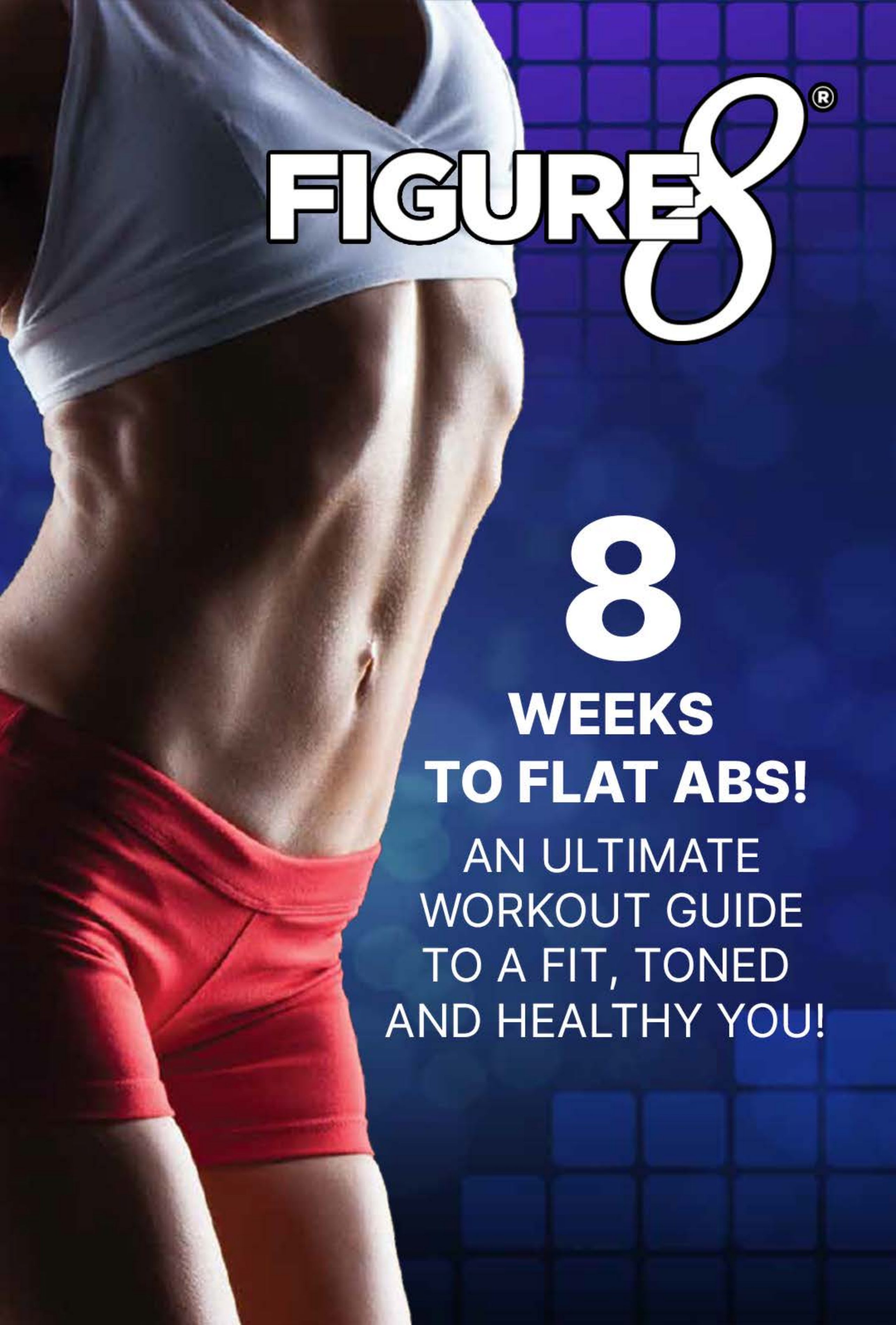
FIGURE 8®
8
WEEKS
TO FLAT ABS!
AN ULTIMATE
WORKOUT GUIDE
TO A FIT, TONED
AND HEALTHY YOU!

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Welcome to Figure 8!

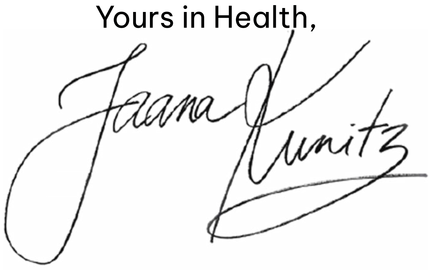
Congratulations on your decision to achieve a healthier body and healthier new life! After ending my competition journey, I had a huge hunger to create a EFFECTIVE Latin dance training program for anyone who wants to get a lean, sexy dancer's body without having to learn complicated dance steps. Using dancer's CORE training from my competitive training days, I created this eight-week total body fat-melting program. The entire program is based on Latin dance-style hip actions. It progresses from learning the three basic hip moves (hip sway, hip tuck, and hip roll) into more rhythmic dance drills. You'll experience firsthand how effective these moves are for your abs, heart, and entire body.

Don't get discouraged if you haven't ever danced before; just follow my lead in every step of the way and I promise you will be amazed at what this program can do for your body.

In order to get the most out of the Figure 8 online video programs, I encourage you to read this Figure 8 Fitness ebook from cover to cover and see my video introduction under the heading "Figure 8 Express." If you have been inactive for a while, please get an okay from your doctor.

I hope that you are fired up and motivated to take this journey with me. I'm here to inspire you to move and to help you realize that your transformation is within your reach. You just need to believe in yourself, and the rest will fall into place. Eight weeks from now, you're going to see dramatic changes. You'll have the energy and confidence to walk tall. You'll be strong, lean, and toned. And the best part is, you'll have a blast doing it. So get ready to begin this journey with me. Join me and let's Figure 8!

Yours in Health,



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MEET YOUR TRAINER

JAANA KUNITZ

Jaana Kunitz started her dance journey 25 years ago, back home in Finland, and made her mark in the ballroom industry by winning numerous medals in the US, North America, and World DanceSport Championships.

Jaana is more than a lean, beautiful dancer. She's an excellent, cutting-edge dance fitness innovator, too. Not only does she hold a certification in fitness, but Jaana has also designed, choreographed and/or directed well-known home fitness exercise programs that have sold millions of copies around the world.

Jaana is an expert on how the human body functions and what you need to do in order to achieve a dancer's lean body. She's the go-to girl for total body tranformations through dance. You'll learn how to unleash your body's natural power to melt stubborn fat layers as well as tone incredibly strong and powerful core muscles.

