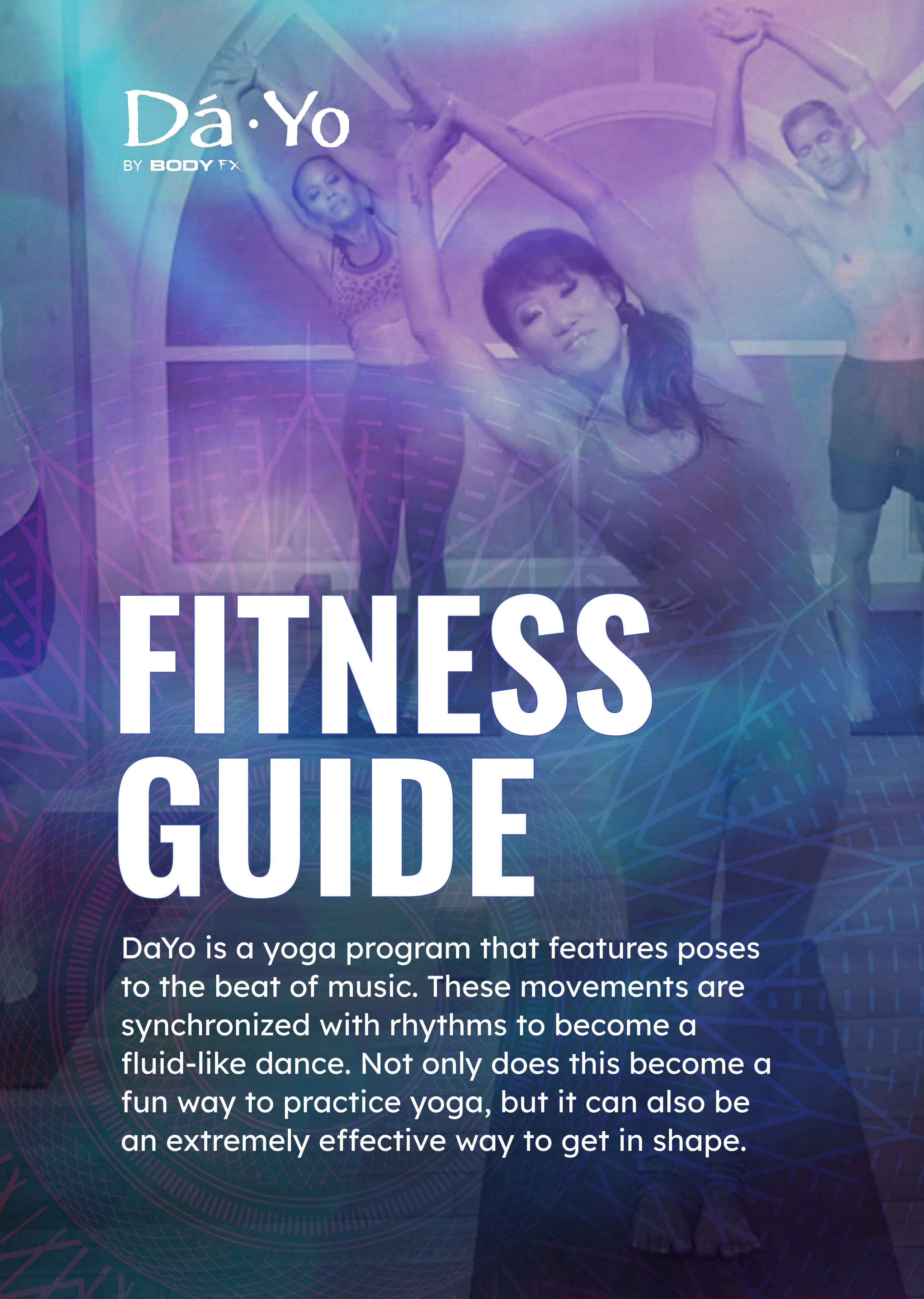

Dá·Yo
BY BODY FX
FITNESS GUIDE
DaYo is a yoga program that features poses to the beat of music. These movements are synchronized with rhythms to become a fluid-like dance. Not only does this become a fun way to practice yoga, but it can also be an extremely effective way to get in shape.

TABLE OF CONTENTS

Meet Your Trainer →

What is DaYo? →

What Can I Expect? →

The Workouts →

Signature Flows →

Measure Your Success →

Strategies For Success →

MEET YOUR TRAINER:
TSHA MARIE

Professional Dancer & Yogi, Tsha combines Dance + Yoga movements to sculpt your body and mind.

