fitness Hall of Fame. Short-burst training changed my life and I'm confident it will change yours too!



# Dear 6 Minute Body Fitness Friend!

With great enthusiasm I welcome you to the original **6 Minute Body System**. If quick workout sessions are something novel, then prepare for an entirely new phenomenon in the transformation of your body and life!

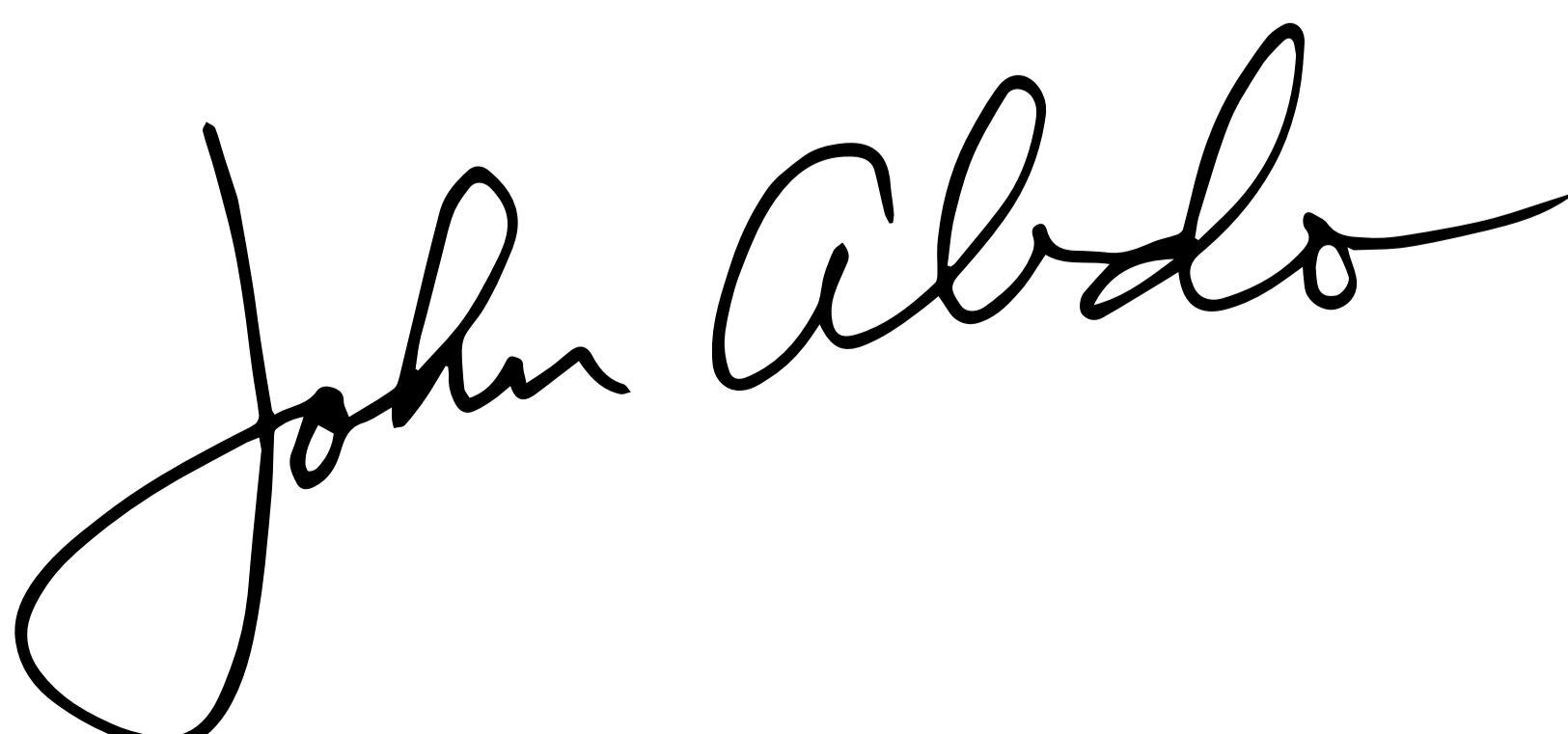
**6 Minute Body System** replaces long, arduous exercise sessions with shorter yet productive workouts. Often labeled as 'Quality vs. Quantity,' the principle key to success in fitness is CONSISTENCY, and that is not always accomplished by those who endure 'long, arduous exercise sessions' that inevitably subject their bodies to overexertions, and leave them, stiff, sore, and unmotivated.

**6 Minute Body System** is a proven system that has been successfully utilized for decades. Specifically designed to quickly burn fat, tone muscle and boost cardio-respiratory conditioning, to name a few attributes, this program is a realistic method for attaining ultimate fitness objectives, no matter your lifestyle or goals.

I am thrilled to have this opportunity to witness your progress as the days and weeks unfold. Commit yourself to the **6 Minute Body System** and I guarantee dramatic and quick results in the way you look, feel and perform, all while you enjoy the extra time you have on hand to live your life outside the gym.

*So let's begin the transformation of YOU!*

*Thank you for joining my '6 Minute Body System' Worldwide Fitness Team!*



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## What is 6 Minute Body?

**6 Minute Body** is a system that provides tough, short-burst workouts with an easy recovery so you can repair, adapt, and grow stronger without spending hours in the gym. Science used to believe the key to results was excessive cardio or resistance training. Now we know that after the initial boost of hormones and metabolic activity, as a workout extends past our recuperative threshold, our bodies enter into a “conservative” mode—diminishing any benefits of the workout. Hormones and central nervous system responses decrease and exercise becomes counterproductive.

On the contrary, **6 Minute Body** is MAXIMUM results with a fraction of the time and effort! The short-bursts workouts activate your natural fat-burning switches so you see results without overexertion. With 1 to 6 minute workouts done throughout the day, **6 Minute Body** floods the nervous system with ‘feel good’ chemicals, and delivers the hormone boost your body needs to stay energized and alert all day, without the damaging effects of over training, becoming injured or “hitting a wall”.

This is the EXACT system John Abdo used to go from an overweight and tired-all-the-time young adult to a successful Olympic weightlifter and an inductee to the Fitness Hall of Fame!

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## What can I expect?

6 Minute Body is unlike any other exercise program in the world, with a total of 18 unique workouts to get your body fit! Since no workout lasts longer than six minutes, you will get maximum results in a minimum amount of time.

John shows how the system works with clear instructions on how to breathe and maintain good form in each video, and you will start seeing results immediately. And the best part? Anyone can do it no matter your level of experience or even if you are totally out of shape! This system can help! Following along in 6-minute increments allows the body to increase mobility while gaining energy and strength. And best of all, you'll never get over-trained; the secret to consistency!

This training system includes everything needed. Included in the course are multiple sessions that don't require expensive equipment, lots of space, or tons of supplements or energy drinks! Start looking and feeling better with 6-minute bursts today! We recommend you sprinkle these workouts all throughout your day, 3-10 times a day. Start slow, and work your way up. Pretty soon, you'll be craving these mini calorie-depleting, body-shaping fitness breaks in your day!

The 'The 6 Minute Body' system can transform even the most out of shape person into a fat-burning engine in just 6-minute bursts! Follow the 6 Minute Body Workout Calendar and you'll be seeing results in no time!

Sound too good to be true?  
Just read these testimonials!