Entertainment is in Jaana's DNA—no wonder her dance exercise programs get millions of people to get up and move. She knows exactly how to carefully handpick dance movements and fuse them with the rhythm and music so that they are incredibly motivating and inspiring to perform. Jaana is known for her over-the-top, hyper-enthusiastic personality. She makes the class intense yet very fun and has a way about her that makes everyone want to DO MORE!

Jaana has appeared on numerous national television programs, including PBS' "Championship Ballroom Dancing, "NBC's "Dance-Sport Series," and Goodlife TV, ESPN, and Ole Suzanna. She also appeared in the feature film Dance With Me starring Vanessa Williams. Jaana is an ACE-certified fitness instructor and also certifies instructors and Master Trainers in Figure 8.

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What is Figure 8?

In 2005, after ending my successful competitive Latin dance career, I realized that there was a void in the fitness industry. Gyms and fitness studios were flooded with dance workouts focused on compli-cated choreography and no time for effective core conditioning while dancing. I discovered that by doing specific, targeted, Latin hip actions in repetition, like in my competitive training days, I was able to achieve the highest level of muscle conditioning and improved cardio endurance simultaneously. And so the Figure 8 program was born.

I'm so honored to see that thousands of women at all fitness levels are now training with Figure 8, from everyday women who just want to feel and look their best to some of the world's most elite dance athletes. When you begin Figure 8, you will quickly notice that you're in control of how much you want to challenge yourself in each workout because you can simply move your body within your own range of motion to add or decrease intensity. Due to such a wide variety of dance styles, hip actions, and their rhythms, Figure 8 is very motivating and keeps you in the program long enough to see real fat-melting results. Your body will go from soft and flabby to lean, sculpted, toned, and flexible. And the best part is—you'll look sexy, you'll move sexy, and you'll feel like abrand new person!

As you begin exercising, you will discover that Figure 8 is based on the three hip movements: hip sway, hip tuck, and hip roll. These three hip actions are the foundation for the entire Figure 8 training. Here is each hip action and the primary muscle group it targets.

Hip Sway

With the hip sway, you move your hips side to side. This continuous pendulum motion targets the external and internal side obliques, giving you a narrow waistline.

Hip Tuck

With the hip tuck, you crunch your abs forward and back. This movementtargets the upper, middle, and lower abs, giving you lean, flat, beautiful abs.

Hip Roll

With the hip roll, you rotate your hips a complete 360 degrees. This fires and stretches the back, sides, and front of the midsec-tion, giving you a perfect corset-like contour.

Figure 8 is based on three hip movements: hip sway, hip tuck, and hip roll are the foundation for the Figure 8 training.

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What can I expect?

I have designed a three-phase workout program where you progress safely from the fundamentals to more advanced cardio training and muscle conditioning. Make sure that you are able to comfortably execute each phase before moving on to the next.

Phase 1: Learn

During the first four training days you will learn the 3 essential core moves that are the foundation of entire Figure 8 training. You will master the skill to properly activate all the important core muscles; transverse abdominis, rectus abdominis, internal oblique, external oblique and your back. You will also learn how adding a proper breathing technique to your exercise movements will make your workouts even more effective. You will instantly feel your spine stretching and lengthening-increasing circulation, reducing tension i n the joints and muscles.

Phase 2: Burn

During weeks 2-4 we concentrate on burning off your body's excess fat layer. In this phase, I walk you through simple yet extremely effective core cardio movement patterns that are performed in multiple repetition to a variety of exhilarating rhythms and tempos. Your heart rate will stay in a perfect fat burning zone while simultaneously laser targeting your core muscles. Core Cardio Learn, Burn and Blast programs includes an intense "metabolic accelerator," segment. These are power moves that you execute for about 30-60 seconds, at a time. It's sort of like doing eight to ten 100-yard sprint intervals with your abs, but without the need to run anywhere. That means they're great for burning calories and boosting your post-workout metabolism, which results in even greater fat loss.

Phase 3: Sculpt

In this final phase you will add sculpting workouts to our cardio training. Here I show you my special body toning moves that precisely targets your arms, back, shoulders, legs and your glutes without dumbbells or fear of getting bulky. My unique body sculpting sequences will work numerous muscles simultaneously, including in different directions. Soon you will look leaner, more toned and much "tighter". You'll continue to lose fat and by the end of this phase, you'll not only have toned arms, lifted bum and lean legs BUT you have achieved YOUR ideal Figure 8 Physique.

You can easily modify the workouts if you find them to be either too easy or too hard. If the workouts are...

Too hard:
Make the workout a bit shorter. Exclude all the arm movements and focus only on the core and hip actions. Take a rest break if you really feel like you need it.

Too easy:
Increase the length a little. Add more range of motion. Add more abdominal compression. Add more mind-to-muscles connection. Add some weight by including weighted gloves, ankle weights, or a weighted vest.

Just remember to be aware of your current fitness level, and never sacrifice good form for performance. It's hard to get healthier if you can't move because of injuries.

On the Figure 8 Workout Plan, you will have either one or two days off each week, but that doesn't mean that you can get lazy and quit moving. You MUST stay active during those days, so I recommend adding some incidental exercises to your daily activity. Incidental movements could be, for instance, parking further away from the shopping center, trying not to sit still for more than half an hour at a time during the day, taking the steps instead of the escalator, or getting out and doing that gardening that you have been putting off.

Remember to track your progress by taking your measurements and photos in the beginning of this workout calendar, then continue taking your measurements every seven days and your photos every 30 days. You'll be amazed by the change!

Figure 8...

- Is a fast, effective cardio and core conditioning workout system
- Burns fat
- Helps build a strong, lean core
- Increases muscular endurance
- Benefits people of all fitness levels (beginners to pro athletes)
- Can be performed in a small area anywhere (home, hotels, or outside)

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THE WORKOUTS

PHASE 1

Learn the Foundation

- 3 CORE MOVES
- TIPS
- LAYERING
- ONE-ON-ONE
- SIGNATURE MOVES

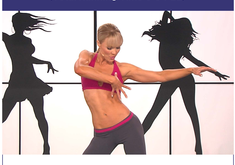
3 CORE MOVES

(Total Running Time 0:07:21)

You will learn the three essential core moves that are the foundation of entire Figure 8 training; hip sway, hip tuck, and hip roll. Jaana shows you precisely how to activate all your important core muscles; front abs, those hard to reach deep abs, your side obliques and wrapping all the way around to your lower back.