Tsha is a former professional dancer turned yoga trainer who uses yoga and dance to help people transform their bodies. Her professional career led her to become a cheerleader for the Minnesota Timberwolves, background dancer for Prince, and Ballroom Dance Champion. Years of dancing eventually took a toll on her body and so she turned to yoga for its healing benefits.

Tsha firmly believes in the power of movement and mindfulness. By blending yoga and dance, she has created a holistic approach to getting fit that is both challenging and fun. You can experience this unique combination of movement and rhythm in DaYo, where yoga meets dance.

GO TO TABLE OF CONTENTS →

WHAT IS DA YO?

DaYo is a revolutionary yoga program that features yoga poses to the beat of the music. These movements are synchronized with rhythms to become a fluid-like dance. Not only does this become a fun way to practice yoga, but it can also be an extremely effective way to get in shape.

DaYo is taught by our very own Tsha Jacobson. With this brand-new program, she pairs yoga and dance to help you burn more calories as the combination acts as a gateway between the two art forms. Rhythmic yoga offers all the same benefits as “normal” yoga, such as stress relief, improved flexibility, and open-mindedness, but also makes your yoga flow more fun!

DaYo is a great balance of stretching and strengthening, inspired by the music. This program will burn away toxins, strengthen the mind and release overall tension in the body.

GO TO TABLE OF CONTENTS →

WHAT CAN I EXPECT?

DaYo is one of the best ways to increase strength, tone your muscles, and improve how you feel. Tsha will guide you on how to create, sustain, and feel empowered throughout the program. DaYo promotes physical awareness, strengthens concentration, and builds focus. All of which can translate off your mat and enhance other parts of your life.

DaYo is designed to work the entire body, as well as the mind. You can expect to see improvements in flexibility, mobility, and strength, as well as increases in energy and vitality. The combination of muscle strength, endurance, core, and balance will not only aid in injury prevention, but also lead to muscle toning and enhanced body composition. Finally, the use of breathwork and meditation will help reduce stress and anxiety while improving mood and sleep quality.

1 BREATH

The fundamental element of yoga is breath or Prana, meaning life force. Breath is the link between mind and body. By connecting yoga postures to breath and music, this program will leave you feeling calm and grounded. When we focus on breath, we invite our minds to come into the present moment, calm the nervous system and promote an overall sense of wellbeing.

2 MEDITATION

The DaYo program incorporates a meditation practice that uses breath as a focal point for attention. Meditation can reduce symptoms of depression and anxiety, improve sleep, and help you find self-acceptance and contentment as you work towards your fitness goals.

BENEFITS OF MEDITATION

- Emotional and mental stability
- Reduced symptoms of depression and anxiety
- Freed-up creative energy
- Enhanced self-awareness
- Improved sleep
- Increased mental resilience
- Massages the parasympathetic nervous system (rest and digest)
- More effective stress management

The beauty of DaYo is that you don't have to be a yogi or yogini to reap the benefits. Whether you are young or old, overweight or fit, DaYo has the power to calm the mind and strengthen the body even if you have never done yoga before!

This program will challenge you in the best way. After all, it's through challenges that we improve, transform, and change. And we want you to see steady progress – not fitness plateaus!

GO TO TABLE OF CONTENTS →

THE WORKOUTS

DAYO: YOGA 101 SUN SALUTATION

This program teaches you everything you need to know to confidently perform the other DaYo workouts. Tsha will lay out the foundation of DaYo and help you learn the basics of yoga. She breaks down every pose, explaining how to do it and why it's important. There are also modifications and progressions included for each posture and movement, so everyone will be able to enjoy this workout.

EQUIPMENT: Yoga mat, 2 Yoga blocks (if modifying)

TOTAL RUNNING TIME: 0:21:50

DAYO: YOGA 101 CLOSED AND OPEN HIP POSTURES

This is a beginner-level yoga workout that focuses on two common hip positions in yoga practice: square and parallel hips. This tutorial is a must-watch for someone struggling with any hip pain or anyone who likes hip openers and wants to make sure they are practicing them safely. After just one workout, you'll immediately notice an improvement in your alignment and range of motion, with a reduction in muscle tightness and hip pain. Your hips, back, and butt will thank you.

EQUIPMENT: Yoga mat, 2 Yoga blocks (if modifying)

TOTAL RUNNING TIME: 0:27:26

DAYO: BREATH MEDITATION

In this short meditation we'll use the breath as a focal point for attention. Breath is the link between mind and body. By focusing on taking full three-dimensional breaths, you can invite your mind to come into the present moment, calm the nervous system, and promote an overall sense of wellbeing. All you need is your body and breath. Find a quiet space and take a few moments to simply breathe.