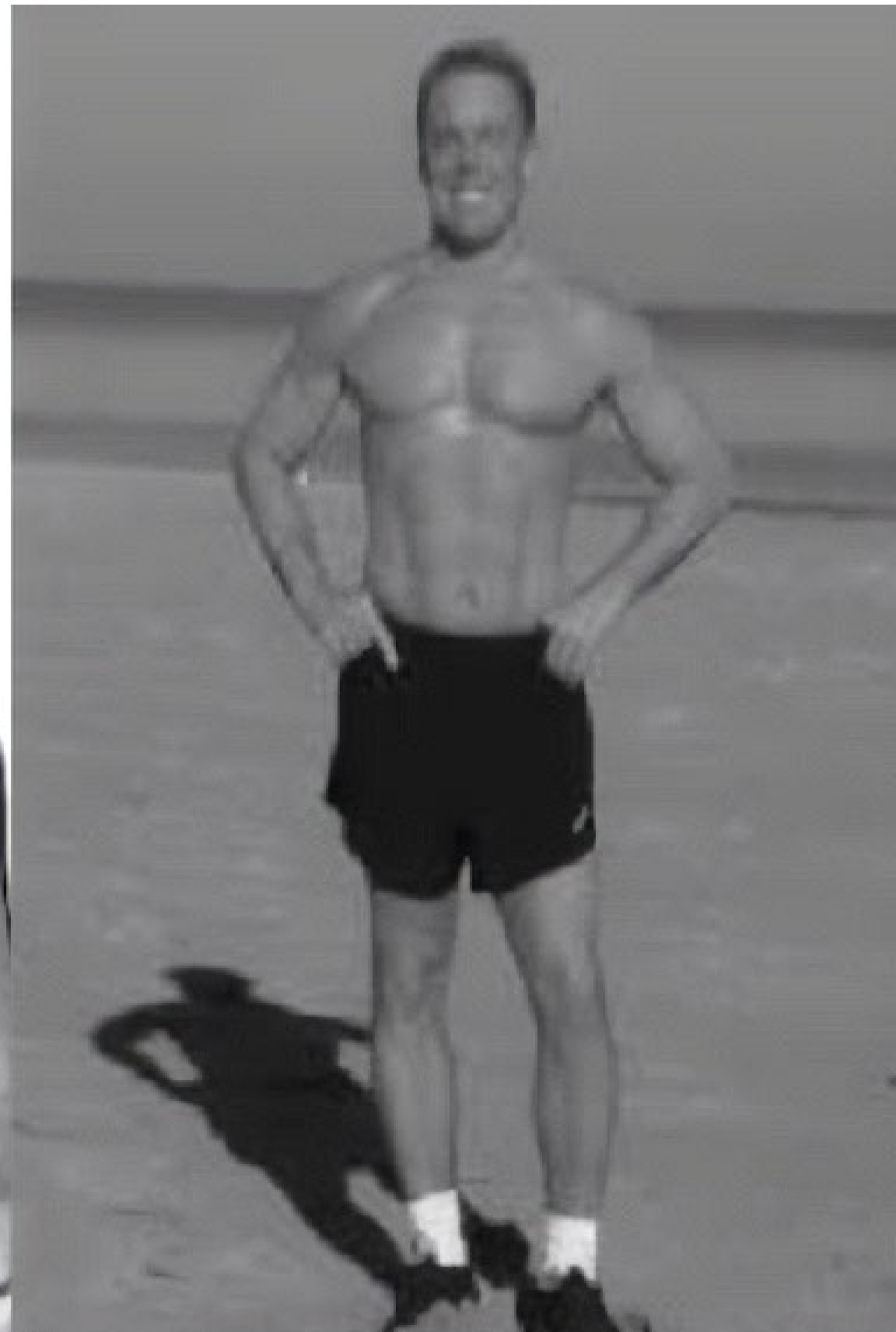
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# TESTIMONIALS



**BEFORE**



**AFTER**

Dear John:

I have you to thank for inspiring me to take charge of my life. 6 Minute Body helped me get my life back in balance! To own and operate a business requires huge amounts of physical and emotional energy! But so many professionals sacrifice health as they're striving for their wealth. At 40 I was over 50 pounds overweight, not a good condition to be in either personally or professionally! I am a health care professional who runs a therapeutic clinic and speaks to "live" audiences on a weekly basis. Having a healthy image is essential for leadership and to build a solid successful business. It wasn't helping my image or my business being so terribly out of shape. I knew I needed to make a change, and I knew I needed to start respecting my health. Listening to you inspired me! After losing **50 pounds in just a few short months**, I look better than I ever did and am healthier and more energetic than ever, with a positive image fueled with loads of confidence! Life is easier now both personally and professionally. I carry and present myself both in public and with my patients with incredible energy! I now have properly aligned my health goals to be back in balance with my financial, family, and spiritual goals. Leaders need balance in their lives! When you are overweight and out of shape, you cannot have balance. There are no more excuses to being mentally and physically out of shape. John Abdo's guidance has literally saved my life and changed it in such remarkable ways. I now look forward to tomorrow!

— JAMES, D.C.



**BEFORE**

**AFTER**

Dear John:

I am twenty-nine years old, 5 feet 6 inches tall, and I topped out at 214 pounds. My chest was 46.5 inches, my waist was 45 inches, and my lower stomach and hips measured a total of 47 inches around! I started your routine on November 2, and ever since I have had more energy and felt as great as I did when I was a teenager!

My whole attitude is better, and I thank you for it. I want you to know that you've been a real lifesaver for me. I mean that in the literal sense. I have obstructive sleep apnea, and I was actually suffocating myself while I sleep. I blacked out while driving one day, and that is how I ended up at my doctor's office. To make a long story short, you have helped keep me alive, and I have four other people who also want to thank you. That is my husband, my ten-year-old daughter, my eight-year-old son, and my six-year-old son. Thank you from all of us. Staying committed to 6 Minute Body, ***I have now lost over 50 pounds*** of body fat and, brace yourself for this one . . . ***have lost 10.5 inches off my waistline!!!!*** I feel awesome!! I went out to purchase my first new outfit today for my husband's Christmas party that is tomorrow night. I want to look my best for him. The ladies at the clothing store asked me what size pants I thought I would need. I said that I was a 16/18 when I started my diet and exercise so I have no idea what I'd fit into now. They started out by handing me size 14's, then they went down to a 12, and then I was handed a 10!!!!!!!!!!!! No squeezing, no sucking in my belly . . . nothing. The pants went on smoothly and zipped right up! I have been so excited! I feel GREAT!!!! Not only do I feel wonderful for myself but the enjoyment I am now able to provide to my family is so satisfying because I am more "fun" to be with, and I'm not tired all the time!

Thanks, John. You are awesome!  
— SHERRIE



# THE WORKOUTS



## 6 MINUTE WARM-UP

(Total Running Time 0:06:00)



## 6 MINUTE SHOULDERS

(Total Running Time 0:06:00)



## 6 MINUTE CHEST

(Total Running Time 0:06:00)



## 6 MINUTE LEGS

(Total Running Time 0:06:00)



## 6 MINUTE FAT BLAST

(Total Running Time 0:06:00)



## 6 MINUTE BACK

(Total Running Time 0:06:00)



## 6 MINUTE FAST ABS

(Total Running Time 0:06:00)



## 6 MINUTE ARMS

(Total Running Time 0:06:00)