TIPS

(Total Running Time 0:04:22)



This short program gives you bonus information how to enhance your Figure 8 results with the use of proper breathing, abdominal compression and a full range of motion.

ONE-ON-ONE

(Total Running Time 0:56:01)

Here you go over all the 15 signature moves of Figure 8. Jaana shows you slowly and precisely how to move your body like a competition Latin dancer and how to fire all your core muscles while dancing Merengue, Samba, Salsa, Paso Double, Jive, Rumba, and Bolero. You learn the proper technique and form such as how to keep your back straight and your abs engaged while moving your hips in multiple directions.

LAYERING

(Total Running Time 0:07:25)

Here Jaana shows you the unique Figure 8 layering system that all the Figure 8 dance choreography is structured. You will practice Samba Walks, and Paso Lunges one layer at a time; first, you learn a proper footwork; second, how to do fluid body actions; and third, how to gracefully use your arms. This workout will increase balance, gain core control and gives you tools to modify all the future Figure 8 exercises to your skill level.

SIGNATURE MOVES

(Total Running Time 0:06:22)

Now it's time to turn up the music and perform Merengue, Samba, and Paso Double Basics. Jaana gives you simple marching exercises to develop musical awareness, improve balance and poise as a Latin dancer.

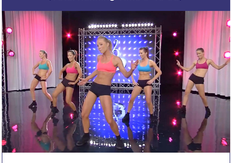
PHASE 2

Burn the Excess Fat

- **DANCE MAX DRILLS**
- **10 MINUTE ABS**
- **CORE CARDIO LEARN**
  + back view*
- **CORE CARDIO BURN**
  + back view*
- **CORE CARDIO BURN**
  + back view*

DANCE MAX DRILLS

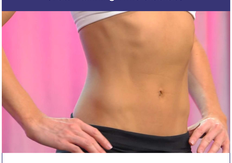
(Total Running Time 0:45:53)



Now you are starting to dance five Latin dances back to back to the music which will challenge your cardiovascular endurance. Jaana will show one dance pattern at a time without cycling the choreography so it easy to follow. You will maximize your dancing skills with repetitive core isolations drills. This workout, along with the Phase 1 programs, is recommended for beginners to get best results.

10 MINUTE ABS

(Total Running Time 0:09:30)



This is a quick core training circuit to get your abs, obliques and lower back toned. Jaana shares her most effective, powerful dance moves to maximize your core strength. Do this workout anytime you are short on time or want to squeeze in some extra ab work with other programs.

CORE CARDIO LEARN

+ back view*

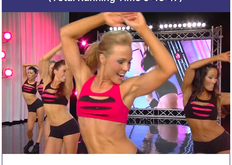
(Total Running Time 0:41:17)

Jaana introduces her unique dance drills to kick up the calorie burn. You will learn how to move your hips seamlessly as you perfect your dance ability progressing from slow, easy pace moves to fast pace rhythms. This workout is great for tightening and toning your core muscles from a variety of different angles.

CORE CARDIO BURN

+ back view*

(Total Running Time 0:45:47)

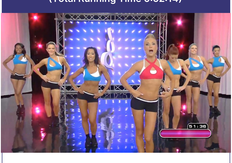


Jaana leads you through more fluid hip moves and further progresses the challenge by introducing fun dance plyos into the cardio routine. There are lower impact variations of all the moves so you can go at your own pace, stay safe and still get a great ab sculpting workout.

CORE CARDIO BLAST

+ back view*

(Total Running Time 0:52:14)



This advanced cardio workout supercharges your calorie burn through the roof. You will not only experience a great cardiovascular workout, but you will become stronger as you go through competitive style dance drills to get you trimmed and toned.

* This program is also available as a back view online. Some Figure 8 dance moves such as turns and some circular hip actions can be quite challenging to learn when you are facing Jaana, especially when you are a beginner. Use the back view video anytime you feel you need more instruction on directions on feet, hips, and arms.

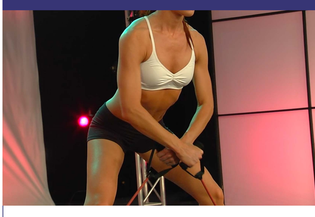
PHASE 3

Sculpt a Tone, Lean Body

- UPPER BODY SCULPT
- LOWER BODY SCULPT
- RHYTHMS TONING
- STRETCH AND FLEX

UPPER BODY SCULPT

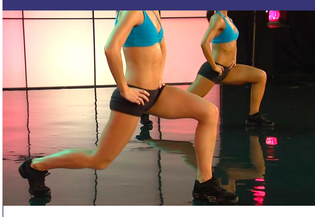
(Total Running Time 0:29:17)



In this program, Jaana takes the intensity down a notch and works with resistance bands to target chest, back, shoulders and arms. You will continue building lean, beautiful muscles, and the bonus - it will accelerate your fat burn even while you sleep.

LOWER BODY SCULPT

(Total Running Time 0:28:36)



This workout features the most effective lower body moves that attacks your hips, butt, and thighs. Jaana makes this workout motivating by alternating Paso Doble and Jive moves and their rhythms. You'll not only improve your lower body strength but also burn calories faster. No weights needed.

STRETCH AND FLEX

(Total Running Time 0:26:35)

This program is designed to increase your flexibility, prevent injuries and tone and tighten your body from head to toe. In the first segment, Jaana guides you to free your muscle tension with the Bolero standing series and ends with an on the floor series achieving overall balance and a sense of well being.

RHYTHMS TONING

(Total Running Time 0:44:26)

This is an effective fat-burning, muscle-toning workout without the use of any equipment. You will sculpt your arms with an invigorating Merengue dance moves, bubble up your bootie witha fierce Paso Double dance and sculpt your entire body with a super fun Afro-Brazilian Samba routine.

FIGURE 8

Ultimate Results

- DANCE PLYO 1
- DANCE PLYO 1 INSTRUCTION
- DANCE PLYO 2
- DANCE PLYO 2 INSTRUCTION
- BROADWAY BODY BURN
  + back view*
- SEXY ABS EXTREME

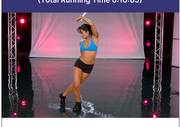
DANCE PLYO 1

(Total Running Time 0:19:54)

This is a high-intensity interval-training (HIIT) workout where competitive dance and plyometrics meet. You will dance five 2-minute insane dance intervals with 30-second recover breaks between. The best part of this workout is that your body continues to burn fat 24 hours after you stop exercising. This program is very demanding and isn't for beginners.

