


Love Your Body 2015

with your trainers  Tone It Up®

MONDAY, JANUARY 12, 2015

CARDIO + TRIPLE ABS

Shade in  for every 8 oz of water you drink

Shade in for your

Meta-D 

or Bombshell Spell 

Meal 1

Time of meal _____

Meal 2

Time of meal _____

Meal 3

Time of meal _____

Meal 4

Time of meal _____

Meal 5

Time of meal _____

Meal 6

Time of meal _____

Today's Workout

MORNING BOOTY CALL ~

40 minutes of cardio, your choice!



TONING ~ TRIPLE AB CHALLENGE!

Complete all three routines below back-to-back!

- Love Your ABS!**
Video: <http://bitly.com/TIU-LYB-LYABSV>
Printable: <http://bitly.com/TIU-LYB-LYABSP>
- 3 Moves for Sleek ABS**
Video: <http://bit.ly/TIU-TONEDABSV>
Printable: <http://bit.ly/TIU-TONEDABSP>
- Sunkissed Abs** from your Beach Babe DVD!
Preview: <http://bit.ly/TIU-BB2-SSCV>

PM Challenge ~

Wash your make-up brushes!

Having fresh make-up brushes will make getting ready feel luxurious. Use lukewarm water and a gentle shampoo to carefully clean all of your brushes. Pump a tiny little bit of shampoo into the palm of your hand and rub the brush in a circular motion until clean. You can also do this in a tall cup filled with warm water and your soap. Rinse, being careful not to get the entire brush wet. Lay flat (not standing up) to dry.

WORKOUT(S)

OF MILE(S)

_____	_____
_____	_____
_____	_____
_____	_____

Today's total miles

0.00

#100BYVDAY OR #150BYVDAY OR #200BYVDAY
OR YOUR HASH TAG # _____

0.00	+	_____	=	0.00
today		yesterday's total so far		total so far
100	-	0.00	=	100.00
		total so far		miles left
150	-	0.00	=	150.00
		total so far		miles left
200	-	0.00	=	200.00
		total so far		miles left


12

Nothing makes a woman more beautiful than the belief that she is beautiful" -SL

#LoveYourBody

 TIU COMMUNITY CHECK IN
<http://community.toneitup.com>

 CHECK IN
<https://www.facebook.com/ToneItUp>

 CHECK IN

 CHECK IN

 www.toneitup.com

@tiu_kirstie > LYB Goals:

1. BootyCall 4X/week
4. 2 TIU Recipes/week

2. 100byValentinesDay

3. Meal Prep

5. Active Rest Days 6. Focus on how you feel NOT the scale


#TONEITUP #TIUTEAM #VLOGFORVDAY
#TIUTRANSFORMATION #TIULOVEYOURBODY

Love Your Body 2015

with your trainers  Tone It Up®

TUESDAY, JANUARY 13, 2015

LEGS & BOOTY

Shade in  for every 8 oz of water you drink

Shade in for your

Meta-D 

or Bombshell Spell 

Meal 1



Time of meal _____

Meal 2



Time of meal _____

Meal 3



Time of meal _____

Meal 4



Time of meal _____

Meal 5



Time of meal _____

Meal 6



Time of meal _____

Today's Workout

MORNING BOOTY CALL ~

LOVE Your Legs & BOOTY!

Video: <http://bitly.com/TIU-LYB-LYLBV>

Printable: <http://bitly.com/TIU-LYB-LYLBV>

How amazing do you feel after completing this routine?!

Check in with us on Twitter & Instagram @ToneItUp with #TIULoveYourBody!

TONING ~

This BOOTY lovin' workout is perfect to fit in anytime!
BRAND NEW STAIRMILL WORKOUT!! OH YES!

<http://bitly.com/TIU-LYB-STAIRS>

PM Challenge ~

Connect with someone new tonight. Join the [TIU community HERE](#) and introduce yourself or show support to someone posting their workouts and meals.

Also, check for local [#TIUmeetup posts](#)! Check the hashtags in your area #TIUyourcity or #TIUyourstate and #TIUmeetup. There may be a group of Tone It Up members in your area going to yoga together or trying a new class this weekend!