EQUIPMENT: none

TOTAL RUNNING TIME: 0:12:11

DAYO: MOVING MEDITATION

DaYo Moving Meditation uses simple and repetitive movements to help anchor your attention and awareness. Tsha guides you through this meditation, offering instructions and encouragement. In just one short practice, you'll feel more relaxed, centered, and confident. All you need is your body, breath, and a quiet space. The best part about this mindfulness technique is anyone can do it – even if you've never meditated before.

EQUIPMENT: none

TOTAL RUNNING TIME: 0:11:17

DAYO: FLOW BASICS

Flow Basics is the perfect program for rhythmic yoga beginners. Tsha walks you through breathing exercises to get you grounded, and then slowly guides you through an easy flowing sequence that's rooted in the foundations of DaYo. Learn 18 basic Yoga Poses, along with accurate alignments and techniques to help you avoid common mistakes. This workout will get you off to a great start to enjoy the calming and strengthening effects of yoga in your life. Take a deep breath. DaYo Basics will do the rest.

EQUIPMENT: Yoga mat, 2 Yoga blocks (if modifying)

TOTAL RUNNING TIME: 0:49:04

DAYO: STRETCH

DaYo Stretch is a perfect flow to improve overall flexibility while easing the mind. This program promotes increased circulation, improved mobility, and better range of motion. Join Tsha as she guides you through an entire body stretch. By connecting basic postures to breath and music, this program will leave you feeling calm and grounded. Great for beginners, advanced yogis, or anytime you just need a chill flow.

EQUIPMENT: Yoga mat, 2 Yoga blocks (if modifying)

TOTAL RUNNING TIME: 0:35:29

DAYO: FLOW BURN

DaYo Flow Burn is a great balance of stretching and strengthening, inspired by the music. This program will burn away toxins, strengthen the mind, and release overall tension. Join Tsha as she guides you through a full body flow that will leave you feeling energized and centered!

EQUIPMENT: Yoga mat, 2 Yoga blocks (if modifying)

TOTAL RUNNING TIME: 0:36:24

DAYO: CORE

DaYo Core class is designed to target your entire core – not just your abs – with yoga-based core exercises. These movements are ideal for strengthening and shaping your abs while improving your posture. Best of all, Tsha combines yoga with music, timing the exercises to the beat so you'll challenge your core in a new, fun, and exciting way. Modifications are provided for every exercise.

EQUIPMENT: Yoga mat, 2 Yoga blocks (if modifying)

TOTAL RUNNING TIME: 0:32:53

DAYO: SCULPT

The perfect workout fusion of yoga, dance, and bodyweight exercises to help you get a leaner body while increasing your flexibility. DaYo Sculpt combines the best parts of resistance training with yoga postures and breath work. While you will focus on the connection between your breath and your body, you will also build strength and sculpt your muscles with an intense full-body workout. A bodyweight-based workout that gives you the best of both worlds, helping you get stronger and burn fat while improving your stability and flexibility.

EQUIPMENT: Yoga mat, 2 Yoga blocks (if modifying)

TOTAL RUNNING TIME: 0:41:05

DAYO: CORE CARDIO

Yoga, cardio, and plyometrics…Oh my! Sounds like the perfect workout. Core Cardio is a cross-training workout that focuses on improving strength, stability, and posture through necessary core work. This exercise program will help you improve in all aspects of your fitness routine, and you'll never get bored or disappointed from a lack of variety. Best of all, this workout is easy to customize for your needs if injured or in need of modifications.

EQUIPMENT: Yoga mat, 2 Yoga blocks (if modifying)

TOTAL RUNNING TIME: 0:41:32

DAYO: WARRIOR FLOW

The Warrior Poses are a series of foundational standing yoga postures that are used to strengthen while they increase endurance and stability. Sometimes referred to as the "calm within the storm" workout, Warrior poses build heat (fire) in the body, enabling you to tune into your own power while maintaining calm, peace, and mindfulness. DaYo: Warrior Flow uses Warrior postures to create a dynamic yoga sequence that links movement with breath to awaken the body and focus the mind. As always, Tsha provides alternative exercises when needed. Tap into your inner yoga warrior with DaYo: Warrior Flow.