DANCE PLYO 1 INSTRUCTION

(Total Running Time 0:10:05)



Dance Plyo 1 Instruction is a tutorial session where Jaana narrates the most important technique and alignment cues for all the dance movement patterns that are used in the Dance Plyo 1 program. Follow along as Tsha slowly demonstrates five powerful high-intensity dance drills without the use of any music. Mastering the Plyo 1 dance moves will help you get lean, strong, and agile like a true dance athlete. This video must be watched before attempting the Dance Plyo 1 program.

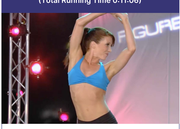
DANCE PLYO 2

(Total Running Time 0:19:50)

This high-intensity interval-training (HIIT) takes your fat burn to the extreme. Jaana reveals the training secret that the top professionals do to get their bodies ready for the competitions. You will dance five 2-minute rigorous dance intervals with 30-second recovery breaks between. This program is very demanding and isn't for beginners.

DANCE PLYO 2 INSTRUCTION

(Total Running Time 0:11:06)



Dance Plyo 2 Instruction is a tutorial session where Jaana narrates the most important technique and alignment cues for all the dance movement patterns that are used in the Dance Plyo 2 program. Follow along, as Erin slowly demonstrates five powerful high intensity dance drills without the use of any music. Mastering the Plyo 2 dance moves will help you get lean, strong and agile like a true dance athlete. This video must be watch before attempting to dance the Dance Plyo 2 program.

BROADWAY BODY BURN

+ back view*

(Total Running Time 0:25:31)

Time to put your Broadway attitude on. Jaana challenges your cardio conditioning with her heart pumping Lindy dance moves. You will shimmy a lot, shake a lot and shrink your waistline fast.

SEXY ABS EXTREME

(Total Running Time 0:15:08)

Hit the floor and attack your abs from every angle without doing traditional crunches. Jaana guides you through a sequence o f highly effective and challenging exercises, focusing on precise movement and form. You will get flat, firm, sexy abs fast!

* This program is also available as a back view online. Some Figure 8 dance moves such as turns and some circular hip actions can be quite challenging to learn when you are facing Jaana, especially when you are a beginner. Use the back view video anytime you feel you need more instruction on directions on feet, hips, and arms.

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SIGNATURE MOVES

During Jaana's professional training days, she created her own signature dance moves that were extremely effective at giving her rapid, abtoning results. These moves are the basis of the Figure 8 training repertoire. Although you learn these moves with each Figure 8 program, it might be a challenge for you to remember the names or how to perform them properly. Here are photos of the 15 Signature Moves as a great mental note of proper form, action, and targeted muscle groups. Have fun and refer to them as often as you need.

1 MERENGUE TRI WALKS

TARGET MUSCLES:
Shoulders, biceps, triceps, obliques, and lats.

SET UP:
Stand with ankles closed, knees straight, and abdominals tight. Raise both arms in front, with elbows pointed sideways.

ACTIONS:

1. As you bend your right knee, slide your ribcage right and stretch the left hip sideways, creating a tremendous pulling sensation from hip to ribcage. Perform a tricep extension with your left arm keeping the elbow pointed towards the ceiling.
2. Repeat on the other side.

TIP:
To challenge your coordination skills, try walking 4 sets forwards and 4 sets backwards.

2 MERENGUE PADDLE TURNS

TARGET MUSCLES:
Quads, obliques, lats, and shoulders

SET UP:
Stand on your right foot, knee bent and left foot pointed forward, holding the right arm up above your head, elbow curved. The left hand rests on your left hip bone. Align the right ankle, the right hip bone, the right shoulder, the neck, and the right hand in one line.

ACTIONS:

1. Gradually pivot your body around 360 degrees
2. As you push off from the ball of the left (front) foot to swivel ¼ turn, perform a full hip circle to the right. The right hand draws a circle on the ceiling at the same time. End facing the side wall.
3. Repeat the action, and finish facing the back wall.
4. To finish: Repeat the action one more time, and finish facing the front. Close your feet, and repeat on the other side.

3 MERENGUE TRIPLE CRUNCH

TARGET MUSCLES:
Quads, obliques, lats, and shoulders

SET UP:
Stand with your legs wide, knees bent, and toes pointing forward. Hold both arms up above the head, hands together, and elbows out.

ACTIONS:

1. Compress abdominals. As you shift weight, flex the spine to the right. You should feel maximum contraction on your right oblique muscles.
2. Repeat on the left side.
3. On the third crunch, add a knee lift; the left foot touches the inside of your right knee.
4. To finish the set: Repeat the three crunches on the other side.

4 SAMBA CRUNCH

TARGET MUSCLES:
Quads, abdominals, back, and shoulders.

SET UP:
Stand with legs shoulder-width apart, knees straight but not locked, and belly tucked in. Your arms are up in line with shoulders, elbows bent.

ACTIONS:

1. Exhale. Bend both knees and flex your spine (tuck your tailbone under and make the chest concave). You should feel maximum contraction with your front abs. Imagine both arms are pushing away from a wall to stretch the shoulder blades apart.
2. Straighten the knees and return hips, spine, and shoulders to a neutral alignment. Keep the abs tucked in. Squeeze the shoulder blades together to bring the elbows back to the starting position.

5 SAMBA SIDE ROCKS

TARGET MUSCLES:
Quads, obliques, back, and shoulders.

SET UP:
Stand with your feet together, weight on the right foot. The knees are slightly bent and abs compressed. Hold hands together in front of your thighs and point elbows out.

ACTIONS:

1. Step in place with your left foot, and raise arms up in a circular motion in frontal plane.

2. Extend right leg sideways and place weight only on the ball of the foot. Crunch strongly your right oblique muscles to elevate the right hip up. Your right side should have a strong curve that looks like letter "C."

3. Repeat the action on the other side.

6 SAMBA BATUCADAS

TARGET MUSCLES:
Quads, obliques, and biceps.

SET UP:
Stand with your feet together, abs compressed, and lean upper body slightly forward. Upper arms are close to your sides with your biceps flexed.

ACTIONS:

1. As you crunch your right oblique muscles, point your right foot to the side. Extend and flex the bicep muscles and finish with the hands on the opposite side of the pointed foot, as shown. Hop gently to soft knees as you return to the starting position: feet closed, spine neutral, and upper arms close to your sides.

2. Repeat on the left side.

TIP:
Try to keep your head in one place. During the bicep curls, imagine that you have dumbbells in both your hands and that every single curl feels heavy and firm. Up your speed, as you transition from one leg to the next. Focus on kicking your leg out as far as you can on each move.