WORKOUT(S)

OF MILE(S)

_____	_____
_____	_____
_____	_____
_____	_____

Today's total miles

0.00

#100BYVDAY OR #150BYVDAY OR #200BYVDAY
OR YOUR HASH TAG # _____

0.00	+	0.00	=	0.00
today		yesterday's total so far		total so far
100	-	0.00	=	100.00
		total so far		miles left
150	-	0.00	=	150.00
		total so far		miles left
200	-	0.00	=	200.00
		total so far		miles left


13

Two-A-Day Tuesdays
Continue! Get on it girl
;)

#LoveYourBody

 TIU COMMUNITY CHECK IN
<http://community.toneitup.com>

 CHECK IN
<https://www.facebook.com/ToneItUp>

 CHECK IN

 CHECK IN

 Tone It Up® www.toneitup.com

@tiu_ej > 5 Things She Loves About Her Body:

1. Hair colour
4. Booty

2. Height
5. Core

3. Legs


#TONEITUP #TIUTEAM #VLOGFORVDAY
#TIUTRANSFORMATION #TIULOVEYOURBODY

Love Your Body 2015

with your trainers  Tone It Up®

WEDNESDAY, JANUARY 14, 2015

YOGA

Shade in  for every 8 oz of water you drink

Shade in for your

Meta-D 

or Bombshell Spell 



Meal 1

Time of meal _____

Meal 2

Time of meal _____

Meal 3

Time of meal _____

Meal 4

Time of meal _____

Meal 5

Time of meal _____

Meal 6

Time of meal _____

Today's Workout

GET WILD WEDNESDAY!

Rock a bold lip color today!

We love deep berry tones and bright red shades. You'll feel an instant surge of confidence and empowerment!

MORNING BOOTY CALL ~

RUN IT OUT, GORGEOUS! 2 MILES TOWARDS

#100BYVDAY

Download your 100 miles chart [HERE!](#) The 150 chart is [HERE!](#) Read all about your 100 Mile Challenge [HERE!](#)

TONING ~

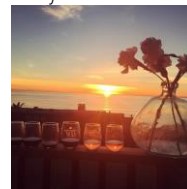
Later today, unleash your inner yogi with this energizing and calming yoga routine...

Video: <http://bit.ly/TIU-LYB-LYBY>

PM Challenge ~

Treat yourself to something beautiful!

Buy yourself and your BFF a bouquet of flowers! Give it to them tonight and enjoy a glass of vino together for #WineNotWednesday



@PhemFit



Week 3

~ Week 3

~ Week 3

~ Week 3

~ Week 3

~ Week 3

~ Week 3

~ Week 3

~ Week 3

~ Week 3

~ Week 3

~ Week 3

~ Week 3

~ Week 3

~ Week 3

~ Week 3

~ Week 3

~ Week 3

~ Week 3

~ Week 3

WORKOUT(S)

OF MILE(S)

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Today's total miles

0.00

#100BYVDAY OR #150BYVDAY OR #200BYVDAY
OR YOUR HASH TAG # _____

0.00	+	0.00	=	0.00
today		yesterday's total so far		total so far
100	-	0.00	=	100.00
		total so far		miles left
150	-	0.00	=	150.00
		total so far		miles left
200	-	0.00	=	200.00
		total so far		miles left


14

Share! How do you spoil yourself halfway through the week? We all should!

#LoveYourBody

 TIU COMMUNITY CHECK IN
<http://community.toneitup.com>

 CHECK IN
<https://www.facebook.com/ToneItUp>

 CHECK IN

 CHECK IN

 Tone It Up® www.toneitup.com

#TONEITUP #TIUTEAM #VLOGFORVDAY
#TIUTRANSFORMATION #TIU LOVEYOURBODY


- @pagirlontherun > LYB Goals: 1. Feel comfortable in my own skin again 2. Drink atleast 80 oz of water a day
3. Complete #100byVDay 4. Bootycall workouts at least 3x a week 5. Balance time with workouts, studying, tax/busy season

Love Your Body 2015

with your trainers  Tone It Up®

THURSDAY, JANUARY 15, 2015

FULL BODY & MAJOR BOOTY!

Shade in  for every 8 oz of water you drink

Shade in for your

Meta-D 

or Bombshell Spell 

Meal 1



Time of meal _____

Meal 2



Time of meal _____

Meal 3



Time of meal _____

Meal 4



Time of meal _____

Meal 5



Time of meal _____

Meal 6



Time of meal _____

Today's Workout

MORNING BOOTY CALL ~

FULL BODY TONING WITH KETTLEBELLS!

