

A LITTLE MORE OBSESSED

Have you completed 80 Day Obsession® and you're ready for **A LITTLE MORE**? Autumn created six all new challenging workouts, around 45 minutes each, that follow the same premise as 80 Day Obsession. These workouts contain new moves, even more intensity, and can be done in even less time.

Remember, Timed-Nutrition is key to getting your best results, so while following the A Little More Obsessed calendar, be sure to follow the 80 Day Obsession Eating Plan using only the Phase 1 calculation, which can be found in the A Little More Obsessed Nutrition Guide. You can recalculate after following this plan for 4 weeks to continue your progress in the right calorie bracket.

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Total Body Core	Legs	Cardio Core	AAA	Booty	Cardio Flow	Stretch/Roll and Release

You'll need weights (light, medium, and heavy), Beachbody® Resistance Loops, Beachbody Strength Slides, Beachbody Core Comfort Mat, Beachbody Foam Roller, A Little More Obsessed Tracker Sheets, as well as Beachbody Portion-Control Containers. We also recommend Shakeology® and Beachbody Performance™ supplements to help you get the most out of your workouts.



Weights



Resistance Loops*



Strength Slides*



Core Comfort Mat*



Foam Roller*

*To purchase these, contact your Team Beachbody Coach or visit TeamBeachbody.com.

Consult your physician and follow all safety instructions before beginning this high-intensity and physically demanding exercise program and nutrition plan.
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