



Guide to Your Slim Body

Weekly Schedule



Your Slim Body Schedule

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1 Single Anti Cellulite Session

Exercise	Repetitions	
	Left	Right
Straight Leg Lift	10	10
Leg Heel Extension	10	10
Hip Extension	10	
One Leg Hip Extension	10	10
One-Leg Touchdown	10	10
Natural Squat	10	
Step-Up Exercise	10	10
Lunging Touchdown	10	10

- In the above order, attempt 10 repetitions of each of the following 8 cellulite reduction exercises. If an exercise, such as the Straight Leg Lift, requires you to work both sides, do 10 repetitions of each side.
- If you rest briefly between sets (10 seconds), you can complete Your Slim Body progression in about 15 minutes.
- As you develop strength and balance, begin a second set of each exercise. Initially, limit the second set to 5 or 6 repetitions. Aim to build up to 10 repetitions of each set.
- All of these exercises are natural movements. Feel free to adjust them for your own range of motion and balance. You can still achieve great results if, for example, you need to start by squatting only halfway down, then developing a deeper squat.
- Once you can do a complete progression of 10 repetitions of each exercise, we strongly encourage you to view and use Meagan Lee's Total Body Exercise Techniques. Her exercises require minimal equipment: a mat, which will be helpful during Your Slim Body exercises, a jump rope, an exercise band, some light weights.

2 Weekly Schedule

Week 1

The 1st week, alternate Your Slim Body progression with the Meagan Lee's exercises from session #1 The Deskercise Workout.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Your Slim Body	Your Slim Body	The Deskercise Workout	Your Slim Body	The Deskercise Workout	Your Slim Body	Rest

On rest days feel free to participate in any physical activity that you enjoy, be it a nice walk, hike, gardening or riding a bike.



Week 2

The next week, alternate Your Slim Body progression with another Total Body Exercise Technique video, such as Low-Impact Cardio.

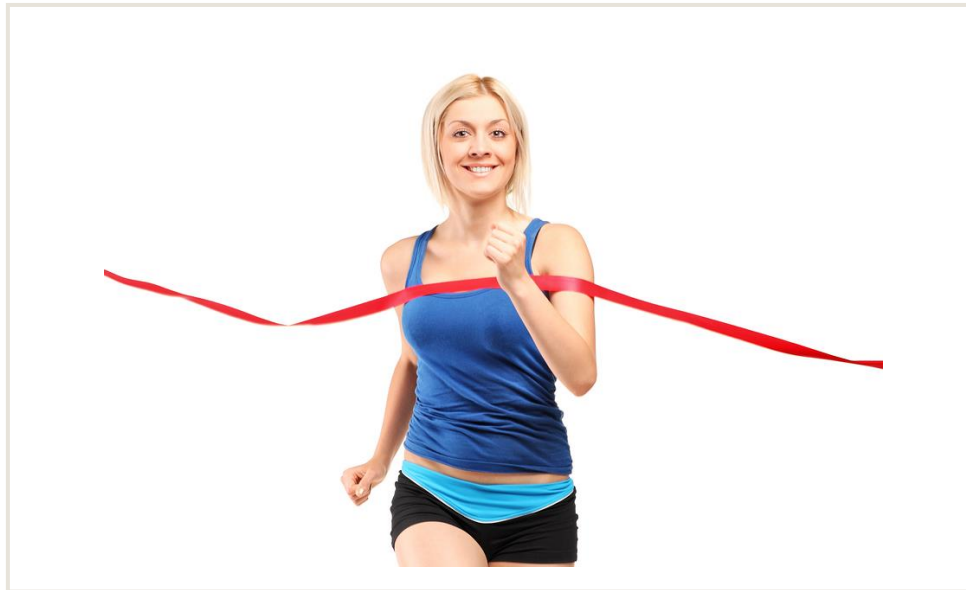
Sun	Mon	Tue	Wed	Thu	Fri	Sat
Your Slim Body	The Low Impact Workout	Your Slim Body	The Low Impact Workout	Your Slim Body	The Low Impact Workout	Rest

Week 3 & 4

Work through the remaining Piyo and Resistance Total Body Exercise Techniques videos alternating as you see fit, and then examine your progress. If you're satisfied with what you see, you can maintain at a lower level. A good maintenance level would be to work out three times a week, in any combination of exercises you enjoy.

For example:

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Rest	Your Slim Body	Rest	Your Slim Body	Rest	Your Slim Body	Rest



If you're not satisfied with your results, go through the 4-week progression again, making the exercises progressively more difficult. Women with good muscle tone will reduce, even eliminate, their cellulite much faster than women with very poor muscle tone.