EQUIPMENT: Yoga mat, 2 Yoga blocks (if modifying)

TOTAL RUNNING TIME: 0:58:33

GO TO TABLE OF CONTENTS →

SIGNATURE FLOWS

SIGNATURE FLOWS

1. DOWN DOG WAVE

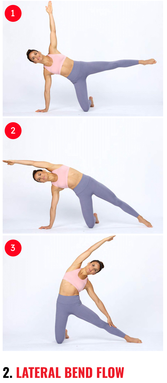
PURPOSE: Spinal articulation with core engagement.

SET UP:
Start in Downward Facing Dog with feet hip-width, hands shoulder-width, hips up and back.

ACTION:

- Put a soft bend in the knees.
- Roll the spine forward, articulating one vertebra at a time, into high plank position.
- Stack shoulders over wrists and squeeze core, legs, and glutes.
- Bend both knees to a hover and push hips back as you wave through and back into down dog.

TIP: Focus on the undulation or wave-like action of the spine. Modify by lowering both knees down.



2. LATERAL BEND FLOW

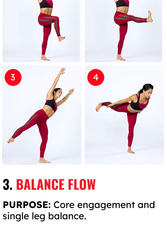
PURPOSE: Lateral movement and side core activation.

SET UP:
Come into baby balancing half-moon. Similar to a modified side plank position bottom hand on mat, wrist under shoulder, and top arm extended to ceiling. Same side knee underneath hip. Extend the free leg directly out to the side in line with hip for balance.

ACTION:

- Lower the straight leg to the floor, foot flat, and sweep top arm overhead.
- Bicep next to ear and stretch the side body.
- Using your core, lift the torso up and over into a lateral bend on the opposite side.
- Reach down the straight leg for support.

TIP: Maintain core control on the lift and lower.



3. BALANCE FLOW

PURPOSE: Core engagement and single leg balance.

SET UP:
Start standing in Tadasana (mountain pose). Feet together or hip-width apart and spine tall.

ACTION:

- Lift into one legged mountain, arms reach overhead.
- Extend the leg as you sweep it to the side into Awkward Star pose.
- Lean torso away from extended leg, arms wide overhead.
- Circle the leg back as you dive forward into Airplane pose.
- Hinge at hips, flat back, core tight. Arms back by hips, palms facing down.
- Shoulders and hips square to floor. Lift and rise to return.

TIP: Steady your balance by focusing on one point with your eyes. Modify by keeping the leg low to hover over floor.

4. FOLD & TWIST

PURPOSE: Rotation through spine and lateral movement

SET UP:
Start in a wide legged fold with toes in, heels out, upper body folded over straight legs. Keep soft bend in knees.

ACTION:

- Lengthen spine to halfway lift.
- Place right hand on floor underneath chest.
- Reach left arm to ceiling with torso twist. (Inhale)
- Bend right knee, shift into lateral lunge, as you thread left arm underneath the right to twist. (Exhale)
- Keep navel pulled in towards spine.

TIP: Maintain core engagement and match movement with breath.

5. TWISTING PYRAMID FLOW

PURPOSE: Twist spine with hamstring stretch.

SET UP:
Start in Downward Facing Dog with feet hip-width, hands shoulder-width, hips up and back.

ACTION:

- Step right foot in between hands and lower back knee to floor.
- Sweep both arms forward and up, lift torso intoLow Lunge. (Inhale)
- Push hips back into Half Split with right leg straight.
- Twist to the right, left hand on mat, right arm reach back. (Exhale)

  Shift forward back into low lunge, tuck back toes.
- Sweep both arms forward and up, lift torso into Crescent Lunge with back knee lifted. (Inhale)
- Reach forward, hands to mat, stretch both legs straight into Pyramid Pose, reach right arm up, twist torso. (Exhale)

TIP: Rotate the torso, not the hips. Maintain neutral pelvis and keep hips square.

6. ROCKING L SITS

PURPOSE: Deep core activation and shoulder stability.

SET UP:
Start in a seated position with hands by hips or elevated on blocks. Bend both knees and set feet flat on floor, parallel, hip-width apart.

ACTION:

- Press into palms and lift hips into reverse tabletop.
- Swing hips down and back into L Sit.
- Contract core and press strong with arms.
- Option to lift both legs into a hover and tap feet together.

TIP: Pull abdominals in and up to contract. Modify by keeping feet down on the L Sit and then progress to lifting one leg at a time.

7. SPHINX CURL

PURPOSE: Flexion and extension core activation.