7 SALSA CHASSES

TARGET MUSCLES:
Quads, obliques, triceps, and shoulders.

SET UP:
Stand with your feet together. Knees are slightly bent and abs compressed. Arms are up on the shoulder level with hands in front of the chest and elbows pointing out.

ACTIONS:

1. As you shuffle your right foot to the side, extend the right ribs out and lift the opposite hip up. In this rib-to-hip opposition stretch, strongly punch your fists to the left by extending your triceps muscles. Close your feet, and repeat 3 more times to the right.

2. Close your left foot to your right foot and bring your arms close to your sides as shown, abs compressed.

3. To complete the set: repeat the 4-chassé sequence to the left.

8 SALSA TWISTS

TARGET MUSCLES:
Quads, abdominals, obliques, back, and biceps.

SET UP:
Keep your spine straight, and stand on your right foot, knee bent and left foot pointed forward. Arms down at your sides.

ACTIONS:

1. Swivel the ball of the left foot, and strongly twist your hips to the right, keeping the torso stationary. Curl your biceps out and away from your sides.

2. Repeat the twist, and curl your biceps towards the midline of the body. (The elbows are out and hands crossed in front of your chest as shown.) Repeat seven more times, and then switch to the other side.

9 SALSA SIDE ROCKS

TARGET MUSCLES:
Hip flexors, abs, obliques, back, and shoulders.

SET UP:
Stand with your feet together, knees straight, and abdominals tight. Raise both arms in front, elbows pointed sideways.

ACTIONS:
1. Extend your ribcage to the side, and take a small step to the right with a soft knee. The left hand draws a small circle in front of your chest like you are washing an imaginary window.

2. Replace the weight on your left foot and repeat the action; slide ribs to the left while the right hand washes an imaginary window.

3. As you close your feet, flex your hip joint, and pull the left knee up. Your thigh should be parallel to the floor. Strongly twist the torso towards the raised knee. Aim the right elbow to touch the left knee.

4. Repeat on the other side.

10 AB BLOCK

TARGET MUSCLES:
Quads, abdominals, obliques, and shoulders.

SET UP:
Stand with your legs wide, knees bent, and toes pointing forward. Arms are at your sides with your elbows and wrists flexed.

ACTIONS:
1. Keep your hipbones facing forward. Exhale and strongly twist the torso to the left. Swing your hips to the left, and punch your right arm across your chest, maintaining the strong flexion of your wrists.

2. Repeat the action on the other side and continue blocking until you have finished a total of 8 sets.

TIP:
You must keep your entire core tight to make this movement effective.

11 PASO DOBLE LUNGE

TARGET MUSCLES:
Quads, hamstrings, glutes, obliques, back, and shoulders.

SET UP:
Stand with your feet together. The hip flexors are stretched forward. Hands are closed and up above the head.

ACTIONS:
1. Step forward with your left foot, and bend your knees until your right thigh is parallel to the floor. Twist your torso left, and drop your arms down outside of your left thigh. Straighten your left knee halfway up as you bring both arms up above your head.

2. Flex your left knee back to a 90-degree angle. Twist your torso right, and drop your arms down inside of your left thigh. Repeat for 2 more pulses.

3. Push yourself back to the start: feet closed, hips stretched forward, and arms up.

4. Repeat on the right side.

TIP:
Arms draw figure 8 motions during each triple lunge.

12 PASO DOBLE SQUAT OLE

TARGET MUSCLES:
Calves, quads, hamstrings, glutes, hip flexors, lower back, and shoulders.

SET UP:
Stand with your feet together. The hip flexors are stretched forward. Hands are closed and up above the head.

ACTIONS:
1. Inhale and squat down. Push your hips back and down. Knees should be at a 90-degree angle. Cross your arms in front of your chest.

2. Press through your heels to come up, and perform a strong calf-raise. You must pinch your buttocks together and stretch your hips forward. Extend your arms up until your fingers touch each other. Keep elbows bent.

13 PASO DOBLE THROW

TARGET MUSCLES:
Glutes, quads, hamstrings, hip flexors, obliques, and shoulders.

SET UP:
Stand with your feet in a wide stance, and turn your toes out. Arms by your sides.

ACTIONS:

1. Lower yourself by bending your knees until both of your thighs are parallel to the floor. Raise your arms to chest level with your palms facing forward.
2. Stay low and cross your right knee behind the left one, like you are performing a deep curtsey. Strongly twist the torso to the left, and wrap the arms around your body.
3. Repeat on the other side.

14 JIVE HIGH KICKS

TARGET MUSCLES:
Quads, hamstrings, hip flexors, calves, abs, and shoulders.

SET UP:
Stand with your feet closed. Your knees should be slightly bent with your abs compressed and your arms should be down at your sides, elbows flexed.

ACTIONS:

1. Turn your body to the left corner, and lift the left knee up while keeping the foot hanging freely under your hips. To kick, straighten the left leg high and pop your weight to the ball of the right foot. Extend both arms up.
2. Right after you deliver the explosive kick, retract the left leg, and return to a stable jive stance: lean forward, abs tight, and arms on your sides.
3. Repeat on the right side.

15 JIVE CHARLESTON

TARGET MUSCLES:
Quads, hamstrings, hip flexors, calves, abs, and shoulders.

SET UP:
Stand with your feet closed. Your knees should be slightly bent with your abs compressed and your arms down at your sides, elbows flexed.

ACTIONS:

1. Lift the left knee up while keeping the foot hanging freely under your hips. To kick, straighten the left leg high in front of your body and pop your weight onto the ball of the right foot. Extend both arms up.
2. Right after you deliver the explosive kick, retract the left leg in: left foot touches the right knee. Pull elbows in to your sides.
3. Bend your knees and step backwards with your left foot, allowing the back knee to come close to the ground. Keep your weight on the front heel and maintain a straight torso. Touch your left hand to the floor. Do not round your back. Push back up with the back foot and return to the standing position.
4. Repeat on the other side.

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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:

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 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 Figure 8.

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

Share Your Incredible Story!
Please share your "before" and "after" pictures in our Closed VIP Facebook Group!

WOMEN MEASUREMENT HISTORY

MEN MEASUREMENT HISTORY

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 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 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 30 days, starting on Day 1.

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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. I want to see you succeed every step of the way, so I've put together ten tips that I've found useful for starting and sticking with the Figure 8 System.

1. Figure 8 Fitness Introduction Video

If you are new to Figure 8, follow along with my introduction video, where I explain how to use the Figure 8 online video library. In the beginning it might feel a little overwhelming, but I promise, after watching this video, you will be able to find awesome workout videos in seconds, with just a click of the mouse.