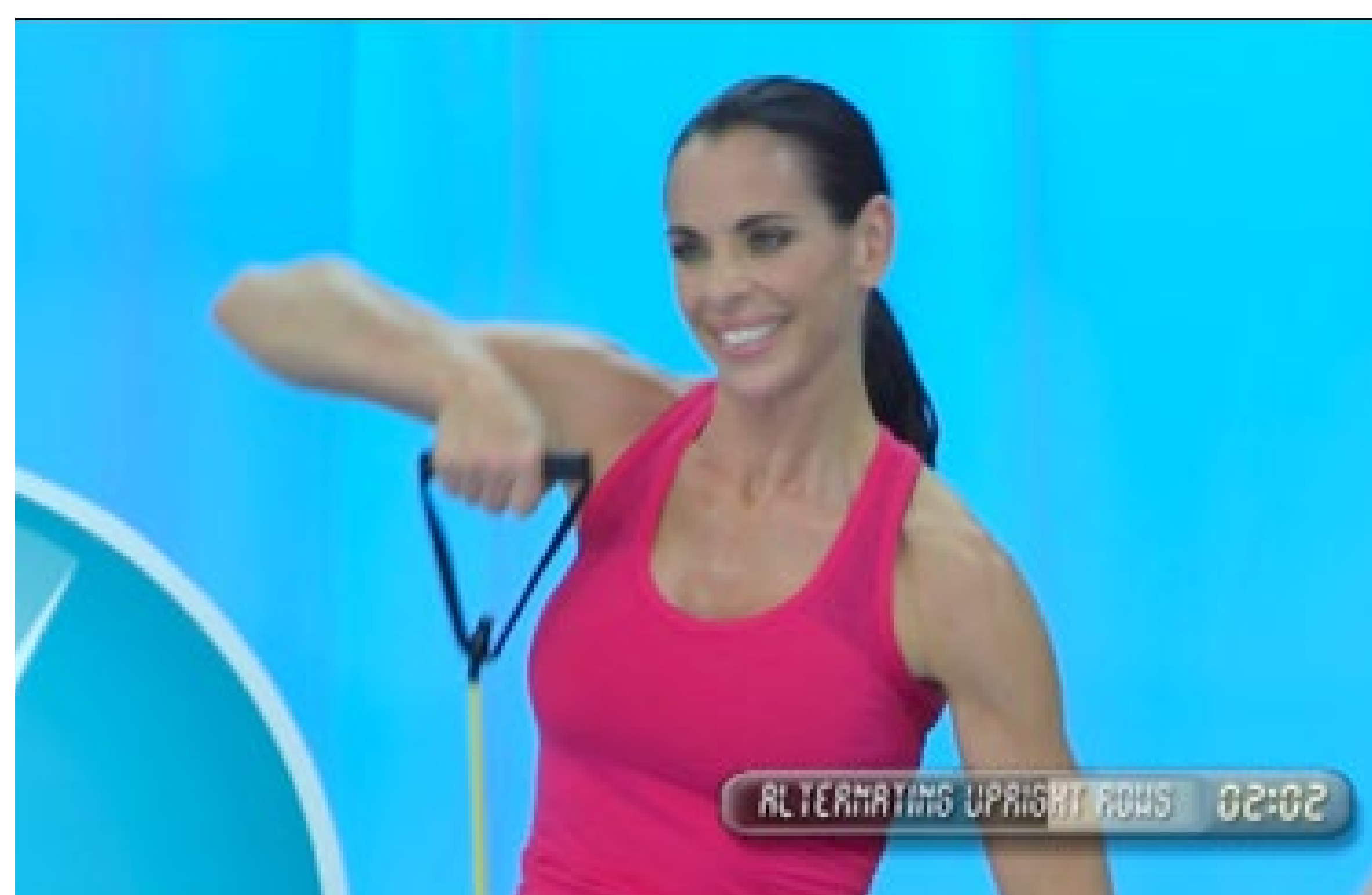
## 6 MINUTE BUNS

(Total Running Time 0:06:00)



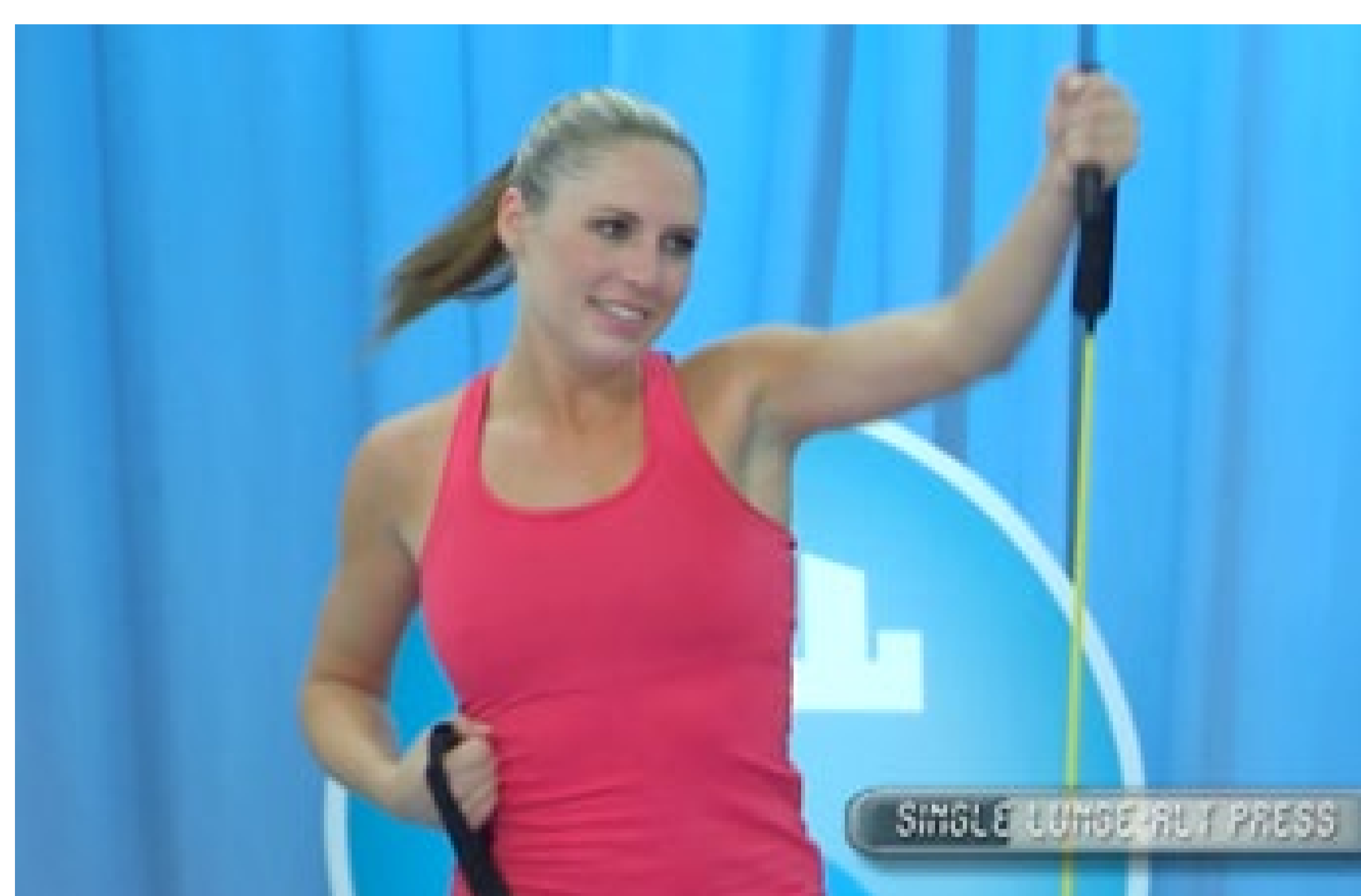
## 6 MINUTE SCULPT LOWER BODY

(Total Running Time 0:06:00)



## 6 MINUTE SCULPT UPPER BODY

(Total Running Time 0:06:00)



## 6 MINUTE SCULPT TOTAL BODY

(Total Running Time 0:06:00)



## 6 MINUTE SCULPT CORE-FLOOR

(Total Running Time 0:06:00)



## 6 MINUTE SCULPT CORE-STANDING

(Total Running Time 0:06:00)