SET UP:
Start in Sphinx Pose. Lay on belly, bring forearms down with elbows underneath shoulders. Legs extended and active, knees lifted, tops of feet down. Lengthen the lower back and engage core by lifting belly.

ACTION:

- Curl chin to chest
- Lift knees and hips to come into forearm plank curl.
- Core engaged, hips pike.
- Stay on tops of feet.
- Arms stay parallel and pressing down.
- Roll back down slow to return.

TIP: Focus on initiating the movement from the core. Modify by keeping knees down.

8. FRONT STEP THROUGH

PURPOSE: Core activation, hip mobility, and shoulder stability.

SET UP:
Start in High Plank position. Shoulders stacked over wrists. Core, legs, and glutes tight. Body in one line.

ACTION:

- Take a big step forward with the right foot to the outside of the right hand into Dragon Lunge.
- Back knee stays lifted, press into palms.
- Use core to lift hips slightly as the left leg sneaks through and extends forward.
- Hips and leg hovers, spine is tall, right arm pulls back with hand in front of shoulder.
- Reverse the movement to return and repeat on the other side.

TIP: Take your supporting hand wider to make space for the leg to sneak through to sit. Option to elevate your hand on a block to make the position more accessible.

---

9. SHIVA FLOW

PURPOSE: Lateral bend, single leg strength and balance.

SET UP:
Start standing in Mountain pose with hands at heart center.

ACTION:

- Circle left leg forward and around, cross to back diagonal kickstand.
- Reach arms overhead, right hand takes hold of left wrist.
- Lengthen body up and over into side lateral bend.
- Bring the back foot behind the front, crossing at the ankles.
- Hinge hips and swan dive into forward fold.
- Flat back lengthen spine, fingertips to floor, lift back leg into supported Warrior 3.
- Pull left knee behind right, bend front leg into Shiva Squat.
- Release foot to floor and roll up to stand.

TIP: Focus on core engagement and alignment to help with balance. Modify by placing blocks underneath hands for support.

---

10. DONKEY KICKS

PURPOSE: Core activation and inversion.

SET UP:
Start in a squat position with hands at heart center. Hips back and down, proud chest, core tight.

ACTION:

- Plant hands down with fingers spread wide.
- Shift weight forward, shoulders stacked over wrists.
- Lift hips and kick heels to butt.
- Squeeze core and press strong through shoulders and arms.
- Land feet, sit hips back, and lift chest back into squat.

TIP: Rotate the torso, not the hips. Maintain neutral pelvis and keep hips square.

---

11. AIRPLANE FLOW

PURPOSE: Lower body strength and single leg balance.

SET UP:
Start in a standing position with hands on hips.

ACTION:

- Step back into a lunge position with both legs bent 90 degrees.
- Front knee stacked over ankle, back knee under hip.
- Arms reach overhead, tall spine, core tight.
- Lean torso forward and straighten back leg into a Power Lunge.
- Float back leg, sweep arms back into Airplane Pose.
- Keep shoulders and hips square to floor.
- Reverse the action, step back into Power Lunge and then lift chest into Lunge to return.

TIP: Keep back of neck long. Option to keep a slight bend in the standing leg for balance in Airplane pose.

12. REVERSE BURPEE

PURPOSE: Full body core and cardio.

SET UP:
Start standing in Extended Mountain pose with arms reaching overhead.

ACTION:

- Bend knees and sit hips back and down, moving through chair.
- Hands help lower hips to floor.
- Roll back to shoulders as legs extend overhead towards back wall.
- Use momentum to roll forward and up back into standing.

TIP: Use your hands to help you sit down and stand up. Break this down into smaller pieces to master it.

---

13. TWISTING CRESCENT

PURPOSE: Rotation with back and core engagement.

SET UP:
Start in a Crescent Lunge. Front knee stacked over ankle, back leg straight, arms overhead.

ACTION:

- Take an inhale to prepare.
- Exhale, bring hands together in Prayer position, lean forward, twist towards front leg.
- Thumbs in line with center of chest, palms press in.
- Keep hips level.
- Squeeze core and inner thighs for balance.
- Lift torso and reach arms overhead to return to Crescent Lunge.

TIP: Gaze at one spot to steady your balance. Twist the torso and square hips. Modify by lowering the back knee.

---

14. TRIANGLE FLOW

PURPOSE: Lengthens spine, activates core, and stretches hips, groin, hamstrings, and calves.

SET UP:
Start in Warrior 2, front knee stacked over ankle and pressing open. Shoulders on top of hips, arms extended side.