2. Modify If Needed

In each one of the Figure 8 workouts, there is one dance member showing modifications making it easy for your joints and range of motion. You can choose to follow all of them, or simply modify the moves that you don't feel comfortable with on a certain day. It's a great option for beginners. Consider it as a building block to getting up to the level of the group. Remember, slow and steady wins the race.

3. Maintain Your Form

It's important to maintain proper form to achieve the best results possible. Pay close attention to my instructions during the workouts. I will guide you precisely on how to breathe and maintain correct posture while performing all the Figure 8 moves. You will not only maximize your core strength and endurance but also accelerate your fat burn tenfold!

4. Wear Good Shoes

Be sure to wear a good, supportive pair of well-fitted cross-training shoes or dance sneakers that provide support and allow you to move side to side.

5. 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.

6. Drink Lots of Water

Drink water all throughout the day: before, during, and after workouts. Drinking water helps control appetite.

7. Track Your Results

Your body will start showing positive improvements from the day you begin Figure 8, 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 every seven days, 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'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 will prove to be far more effective in determining results.

8. 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.

9. Become a Leader

The absolute best way to ensure your success with Figure 8 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.

10. Take Small Steps

Make this Figure 8 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.

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MAINTENANCE

You've finally reached it - your goal weight! You've put in the sweat, hours, and you've cleaned up your diet. You don't want to lose all of the hard work that you put in by having the scale climb back up, so, now what?

Up until this point, your heart has benefited from all the Core Cardio Drills, your metabolism is likely soaring due to the Figure 8 Sculpt Training, and you've learned how to eat healthy and in moderation. Well done! Congratulations!

From here on out, you will need to keep doing all of the above, but you no longer need to workout 5-6 days a week. You can now lower it down to 3 times a week. Each week you need to workout to:

1 high intensity workout
1 core cardio workout
1 toning workout

Below is a suggested maintenance workout schedule. This plan uses all the same Figure 8 Full Workouts that you are used to doing except, this time, you do them less often. There are also four new workouts from the Figure 8 Ultimate Collection to include, to mix things up so your body can continue to stay at the same body shape. These four programs are very short high-intensity dance drills. They work your body head to toe with a minimum of time, so you only need to do one Ultimate program, once a week. If you do not have the Ultimate program, there will be optional workout selections from the Basic Figure 8 program.

These are your suggested workouts for your one week training schedule: Choose one workout/workout set per day from the suggested list:

Day 1: A High Intensity Workout

- Dance Plyo 1 (Ultimate Collection*)
- Dance Plyo 2 (Ultimate Collection*)
- Broadway Body Burn (Ultimate Collection*)
- Core Cardio Blast

Day 2: A Core Cardio Workout

- Dance Max Drills
- Core Cardio Learn
- Core Cardio Burn
- Core Cardio Blast

Day 3: A Toning Workout

- Upper Body Sculpt & Sexy Abs
- Dance Plyo 2 (Ultimate Collection*)
- Lower Body Sculpt with Dumbbells & Sexy Abs Extreme** (Ultimate Collection*)

*You can purchase the FIgure 8 Ultimate Collection from support@bodyfx.com

** You have an option to use 1-5 pound dumbbells during the Paso Double segments to maximize your sculpting results. Do not use dumbbells during Jive segments because the Jive dance moves are fast and bouncy, and they are not suitable for dumbbell training.

The best suggestion to split your weekly workouts is to make your three training days Monday, Wednesday, and Saturday, and your resting days Tuesdays, Thursdays, Friday and Sunday. However, you can choose your training days as you see fit. As long as you finish three workouts by the end of the week, you are okay.

WORKOUT CALENDAR SAMPLE SCHEDULE

WEEK 1	
MON	High-Intensity Workout
TUE	Rest Day
WED	Core Cardio Workout
THUR	Rest Day
FRI	Rest Day
SAT	Toning Workout
SUN	Rest Day

WEEK 2	
MON	Core Cardio Workout
TUE	Rest Day
WED	High-Intensity Workout
THUR	Rest Day
FRI	Rest Day
SAT	Toning Workout
SUN	Rest Day

WEEK 3	
MON	Toning Workout
TUE	Rest Day
WED	Core Cardio Workout
THUR	Rest Day
FRI	Rest Day
SAT	High-Intensity Workout
SUN	Rest Day

WEEK 4	
MON	High-Intensity Workout
TUE	Rest Day
WED	Toning Workout
THUR	Rest Day
FRI	Rest Day
SAT	Core Cardio Workout
SUN	Rest Day

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TESTIMONIALS

ROXANNA

BEFORE AFTER

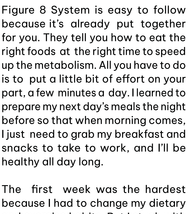
I've been struggling with my weight since I was nine years old. That means for the past 24 years I've been obese. With the Figure 8 System, it took me only eight weeks to lose 28 pounds and 6 inches around my waist! That's a miracle!

When I see my fat photos, it makes me sad that I have been so big for so long. I remember many times if I dropped something on the floor, I was embarrassed to pick it up because I couldn't bend forward with my big belly. Now I can bend and I don't have to open my legs up. It feels so much better.

Figure 8 System is easy to follow because it's already put together for you. They tell you how to eat the right foods at the right time to speed up the metabolism. All you have to do is to put a little bit of effort on your part, a few minutes a day. I learned to prepare my next day's meals the night before so that when morning comes, I just need to grab my breakfast and snacks to take to work, and I'll be healthy all day long.

The first week was the hardest because I had to change my dietary and exercise habits. But I stuck with it, and I couldn't believe the result. I lost six pounds my first week! Seeing that kind of number made me continue another week, and then I was hooked. Figure 8 System totally changed my life! You have to try this program because it really works. Make yourself a priority! Figure 8 is about me, and I am putting myself first. I promise, you start seeing the results right away, and the more you lose weight, the more you want to stick to it.

HOPE



BEFORE AFTER

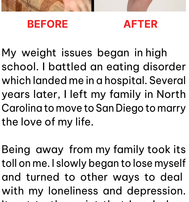
Hi, everyone, my name is Hope French. I am 32 years old and I have three children. I started Figure 8 about seven weeks ago, and to date, I have lost 21 pounds and six inches around my belly.