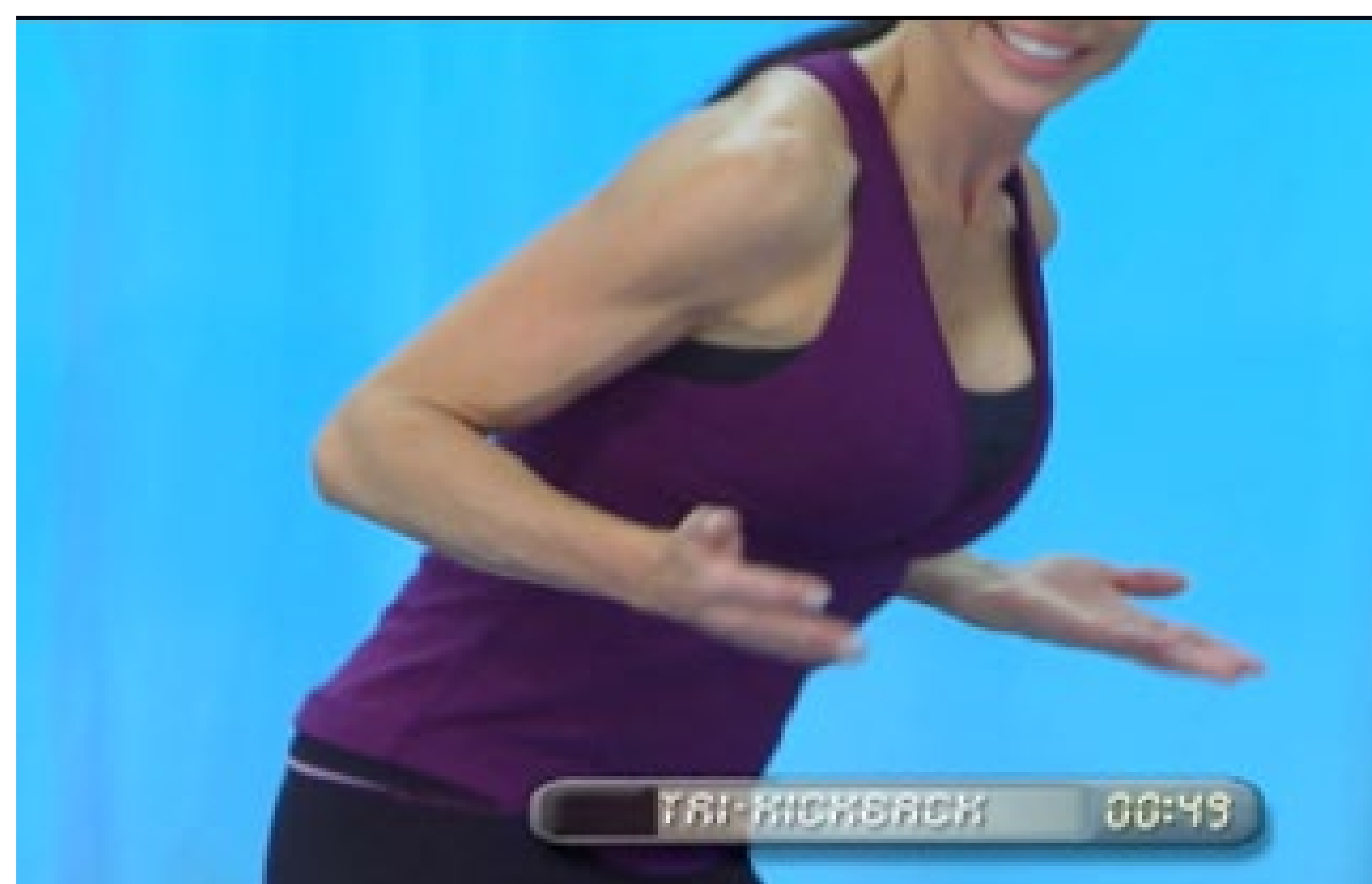
## 6 MINUTE COOL DOWN

(Total Running Time 0:06:00)



## 1 MINUTE WARM-UP

(Total Running Time 0:01:00)



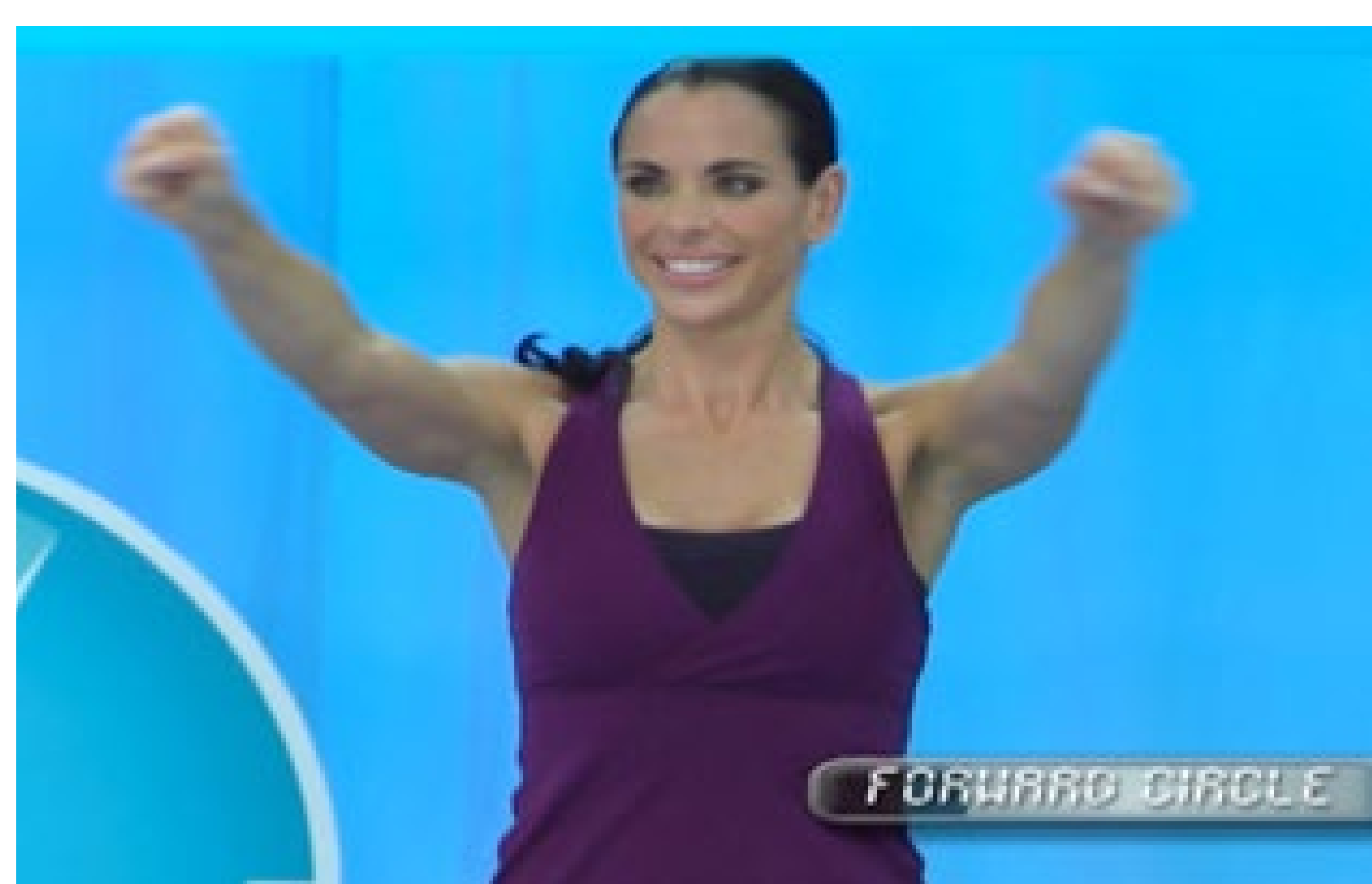
## 1 MINUTE TRICEPS

(Total Running Time 0:01:00)



## 1 MINUTE BACK

(Total Running Time 0:01:00)



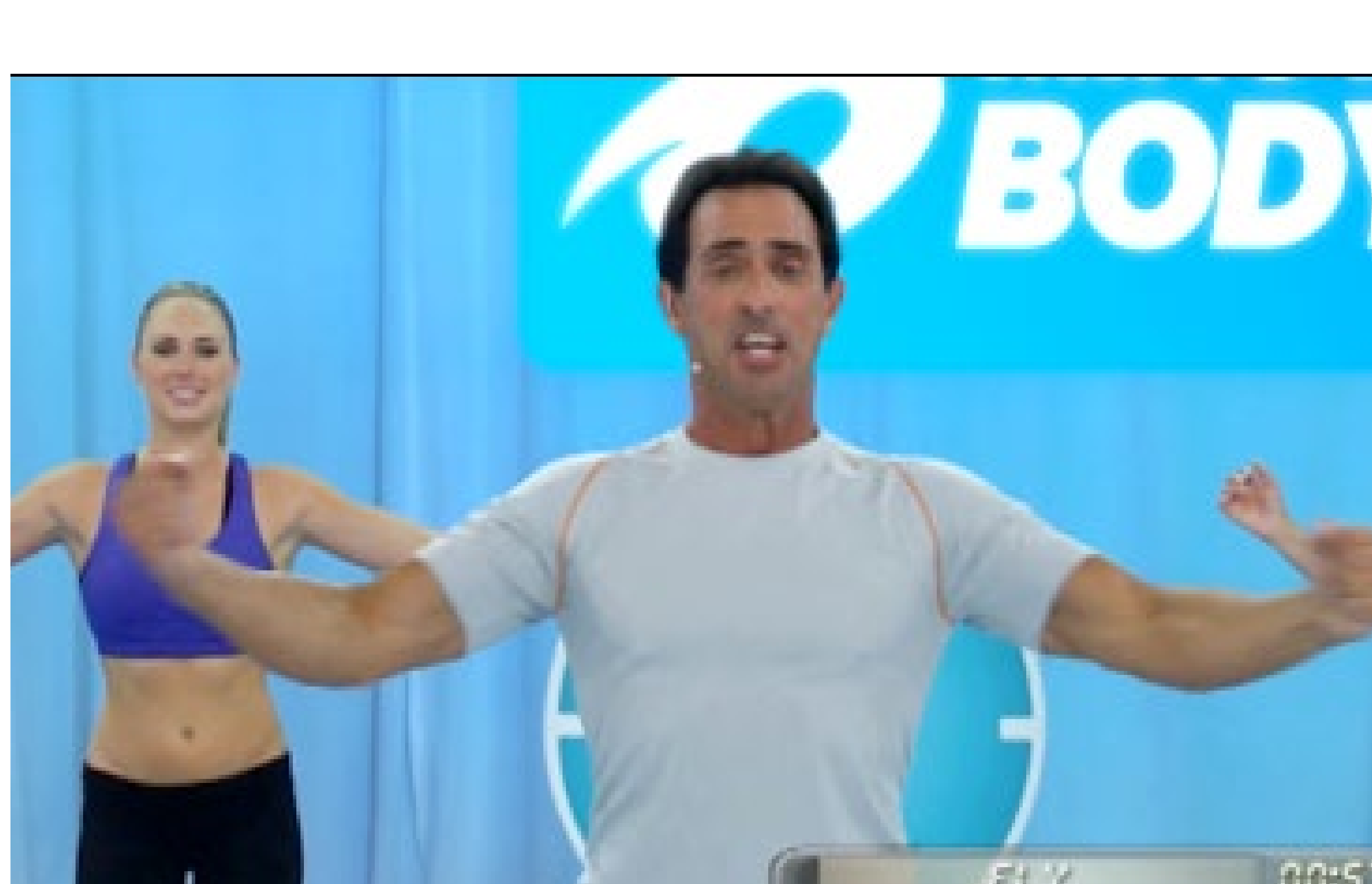
## 1 MINUTE SHOULDERS

(Total Running Time 0:01:00)



