



Monday through Friday, you'll work out 20 minutes a day.

Since the best jobs keep you challenged, every strength day works different muscle groups, and **no two days are the same**. Stack the Overtime workouts onto any workout day or try a live interactive workout on BODInteractive.com. Use the weekends to recharge for the week ahead.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	<input type="checkbox"/> START STRONG Back, Glutes, Core	<input type="checkbox"/> HIIT IT	<input type="checkbox"/> BUILD & BURN Chest, Legs, Core	<input type="checkbox"/> 20 MINUTE SWEAT SESSION or CYCLING WORKOUT*	<input type="checkbox"/> FINISH STRONGER Arms, Shoulders, Legs	<input type="checkbox"/> Rest or Recovery Stretch	<input type="checkbox"/> Rest or Recovery Stretch
						For more cycling workouts, check out Jennifer's classes in the BODi section of Beachbody On Demand.	
WEEK 2	<input type="checkbox"/> START STRONG Chest, Core, Legs	<input type="checkbox"/> HIIT IT	<input type="checkbox"/> BUILD & BURN Shoulders, Arms, Legs	<input type="checkbox"/> 20 MINUTE SWEAT SESSION or CYCLING WORKOUT*	<input type="checkbox"/> FINISH STRONGER Core, Back, Glutes	<input type="checkbox"/> Rest or Recovery Stretch	<input type="checkbox"/> Rest or Recovery Stretch
						For more cycling workouts, check out Jennifer's classes in the BODi section of Beachbody On Demand.	
WEEK 3	<input type="checkbox"/> START STRONG Shoulders, Legs, Core	<input type="checkbox"/> HIIT IT	<input type="checkbox"/> BUILD & BURN Glutes, Arms, Core	<input type="checkbox"/> 20 MINUTE SWEAT SESSION or CYCLING WORKOUT*	<input type="checkbox"/> FINISH STRONGER Chest, Back, Legs	<input type="checkbox"/> Rest or Recovery Stretch	<input type="checkbox"/> Rest or Recovery Stretch
						For more cycling workouts, check out Jennifer's classes in the BODi section of Beachbody On Demand.	
WEEK 4	<input type="checkbox"/> START STRONG Shoulders, Arms, Glutes	<input type="checkbox"/> HIIT IT	<input type="checkbox"/> BUILD & BURN Back, Legs, Core	<input type="checkbox"/> 20 MINUTE SWEAT SESSION or CYCLING WORKOUT*	<input type="checkbox"/> FINISH STRONGER Chest, Core, Legs	<input type="checkbox"/> Rest or Recovery Stretch	<input type="checkbox"/> Rest or Recovery Stretch
						For more cycling workouts, check out Jennifer's classes in the BODi section of Beachbody On Demand.	