I found the program around a time when I really, really needed it. I was always tired, and I didn't have enough energy to play with the children. The big thing was– my husband wanted to take me out on a night on the town. I went into the closet, and I tried on some of my favorite clothes and I was busting out of them. We ended up not going out and I just cried all night long. I thought this type of lifestyle, me being fat and depressed, was not good for me, my children, or my family. So I knew I had to do something about it.

When I first started Figure 8, I was really skeptical. I thought to myself, all the testimonials on the website are fake. But I had nothing to lose so I wanted to test it. When I first noticed results, it was about a month into the program. I knew from the scale that I was losing pounds, and my neighbors and friends started commenting.

Figure 8 really works! Test yourself and you will be amazed!

LAUREN



BEFORE AFTER

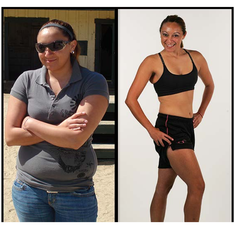
My weight issues began in high school. I battled an eating disorder which landed me in a hospital. Several years later, I left my family in North Carolina to move to San Diego to marry the love of my life.

Being away from my family took its toll on me. I slowly began to lose myself and turned to other ways to deal with my loneliness and depression. It got to the point that I ended up drinking bottles of wine every single night, and that made me to eat a lot of bad carbs like potato chips and french fries.

Within a year and a half, I ended up gaining 25 pounds which was very traumatic for me. I couldn't fit into any of my clothes, even my underwear. I didn't want to go anywhere in public because my self-confidence was so low that I didn't want to be seen by anybody. I was on a steady spiral further and further downhill.

This is when I found Figure 8. The combination of the supplements and the steady workouts helped reset seven years of abuse on my body. I truly believe Figure 8 saved my life. I am no longer the person I was; I am strong, confident, fit, and healthy. For me, the program became more about the internal healing with the exciting benefit of looking amazing! I have found a family away from home. I have become so passionate about Figure 8 that I have started helping others overcome their obstacles—just like me. I am forever grateful to Figure 8.

CANDACE



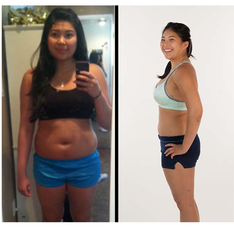
BEFORE AFTER

Before Figure 8, I was going through a separation with my husband. My physical and mental states were so bad. I felt hopeless and sad. I moved to another city to get away and start a new life with Figure 8. It only took me eight weeks to go from a shy, insecure woman to a confident, strong athlete.

What's the craziest of all, after the eight weeks of Figure 8, my husband came to see me for my birthday and he was blown away. He liked my physical change a lot, but what was the most shocking for him was to see my mental transformation—I was so much more confident and independent than ever before. My husband fell in love with the new me and we decided to give our relationship another chance. To have my husband back in my life means so much to me.

The words can't express how happy I am. And this is all because of Figure 8. I will never forget this.

LYNETTE

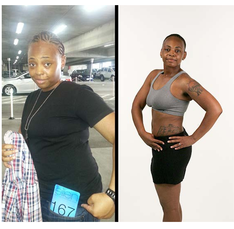


BEFORE AFTER

I love this Figure 8 because you are part of a magnificent community where everyone is at the same place as I am and they are going through the same weight loss journey with me. We evolve and transform together. We support each other to stay on the Figure 8 diet and exercise plan every day. It makes you want to stick with it. The first week, when you get past the hump day, then everything gets easier. You make friends, and together we make our lives so much more fun and exciting. You literally see your body change. I saw my body change fast.

This program is not intimidating at all. It's not like when you go to the gym and you see these super-buff skinny people and you're, like, "What am I doing here? I should go home!" No, in Figure 8 community, everyone is just like you and me. I know it's hard to get off the couch and stop eating those potato chips, but this program is gonna be so WORTH IT!

CRYSTAL



BEFORE AFTER

I'm 29 years old and I'm an accountant. I sit at a desk all day, and I'm able to eat whatever I want and whenever I want because the food is provided there for free. During the last couple of years, I have packed extra weight on me. The biggest thing was that my belly was constantly bloated, and I started to develop severe constipation problems that lasted for days—sometimes even as long as for three weeks. And let me tell you, it was not cool, not fun and it was definitely not sexy. There were days that my belly was hurting so badly. I tried all kind of laxatives, Metamucil, and flax seeds, and nothing seem to help. In just five days into the program, I started to go to the bathroom regularly again. I couldn't believe it!

I lost 19.5 pounds with Figure 8 System and I feel frickin' amazing! My friends see my transformation and are surprised at how fast I lost the fat. They all are asking what I am doing. With Figure 8 System, you get quicker results, better results, and longer-lasting results than any other program out there. This program is for everyone who wants to change their lives. If you are unhappy, start Figure 8! You have nothing to lose.

ARA

BEFORE AFTER

Every morning I would wake up starting a diet. I would eat something that would have to do with a diet, and as the day went by, I would break it. So every night I would go to bed thinking I failed. Sometimes it would take my sleep away.... When I found Figure 8 System, I was still skeptical. Being as big as I was, and then they promise you to lose all this weight and have a waist—it was hard for me to believe because I've tried it for so many years. But I was wrong! So far I have lost 53 pounds and 7.5 inches around my waist! I'm so excited! Yay!

Now I can catch up to my two-year-old daughter. I have the energy to run after her and jump with her. I'm just super-excited, ecstatic!

Every day, I tell everybody about Figure 8. I tell them that you have to try it! This program is so easy and it gets you results fast. You just have to do it. It worked for me and it will work for you too!

ANDREA

BEFORE AFTER

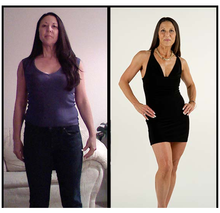
I think the first time I really realized that Figure 8 was working for me was when I went to my closet and tried on my skinny jeans that I hadn't fit into for five years. Every once in a while, I used to pull them out to see where I was at. I hadn't pulled them out for a good while just because I was depressed.

But one day during my Figure 8 journey, I decided to pull the jeans out again, and surprisingly, I was not only able to pull them up but button them, too. There was actually room for me to move around. I was jumping for joy! I called my husband, and I was, like, come and look at me! These are my skinny jeans! I couldn't stop prancing around the mirror. I started to wear them to work and I told all my coworkers! I was just so excited!

I have lost 17 pounds to date and 4 1/4 inches off my waist alone. I have not seen those numbers since high school, and that is unbelievable!

Figure 8 System in two words—I can honestly say it's "LIFE CHANGING." I feel like from this point on for the rest of my life, whether it's after having kids or a big Christmas holiday, I know what to do and that's because of Figure 8 System.