## 1 MINUTE LEGS THIGHS

(Total Running Time 0:01:00)



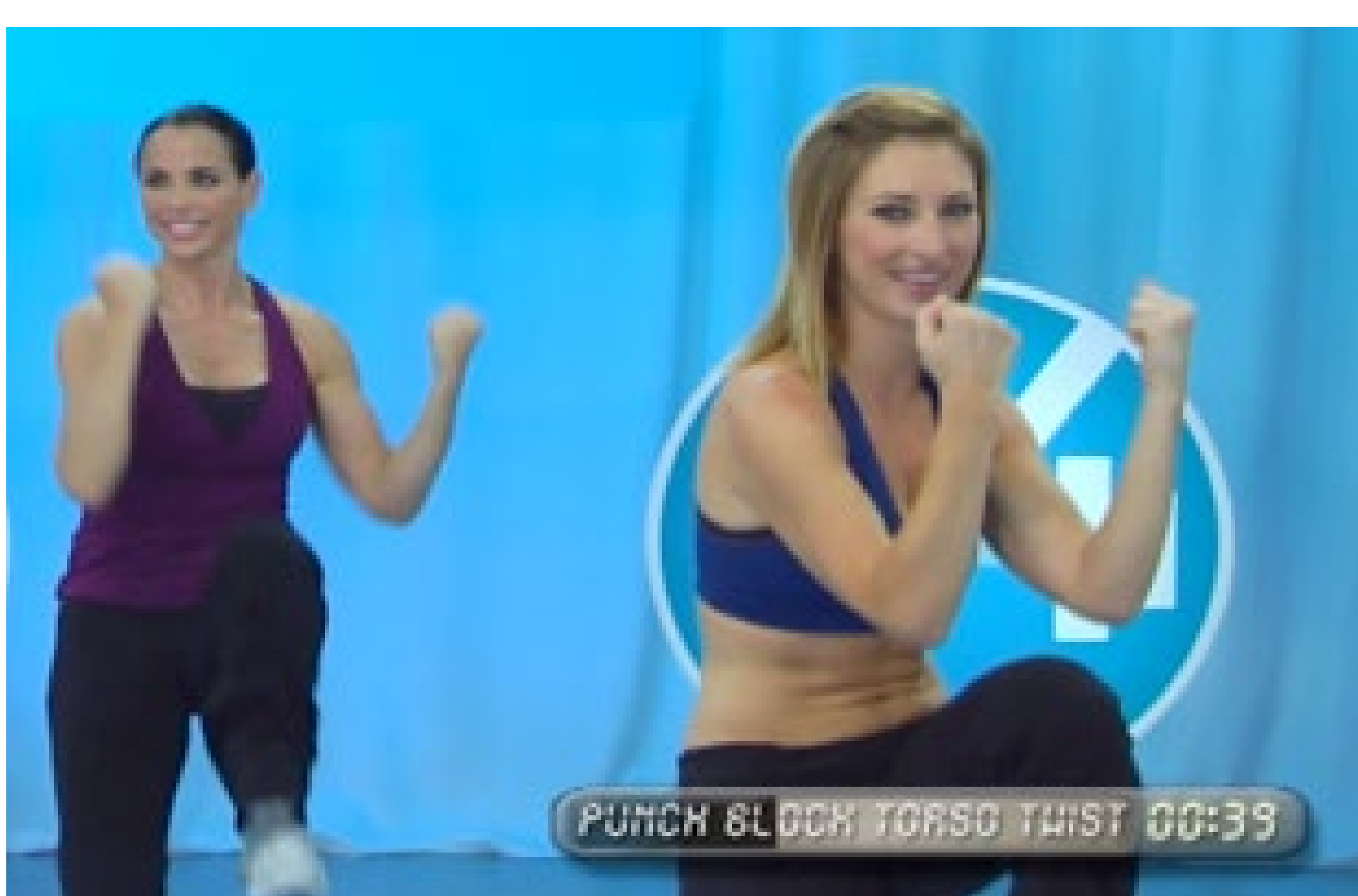
## 1 MINUTE CHEST

(Total Running Time 0:01:00)



## 1 MINUTE BUTTOCKS

(Total Running Time 0:01:00)



## 1 MINUTE ABS-STANDING

(Total Running Time 0:01:00)



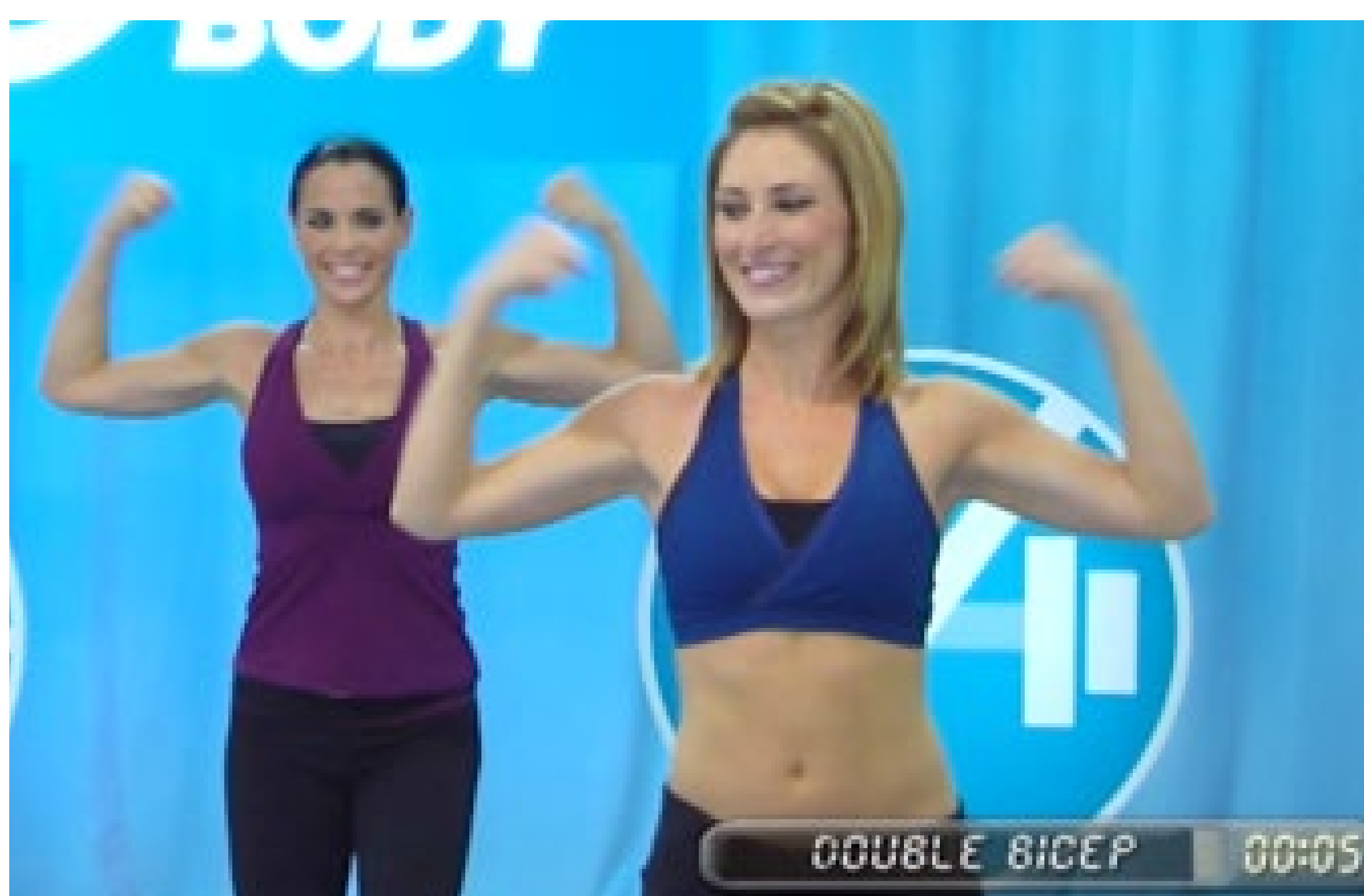
## 1 MINUTE CARDIO BLAST PUNCHES

(Total Running Time 0:01:00)



## 1 MINUTE CARDIO BLAST NINJA KICKS

(Total Running Time 0:01:00)



## 1 MINUTE BICEPS

(Total Running Time 0:01:00)



## 1 MINUTE COOL DOWN

(Total Running Time 0:01:00)



## 1 MINUTE ABS-FLOOR

(Total Running Time 0:01:00)



## 1 MINUTE CALVES

(Total Running Time 0:01:00)

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1

### TOE TOUCH/ OVERHEAD REACH

#### Target Muscles:

Hamstrings, back, buttocks, spinal column, shoulders and arms.

