



**FIGURE 8**  
EXPRESS

# BASIC WORKOUT SCHEDULE

## INSTRUCTIONS

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

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

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



# BASIC WORKOUT SCHEDULE

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



# BASIC WORKOUT SCHEDULE

	WORKOUT 1	TIME	WORKOUT 2	TIME	WORKOUT 3	TIME
<b>DAY 8</b>	Warm Up: Drills Merengue: Burn Cool Down: 3-Minute Plyo	4:35 5:45 3:27	Warm Up: Drills Samba: Blast Cool Down: 3-Minute Plyo	4:35 8:21 3:27	Warm Up: Drills Salsa: Learn Cool Down: 3-Minute Plyo	4:35 6:10 3:27
<b>DAY 9</b>	Warm Up: Drills Jive: Burn Cool Down: 3-Minute Plyo	4:35 6:10 3:27	Warm Up: Drills 10-Minute Abs Cool Down: 3-Minute Plyo	4:35 10:00 3:27	Warm Up: Drills Paso Doble: Blast Cool Down: 3-Minute Plyo	4:35 7:27 3:27
<b>DAY 10</b>	Rest: Perform 30 to 60 minutes of incidental exercises throughout the day					
<b>DAY 11</b>	Warm Up: Drills Merengue: Blast Cool Down: 3-Minute Plyo	4:35 5:46 3:27	Warm Up: Drills Samba: Learn Cool Down: 3-Minute Plyo	4:35 6:42 3:27	Warm Up: Drills Salsa: Burn Cool Down: 3-Minute Plyo	4:35 6:02 3:27
<b>DAY 12</b>	Warm Up: Drills Jive: Blast Cool Down: 3-Minute Plyo	4:35 7:22 3:27	Warm Up: Drills 10-Minute Abs Cool Down: 3-Minute Plyo	4:35 10:00 3:27	Warm Up: Drills Paso Doble: Learn Cool Down: 3-Minute Plyo	4:35 6:00 3:27
<b>DAY 13</b>	Warm Up: Drills Merengue: Learn Cool Down: 3-Minute Plyo	4:35 4:36 3:27	Warm Up: Drills Paso Doble: Burn Cool Down: 3-Minute Plyo	4:35 6:54 3:27	Warm Up: Drills Samba: Burn Cool Down: 3-Minute Plyo	4:35 6:47 3:27
<b>DAY 14</b>	Rest: Perform 30 to 60 minutes of incidental exercises throughout the day					



# BASIC WORKOUT SCHEDULE

	WORKOUT 1	TIME	WORKOUT 2	TIME	WORKOUT 3	TIME
DAY 15	Warm Up: 2-Minute Warm Up Merengue: Learn Paso Doble: Learn Cool Down: 3-Minute Lower Body	2:00 4:36 6:00 3:00	Warm Up: 2-Minute Warm Up Samba: Learn Jive: Learn Cool Down: 3-Minute Lower Body	2:00 6:42 5:37 3:00	Warm Up: 2-Minute Warm Up Salsa: Blast Cool Down: Blast	2:00 8:58 6:50
DAY 16	Warm Up: 2-Minute Warm Up Samba: Burn Salsa: Burn Cool Down: 3-Minute Lower Body	2:00 6:47 6:02 3:00	Warm Up: Drills 10-Minute Abs Cool Down: 3-Minute Plyo	4:35 10:00 3:00	Warm Up: 2-Minute Warm Up Jive: Blast Cool Down: Drills	2:00 7:22 4:42
DAY 17	Rest: Perform 30 to 60 minutes of incidental exercises throughout the day					
DAY 18	Warm Up: 2-Minute Warm Up Salsa: Blast Cool Down: Blast	2:00 8:58 6:50	Warm Up: 2-Minute Warm Up Samba: Learn Jive: Learn Cool Down: 3-Minute Lower Body	2:00 6:42 5:37 3:00	Warm Up: 2-Minute Warm Up Merengue: Learn Paso Doble: Learn Cool Down: 3-Minute Lower Body	2:00 4:36 6:00 3:00
DAY 19	Warm Up: 2-Minute Warm Up Merengue: Drills Paso Doble: Blast Cool Down: 3-Minute Lower Body	2:00 5:39 7:27 3:00	Warm Up: 2-Minute Warm Up Jive: Blast Cool Down: Drills	2:00 7:22 4:42	Warm Up: 2-Minute Warm Up Samba: Burn Salsa: Burn Cool Down: 3-Minute Lower Body	2:00 6:47 6:02 3:00
DAY 20	Warm Up: Drills 10-Minute Abs Cool Down: 3-Minute Plyo	4:35 10:00 3:27	Warm Up: 2-Minute Warm Up Samba: Blast Salsa: Learn Cool Down: 3-Minute Lower Body	2:00 8:21 6:10 3:00	Warm Up: 2-Minute Warm Up Merengue: Drills Paso Doble: Blast Cool Down: 3-Minute Lower Body	2:00 5:39 7:27 3:00
DAY 21	Rest: Perform 30 to 60 minutes of incidental exercises throughout the day					



# BASIC WORKOUT SCHEDULE

	WORKOUT 1	TIME	WORKOUT 2	TIME	WORKOUT 3	TIME
DAY 22	Warm Up: Drills Toning: Rhythms Lower Body Cool Down: Rhythms Tone	4:35 10:44 6:03	Warm Up: Drills 10-Minute Abs Cool Down: Rhythms Tone	4:35 10:00 6:03	Warm Up: Drills Toning: Rhythms Lower Body Cool Down: Rhythms Tone	4:35 10:44 6:03
DAY 23	Warm Up: Drills Toning: Rhythms Upper Body Cool Down: Rhythms Tone	4:35 10:44 6:03	Warm Up: 2-Minute Warm Up Salsa: Drills Cool Down: Burn	2:00 8:29 6:22	Warm Up: Drills Toning: Rhythms Upper Body Cool Down: Rhythms Tone	4:35 10:44 6:03
DAY 24	Rest: Perform 30 to 60 minutes of incidental exercises throughout the day					
DAY 25	Warm Up: Drills 10-Minute Abs Cool Down: Rhythms Tone	4:35 10:00 6:03	Warm Up: 2-Minute Warm Up Toning: Rhythms Full Body Cool Down: Burn	2:00 10:24 6:22	Warm Up: Drills 10-Minute Abs Cool Down: Rhythms Tone	4:35 10:00 6:03
DAY 26	Warm Up: Drills Toning: Rhythms Lower Body Cool Down: Rhythms Tone	4:35 10:44 6:03	Warm Up: 2-Minute Warm Up Merengue: Blast Cool Down: Burn	2:00 5:46 6:22	Warm Up: Burn 10-Minute Abs Cool Down: Blast	6:42 10:00 6:50
DAY 27	Warm Up: Drills Toning: Rhythms Upper Body Cool Down: Rhythms Tone	4:35 10:44 6:03	Warm Up: 2-Minute Warm Up Samba: Blast Salsa: Burn Cool Down: 3-Minute Lower Body	2:00 8:21 6:02 3:00	Warm Up: Drills 10-Minute Abs Cool Down: Rhythms Tone	4:35 10:00 6:03
DAY 28	Rest: Perform 30 to 60 minutes of incidental exercises throughout the day					