JOYCE



BEFORE AFTER

I should tell you about my aha moment...

I was a depressed 51-year-old grandmother. I had fat compacted everywhere; my belly was massive, I had layer upon layer of fat around my mid-section, thighs touching, fat wings going, and bra fat hanging out. It was horrible. I bought a new scale, hoping to start losing weight, and when I got on a scale, the fat percentage reading said I was "overweight." I sat there in the chair and was blown away. I went online, and I accidentally stumbled upon Figure 8 and decided to give it a try.

Figure 8 took me by storm! I couldn't believe my results! My goal was to lose 15 pounds and I lost 18.5! My belly shrunk 5 inches, and that's phenomenal. It was just like Figure 8 System grabbed my fat and threw it away. Yay me!

I have to tell you, the Figure 8 System has been a godsend for me! It's been easy, it's been fun, and it's been a wonderful experience, especially when the weight started coming off and I saw the results. All of a sudden, my curves came back, and all the muscle structure that was hidden under fat for all those years was back. I feel better now than I probably have in 30 years!

PAULA

BEFORE AFTER

After my car accident, I fell into a deep depression. Who doesn't judge you when you are de-pressed? Chips Ahoy cookies. They love you no matter what. But once you have eaten all that sugar and processed foods, you feel like crap all over again. It's such a vicious cycle. Needless to say, I gained over 30 pounds in two years. Thirty pounds!! I am only 5'4", weighing in at 171, and that size made me feel unattractive and alone. Friends? I have them, but I wasn't involved with them as much as I wanted to. Besides that, I never showed how depressed I really was.

The reason I am getting so personal with you about my depression and weight gain is because I know there are many of you out there. You are moms, you are students, you are sisters and you are friends. You have the WANT to change, but you just don't have the correct tools to change your life or your situation. Eight weeks ago, Jaana, James, and the Figure 8 team invited me to their challenge group. That was the day that has changed my life for the better. This company takes the time to help each and every one of their challengers by giving them the tools that help you succeed. They know what works, and you don't have to change a thing because it is perfect. In the past eight weeks, I have lost a total of 19.5 pounds and 8 inches around my waist! That's crazy! I took my "After 60 Days" pics and I didn't have to use my usual tricks to nip/tuck my body to not look so heavy.

Thank you, Figure 8, for teaching me once again that I am worth taking the time to get healthy and live a healthy lifestyle. I am MOST grateful! My family's health is what is most important to me and I am thankful for everyone at Figure 8 for this amazing opportunity! You guys ROCK and I love you!

JOY

BEFORE AFTER

The Figure 8 community support has definitely been the best. I'm extremely motivated to be a part of this all. I have developed incredible relationships with other women. Hearing their stories and seeing their transformations and photos have made me to relate to them easily. I talk about Figure 8 to my coworkers every single day. They see how I eat differently now and how it has affected my weight. They also see what a crazy amount of energy I have now.

People of any size or age can do this program. All the moms out there who are very busy with work and have kids, this program is especially for you. It's easy and it gives you so much energy to do more things with your children, and I promise your kids will appreciate it a lot too.

Thank you, Figure 8 System, and thank you, everyone in the community. You all have been such great support for me from day one. I will remember forever when you all made me feel so comfortable about posting my day one measurements and before photos on line. Ever since, you've been there to give me positive encouragements to stay on track. I could have not lost all this weight by myself. Thank you from the bottom of my heart.

JEN

BEFORE AFTER

With Figure 8, my personal results have been phenomenal. When I first started, I just wanted to get those last baby-weight pounds off, which was 20 pounds. I met that goal and surpassed that goal by 23 pounds. So I've lost a total of 43 pounds and 5 inches around my waist alone.

I basically weigh now what I used to weigh in junior high school. I have not seen these numbers on the scale for a very long time. Now I have a great S-shape figure, and my husband comments on me every day. I even got a comment in the grocery store the other day...

With Figure 8 it's so fun because it's so simple and fun to follow. Anybody who does this program will get amazing results, especially around the belly. I literally felt my abs shrinking after only a week. It's amazing! I feel so much healthier and stronger than ever before.

ALICIA

BEFORE AFTER

Over the past 10 years, it's been so difficult to lose weight. I had a horrible diet. For example, I never drank water or ate any vegetables. I used to start the morning with only coffee, milk, and sugar on an empty stomach. Then during the day, I had Snapple followed by soda...

No wonder I packed some serious fat around my belly area. I remember how uncomfortable it was for me to wear bikinis. Every time I had them on, I was trying to suck my belly in. I didn't want to sit down because I had a terrible belly roll. Then I found the Figure 8 System, and in eight short weeks, I lost 17.5 pounds! That's incredible!

Now I'm a completely different person. I'm the first one to go to the pool parties. ... I'm full of energy and I'm healthier than ever before. I love it! Thanks to Figure 8!

CHERYL

BEFORE AFTER

I used to just get up, have my coffee, sit on the couch, and watch a procession of morning shows for a couple of hours ... just completely depressed, not really wanting to do anything. When I heard about Figure 8 System, I was like, okay, it's just exactly what I need to just get me back into the body I had before I had my daughter three years ago. Now every morning I wake up so happy. I don't feel groggy anymore. I get my protein shake on, my hard-boiled eggs, and I get out for the day.

I've been doing Figure 8 System for eight weeks now, and so far to date I've lost 15 pounds and 5 inches around my waist. Anyone can do this program. I am the worst person at following any plans but somehow Figure 8 System is so fun to follow.

Figure 8 is a godsend. Thank you very much! I will continue for the rest of my life with this program because it makes me feel so good!

JANINE

BEFORE AFTER

I've been up and down the same 30 pounds, I can't even tell you how many times, and most of the time when I've been in other programs, I always feel like it's such a chore and not fun at all. I was shocked to see the eight-week results—I lost 24 pounds and 6 inches off of my waist, which is fantastic!!!!

Figure 8 has been so easy! It's been something that I look forward to doing every day. The thing that I really enjoy about Figure 8 versus other programs is that it concentrates on my shape, so that I can get the hourglass figure (narrow waistline and beautiful curves) that I personally like to have as a woman.

Figure 8 has changed my body and it has changed my life! I finally feel comfortable in my own skin. Figure 8 has not only made me feel sexy again, but healthy too. This is a program that I continue to do.

I would say that anyone who wants to try this program, stop procrastinating and start NOW! Figure 8 System is the program that will give you the results you've been wanting!

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