#### SET UP:

Stand up or sit in a chair.

#### Action:

Lean forward and try to touch your toes. Don't force it; go only as far as you can.

Maintain your balance by keeping your feet flat on the floor, and be aware of your body position at all times. After reaching down as far as you can, reach up as far as you can. Repeat for 30 seconds.



#### Tip:

Just imagine releasing all the stress from your body, and maybe even increasing your height by elongating stiff and tense muscles and joints.

**2****MARCH****Target Muscles:**

Shoulders, biceps, quadriceps, spinal core posture

**SET UP:**

Stand up with your fists clenched and your arms bent at the elbow.

**Action:**

Begin to pump your arms and legs simultaneously in a marching motion. Imagine that you're the grand marshal of the Rose Bowl parade. March as fast as you can, pumping your arms and legs as high as they'll go, for 30 seconds.

**Tip:**

March with varying tempos. March with strong posture. Even pretend you are holding onto hand-held weights and increasing the challenge!



**3****V SITS****Target Muscles:**

Abs, quadricep, hip flexors.

**SET UP:**

Sit at the edge of a chair or bench.

**Action:**

Lean back. Slowly lift your knees upward as high as you can. Squeeze your abdominal and hip muscles as you lift your knees. Slowly return your feet to the floor. Repeat for 30 seconds.

**Tip:**

At first, go slow. Your lower back will be stretched, a good thing as long as you warm up. Then, you can increase your tempo. To 'up' the challenge, release your grip and say 'Look Ma! No hands!'



# 4

## SQUATS

### Target Muscles:

Quadriceps, glutes, hamstrings

### SET UP:

Stand with your feet directly below your shoulders or slightly wider.

### Action:

Keeping your back straight, slowly bend your knees until your thighs are parallel with the floor. Use a chair as a balance aid if necessary. Repeat the squats for 30 seconds.

### Tip:

Without doubt, this is a terrific leg, hip and buttock developer, and all you need is your own body weight. Do not drop into your squat, or bounce out of it.



# 5

## SHADOW BOX

### Target Muscles:

Biceps, shoulders, abdominals, obliques, and spinal muscles.

### SET UP:

Assume a comfortable, balanced stance.

### Action:

Clench your fists and punch the air in front of you, left-right, left-right, etc. Rotate your torso slightly and pivot with each punch.

### Tip:

Pretend you are getting even with a bully - I said 'pretend'! By performing this boxing motion you will increase your heart rate and respiration, tone overall muscle, and burn loads of calories.



# 6

# JUMPING JACKS

## Target Muscles:

Total Body Stimulator

## SET UP:

Just as you did back in high school gym class, start with your feet together and your arms at your sides.

## Action:

Jump (not too high), and as you jump, spread your legs and try to join your hands over your head. Return to the starting position. Keep this up for 30 seconds.

### Tip:

Jumping height and exercise speed is not important. Instead, focus on coordination and tempo performing one of the most popular exercises known to all!



# 7

## SWIM STROKES

### **Target Muscles:**

Shoulders, arms, upper back, waistline

### **SET UP:**

Assume a comfortable, balanced stance.

### **Action:**

Resurrecting an obscure dance move from the sixties, you do the “crawl” forward for 15 seconds, and then the backstroke for 15 more. Rotate your arms in wide circles, reaching and pivoting your torso just as you would in the pool.

### **Tip:**

You can perform even-tempo'd, deliberate rotations with your arms, and you can also reach as far forward, behind you and overhead to really enhance the flexibility in all your muscles. Also, to add resistance, pretend you're holding handheld weights and you'll really feel the pump.



**8**

## CROSSOVER TOE TOUCH

### Target Muscles:

Back, hamstrings, buttocks, spinal column, waistline

### SET UP:

Stand upright, feet directly below your shoulders.

### Action:

Spread your arms out to each side. Bend forward and at the same time twist your torso to bring your right hand down toward your left foot. Return to your upright starting position. Bend forward again, this time to bring your left hand down toward your right foot. Repeat for 30 seconds.

### Tip:

Perform slow, controlled motions, never dropping into or rising up too quickly. For those who have challenges with balance please perform this motion seated.



# 9

## LEG RAISE

### Target Muscles:

Quadriceps, hips, buttocks, waistline

### SET UP:

Stand upright and hold onto a chair or broomstick with one hand for balance.

### Action:

Keeping your left leg straight, slowly raise your right leg in front of you as high as possible. Slowly swing your right leg as far back as it will go, then raise it forward to begin again. Swing your right leg in a front-to-back pendulum motion for 30 seconds.

### Tip:

Slow, deliberate leg raises (front and rear) are terrific for strengthening and toning muscles. To add resistance, pretend you have a heavy pair of shoes on and challenge your muscles with the extra burden. To augment your balance, try to perform these motions without holding on.



**10**

## **CALF RAISE**

### **Target Muscles:**

Calves, ankles, feet

### **SET UP:**

Stand upright, feet directly below your shoulders.

### **Action:**

If necessary, use a chair or broom stick to maintain balance. Keeping your toes on the floor, raise your heels as high as you can, bending only at the ankles. Repeat rapidly for 30 seconds

### **Tip:**

Keeping your knees locked, push your toes into the floor using your calve muscles. You can raise your heel off the ground and hold for a split-second, or you can cadence your repetitions up-n-down with a quicker tempo.





**11**

## LEG KICKS

### Target Muscles:

Abs, quadriceps, hips.

### SET UP:

Sit on a chair or bench.

### Action:

Lean back and proceed as if trying to kick your shoes off. Right foot first, then the left. Alternate legs for 30 seconds.

### Tip:

Perform slow and controlled. You can increase the pace but do not snap your kicks. To increase the challenge, pretend you are wearing heavy shoes to boost your muscle power, and release your grip to enhance your balance and coordination.



**12**

## CRUNCH

### Target Muscles:

Abs, neck

### SET UP:

Lie on your back with both knees bent and your feet flat on the floor.

### Action:

Place your hands on your stomach. Lift your head and chest until you feel your abdominal muscles tighten. Return your upper body to the floor. Repeat as often as you can for 30 seconds

### Tip:

At first, perform slow and controlled, holding your upward flex for a split-second before returning your back to the floor. Once you are warmed up you can increase the tempo, but do not jerk your neck or head upward. Keep your chin in a fixed position throughout the exercise.



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### LET'S GET THOSE PHOTOS

You are about to get into the best shape of your life, so let's make sure you track it! In order to track your progress, you are going to start with your "before" photo. Follow these easy guidelines to get the best photos.

#### 1. CLOTHES:

Wear a swimsuit, or something similar, in order to clearly determine the areas that need your focus. The more skin you see, the better. It will help you to fully see your complete transformation later. If you're a male, wear shorts and take off your shirt for photos. Ladies, wear a sports bra and shorts or a bikini so that your waist, belly, and thighs are visible.

#### 2. BACKDROP:

Plain backdrop is best! Pick a plain, uncluttered spot for your photo shoot - for example, in front of a wall or door. Make your room light and bright as possible so you can clearly see your body from head to toe. Also, it's difficult for us to see when the light is behind you, so don't stand in front of a window please!

#### 3. ANGLES:

You can't take too many pictures. The more you have, the more you will be able to reference later. You will definitely want to take a few front shots with your hands on your hips, some side shots with both hands on your sides, and some back shots with your biceps flexed and with your hands on your hips. Set your phone or camera to portrait mode (not landscape). Make sure you can see yourself head to toe, while still posing close enough to see details.