ACTION:

- Straighten both legs, lift arms overhead into High Triangle pose. (Inhale)
- Aim to tap 10 fingers at the top without looking up.
- Bend into front knee and open arms back into Warrior 2. (Exhale)
- Straighten front leg, adjust back foot as needed. (Inhale)
- Bump hips back, reach torso and arms forward to lengthen. (Exhale)
- Tick tock the arms to 6 and 12 o'clock into Triangle pose.
- Bottom hand can land to shin or block.
- Pull ribs in and spiral up towards sky.
- Keep length through back of neck.

TIP: Use a block for support in the Triangle pose. Refrain from locking the knees. Use your core to hold you rather than dumping weight into the supporting hand and legs.

GO TO TABLE OF CONTENTS →

MEASURE YOUR SUCCESS

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 bar and shorts or a bikini so that your waist, belly, and thighs are visible.

2 BACKDROP

You want your backdrop to be as plain as possible. Pick an uncluttered spot for your photos. We recommend using a white wall.

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 arms at 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.

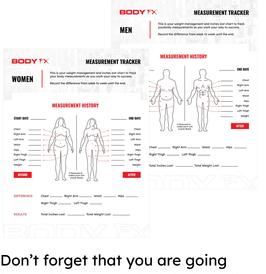
4 POSE

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 Rhythm Fit.

5 SUCCESS

Take photos in the same clothes, poses, and circumstances, using the same background, every 30 days, 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.

MEASURE YOUR SUCCESS



Don't forget that you are going to want to see a calculated result as well. We have included our Measurement History 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" photos.

SHARE YOUR INCREDIBLE STORY!

Send in your "before" and "after" pictures to 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 record 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 period. Put off weighing yourself until after your period.

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 denser 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.

MEASURE 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 muscles and measure exactly as the peak (the spot halfway between the shoulder and 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) or at the narrowest point of the waist, below the rib cage, and above the top of the hip bones. 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 and your weight evenly distributed. Measure the middle part of your thigh (spot ½ way between the inseam and the knee).

6 CALF (RIGHT AND LEFT) MEASUREMENT

Stand with feet shoulder-width apart and your weight evenly distributed. Measure at the peak of the calf (largest part between ankle and knee).

**Remember to be consistent with your measurements. Measure your body at the exact same place every 30 days, starting on Day 1.

GO TO TABLE OF CONTENTS →

STRATEGIES FOR SUCCESS

STRATEGIES FOR SUCCESS

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 have put together eight tips that we found useful for starting and sticking with the DaYo plan.

DAYO BASICS

If you are new to DaYo, make sure you view DaYo Basics so you can learn the essential basic yoga poses, along with accurate alignments and techniques to help you avoid common beginner mistakes. Tsha will give you step-by-step instructions within this program, which will get you off to a great start to enjoying the calming and strengthening effects of yoga in your life. Initially, it might feel a little overwhelming, but these tools will help set you up for success. Take a deep breath, DaYo Basics will do the rest.

MODIFY IF NEEDED

In each one of the DaYo programs there is someone performing the modifications, making the workout easier on your joints and decreasing the range of motion. You can choose to follow all of them, or simply modify the moves that you don't feel comfortable with. 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 DaYo postures. You will not only maximize your core strength and endurance, but also accelerate your fat burn – tenfold!

USE A QUALITY YOGA MAT

Be sure to use a good quality yoga mat that provides support and cushioning for stability and joint protection. Check that your mat has a grippy texture so that you can focus on your practice.

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 which helps regulate body composition, muscle growth, and metabolism.

DRINK LOTS OF WATER

Drink water all throughout the day: before, during, and after workouts. Drinking water helps control appetite. Adding a pinch of Himalayan pink sea salt can help the body stay hydrated while reducing fluid retention.

TRACK YOUR RESULTS

Your body will start showing positive improvements from the day you begin DaYo, 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 30 days 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 composition will 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 will prove to be far more effective in determining results.

TRACK YOUR EXERCISE

Track your exercise progress by keeping a working 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.

BECOME A LEADER

The absolute best way to ensure your success with DaYo is to become the leader of a group. Find co-workers, friends, neighbors, or family members who want to achieve the same type of goals that you do. Be the point of contact for the group. Meet every day or every other day to 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 DaYo 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 eight 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 these high-impact workouts will eventually slow your metabolism and force your body into a plateau. This could result in lost weight being regained.

Congratulations on taking this next step in your fitness and wellness journey! Now it's time for you to get started with DaYo, where yoga meets dance.

GO TO TABLE OF CONTENTS →