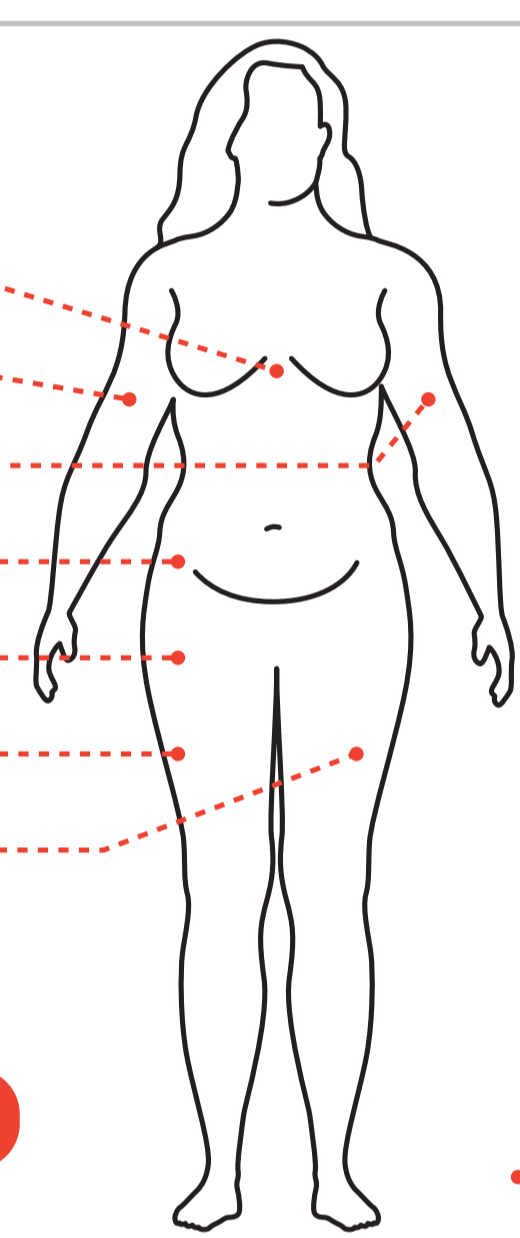
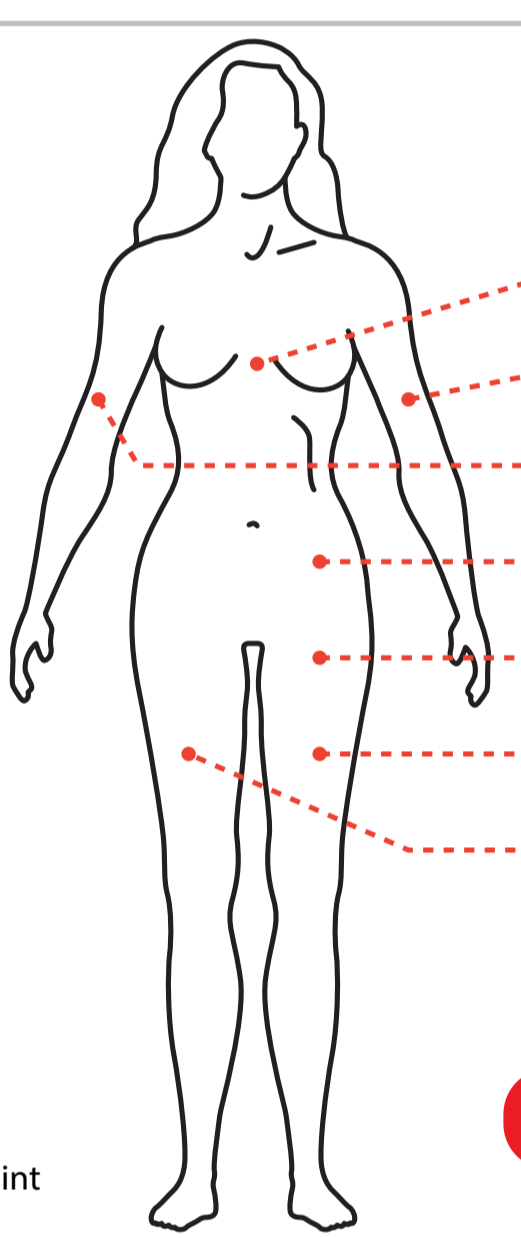
#### 4. POSE:

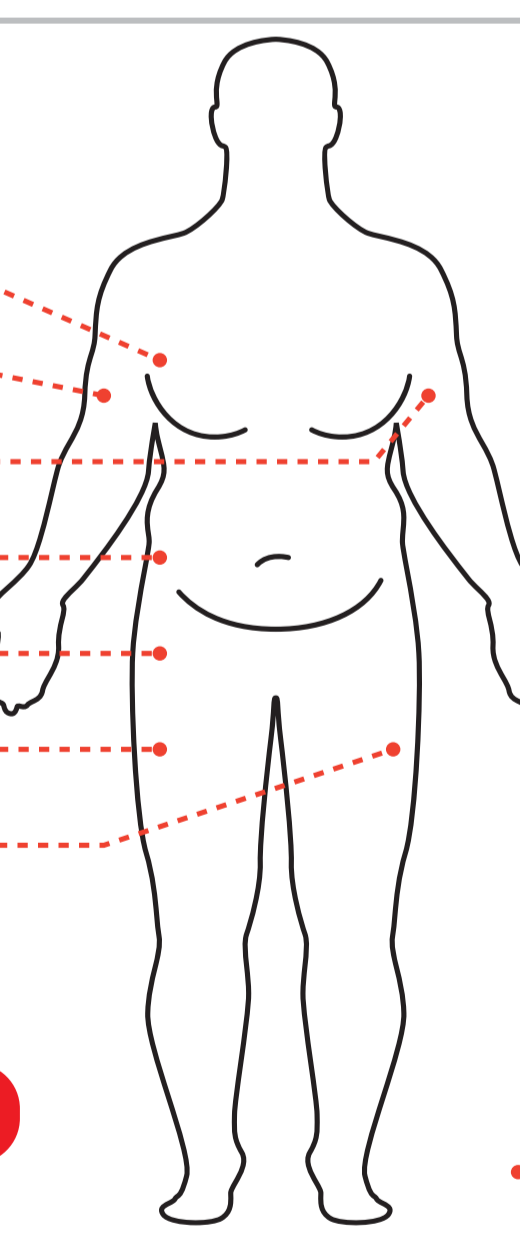
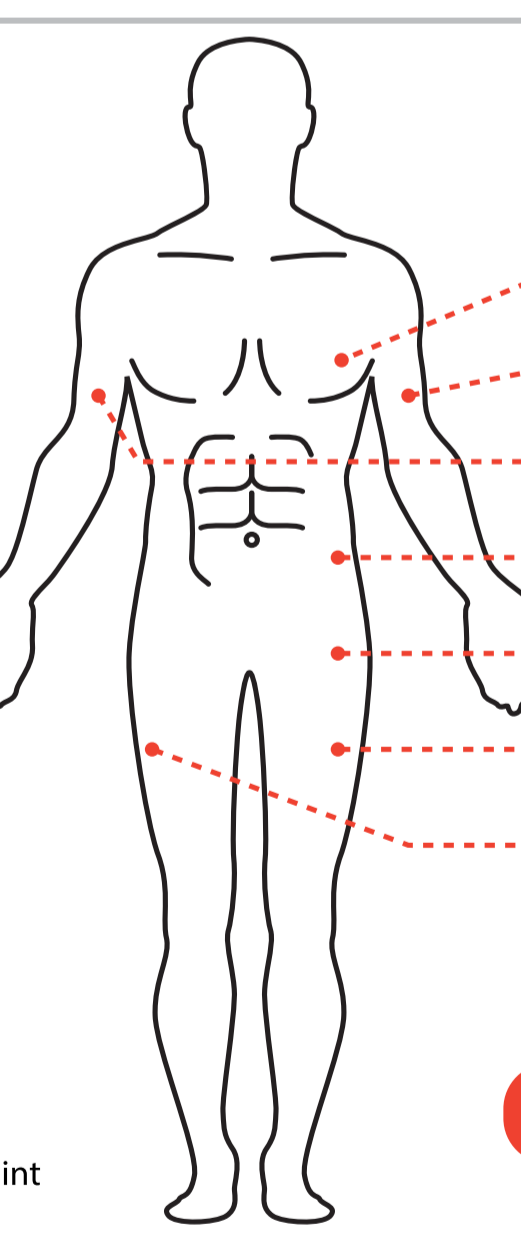
You want to see exactly how your body looks at rest, so don't suck in or push out. This will help you see how much tighter and leaner you become with 6 Minute Body.

#### 5. SUCCESS:

Take photos in the same clothes, poses, and circumstances, using the same background, every week, to see your great progress and success! Once you have made it to the end, go ahead and take your incredible "after" photos in which you will want to mimic the poses you did in your "before" photos to get the best comparison possible. And while you're at it, record some video footage of yourself so you can observe your body in motion, gaining better clarity to overall symmetry, balance and coordination.

Don't forget that you are going to want to see a calculated result, as well. We have included our Measurement Chart card for your convenience. You will measure each area at its widest point to get the most accurate reading. Write down your "before" measurements the same day you take your photos. Likewise, write down your "after" measurements the same day you take your "after" photo

<b>BODY FX</b>		<b>MEASUREMENT CHART</b>	
START DATE _____			END DATE _____
Chest _____			Chest _____
Right Arm _____			Right Arm _____
Left Arm _____			Left Arm _____
Waist _____			Waist _____
Hips _____			Hips _____
Right Thigh _____			Right Thigh _____
Left Thigh _____			Left Thigh _____
Weight _____			Weight _____
<b>BEFORE</b>			<b>AFTER</b>
• Measured at widest point with muscle flexed.			
DIFFERENCE: Chest _____ Right Arm _____ Left Arm _____ Waist _____ Hips _____ Right Thigh _____ Left Thigh _____			
RESULTS: TOTAL INCHES LOST: _____ TOTAL WEIGHT LOST: _____ WAIST-TO-HIP RATIO: _____			

<b>BODY FX</b>		<b>MEASUREMENT HISTORY</b>	
START DATE _____			END DATE _____
Chest _____			Chest _____
Right Arm _____			Right Arm _____
Left Arm _____			Left Arm _____
Waist _____			Waist _____
Hips _____			Hips _____
Right Thigh _____			Right Thigh _____
Left Thigh _____			Left Thigh _____
Weight _____			Weight _____
<b>BEFORE</b>			<b>AFTER</b>
• Measured at widest point with muscle flexed.			
DIFFERENCE: Chest _____ Right Arm _____ Left Arm _____ Waist _____ Hips _____ Right Thigh _____ Left Thigh _____			
RESULTS: TOTAL INCHES LOST: _____ TOTAL WEIGHT LOST: _____			
		BFX-GEN-1013 (B)	

## Share Your Incredible Story!

Send in your "before" and "after" pictures to [support@bodyfx.com](mailto:support@bodyfx.com), along with your stats, to be considered for cash and prizes!

## MEASURING YOUR WEIGHT

Use the same scale each time you weigh yourself. Make sure you are wearing the same clothes each time you weigh yourself. The clothing should be as light as possible or, better yet, wear no clothes at all. Choose an accurate and reliable scale. Make sure it measures half-units (1/2 lb.) accurately. Do not put the scale on an uneven or soft surface, such as carpet.

*When should you weigh?* Ideally, you should measure your weight in the morning. If you can't do that, then try to weigh yourself at the same time each day. It's normal for most women to gain a little weight before their menstrual cycle so it's best to put off weighing yourself until it's done.

*How often should you weigh?* Weigh yourself once a week, at the same time of the day. Body weight, by itself, is not the best way to see your true transformation. This is because when you burn fat and increase your muscle mass, you may weigh a bit more even though your body is getting tighter and smaller. Muscle tissue is more dense than fat tissue, so it weighs more. But that's okay—you want more muscle and less fat! That's the reason it's important to also measure your body in inches.

## MEASURING YOUR INCHES

All you need is a measuring tape and a friend who is familiar with the directions below:

1. Biceps (right and left arm)  
measurement: Flex the biceps muscle and measure exactly at the peak (the spot between the shoulder and the elbow).
2. Chest measurement: Measure around your chest, across both nipples. Make sure the tape is flat to your body and perpendicular to the floor. Hang your arms down so you can get the lats (back muscles) in the measurements.
3. Waist measurement: Measure your waist by placing the measuring tape exactly across the belly button (including the love handles). Make sure the tape is flat to your body and perpendicular to the floor.
4. Hip measurement: Stand with feet close together. Measure the widest part of your butt and keep the tape flat to your body and perpendicular to the floor.
5. Thigh (right and left) measurement: Stand with feet shoulder width apart with your weight evenly distributed. Measure the middle part of your thigh (spot 1/2 way between the inseam and the knee).
6. Calf (right and left) measurement: Stand with feet shoulder width apart with your weight evenly distributed. Measure at the peak of the calf.

\*\*Remember to be consistent with your measurements. Measure your body at the exact same place every week, starting on Day 1.

Always allow the tape measure to just cover the surface of your skin, never pull or tighten the tape to compress the area being covered, as that will throw off the accuracy of the measurement.

How many times have you started an exercise program and then just quit? Well, you're not alone! Many people start with great intentions but soon lose motivation and end up quitting altogether. We want to see you succeed every step of the way, so we put together ten tips that we have found useful for starting and sticking with the 6 Minute Body System.

**6 Minute Signature Moves** - If you are new to 6 Minute Body, spend a little bit of time reviewing the Signature Moves starting on page 13 of this guide. In the beginning, it might feel a little overwhelming, but starting with the basics will help.

**Modify If Needed** - If you need to make the workout easier on your joints, slow down and decrease the range of motion. There is no shame in modifying as it is a great option for beginners. Consider it a building block to work up to the level of the group. Remember, slow and steady wins the race!

**Maintain Your Form** - It is important to maintain proper form to achieve the best results possible. Pay close attention to the instructions during the workout. You will be guided on how to properly breathe and maintain correct posture while performing the 6 Minute Body moves. You will not only maximize your core strength and endurance, but also accelerate your fat burn- tenfold!

**Wear Good Shoes** - Be sure to wear a good, supportive pair of well-fitting cross-training shoes that provide support and allow you to move and jump side to side.

**Sleep Well** - Get at least eight hours of sleep each night. Sleep not only increases your calcium retention to help maintain your bone mass, but it also promotes fat loss, reduces fat storage, supports your immune system, and keeps your organs operating smoothly. When you sleep, you also produce most of your growth hormone, necessary for proper recovery and health!

**Drink Lots of Water** - Drink water all throughout the day: before, during, and after workouts. Drinking water helps control appetite.

**Track Your Results** - Your body will start showing positive improvements from the day you begin the 6 Minute Body System, so capture your transformation immediately. On Day 1, take a "before" photo of yourself and document your starting measurements and weight on the measurement tracker. Continue weighing, measuring, and taking progress photos every week to see your transformation. This way, you will stay motivated to reach your fitness goals!

Also, be sure to pay attention to inches, photos, and other non-scale victories.



Weight is not the best indication of your success in the short term. The scale only tells part of the story. Just as a pound of feathers and a one-pound brick are not the same, your body's composition will also not always be the same. As you lose body fat and gain lean muscle mass, it will prove difficult to use the scale as a tool to properly assess your progress. The scale paired with body fat testing, and how well your clothes are fitting, will prove to be far more effective in determining results.

**Track Your Exercise** - Track your exercise progress by keeping a workout journal. This can make or break your fat loss progress! Think of the journal as a road map. It's going to show you the route, help you avoid becoming sidetracked, and keep your final destination in focus. If you lose direction, consult your journal. If you lose your purpose, consult your journal. Seeing your progress in your journal will help you to be more successful in achieving your dream body.

**Participate in the Community** - The absolute best way to ensure your success with 6 Minute Body is to be involved with others who want to achieve the same type of goals that you do. Be sure to join the Body FX Transformation Club on Facebook so that every day you can share your achievements and challenges. This way your sense of responsibility for the goals that you desire is at its highest.

**Take Small Steps** - Make this 6 Minute Body journey small and temporary in the beginning. Don't look at a diet change and a new exercise routine as something you need to commit to for six months, much less the rest of your life. Look at it as a test drive of just four short weeks. It is important to proceed with caution. While it may be tempting to reduce caloric intake even further, thinking you will achieve even greater results, don't do it. Attempting to eat less food while doing frequent workouts will eventually slow your metabolism and force your body into a plateau. This could result in lost weight being regained.

Now it's time for you to get started with 6 Minute Body! It's time for you to reveal the new YOU! Welcome to the Worldwide 6 Minute Body Team! John Abdo