This routine will leave you feeling tight, toned & unstoppable. Follow along to complete it 1 time through! If you don't have a KettleBell yet, you can use a 10-15lb dumbbell instead.

Video: <http://bit.ly/TIU-LYB-WKV>

Printable: <http://bit.ly/TIU-LYB-WKP>

TONING ~

Want more!? Add this BOOTY lifting routine below!

Video: <http://bitly.com/TIU-LYB-LYBRWKV>

Printable: <http://bitly.com/TIU-LYB-LYBRWKP>

PM Challenge ~

Pamper yourself with a beautifying mask!

We're in LOVE with [this simple DIY face mask](#) from Lauren Conrad.



WORKOUT(S)

OF MILE(S)

_____	_____
_____	_____
_____	_____
_____	_____

Today's total miles

0.00

#100BYVDAY OR #150BYVDAY OR #200BYVDAY
OR YOUR HASH TAG # _____


0.00	+	0.00	=	0.00
today		yesterday's total so far		total so far
100	-	0.00	=	100.00
		total so far		miles left
150	-	0.00	=	150.00
		total so far		miles left
200	-	0.00	=	200.00
		total so far		miles left

15

National Hat Day!
Treat yourself to a cute new running hat!
Maybe something with a kitty? ;)
 #LoveYourBody

 TIU COMMUNITY CHECK IN
<http://community.toneitup.com>

 CHECK IN
<https://www.facebook.com/ToneItUp>

 CHECK IN

 CHECK IN

 Tone It Up® www.toneitup.com

@tiu_momof2 > 5 Things She Loves About Her Body:

1. My smile
4. My big butt

2. My eyes
5. My feet

3. My skin


#TONEITUP #TIUTEAM #VLOGFORVDAY
#TIUTRANSFORMATION #TIULOVEYOURBODY

Love Your Body 2015

with your trainers  Tone It Up®


FRIDAY, JANUARY 16, 2015

ABS & ARMS

Shade in  for every 8 oz of water you drink

Shade in for your

Meta-D 

or Bombshell Spell 

Meal 1

Time of meal _____

Meal 2

Time of meal _____

Meal 3

Time of meal _____

Meal 4

Time of meal _____

Meal 5

Time of meal _____

Meal 6

Time of meal _____

Today's Workout

MORNING BOOTY CALL ~

Wake up and move with 2-3 miles of cardio!
Head out for a run, go to the gym or mix it up!
#100byVDay

Spin Class: Every 3 miles on a bike counts toward 1 for VDAY!
Jump Rope: 16 minutes of moderate jumping = 2 miles!
Rowing: 30 minutes of rowing = 2 miles!

Download your 100 miles chart [HERE!](#) The 150 chart is [HERE!](#) Read all about your 100 Mile Challenge [HERE!](#)

TONING ~

ABS & ARMS
This is the ideal on-the-go routine! Bring your printable to the gym, to the park, when traveling, or wherever you LOVE to sweat!

<http://bitly.com/TIU-LYB-KATARMSABS>

PM Challenge ~

What's cookin' good lookin'?
Make your favorite Lean, Clean N' Green recipe tonight!
How about the [Herbed Garlic Shrimp with Rosemary](#) from the [Love Your Body Edition!](#)? YUMMO!



WORKOUT(S)

OF MILE(S)

Today's total miles **0.00**

#100BYVDAY OR #150BYVDAY OR #200BYVDAY
OR YOUR HASH TAG # _____

0.00	+	0.00	=	0.00
today		yesterday's total so far		total so far
100	-	0.00	=	100.00
		total so far		miles left
150	-	0.00	=	150.00
		total so far		miles left
200	-	0.00	=	200.00
		total so far		miles left


16

Check out a new Spin Class! Be sure to take a post-spin selfie with the instructor!

#LoveYourBody

 TIU COMMUNITY CHECK IN
<http://community.toneitup.com>

 CHECK IN
<https://www.facebook.com/ToneItUp>

 CHECK IN

 CHECK IN

 www.toneitup.com

- @tiu_jaclyneli > LYB Goals:
1. Sweat every day
 2. Increase cardio endurance
 3. Drink more water
 4. Homemade CG Meals, no take out
 5. Complete weekly challenges


#TONEITUP #TIUTEAM #VLOGFORVDAY
#TIUTRANSFORMATION #TIULOVEYOURBODY

Love Your Body 2015

with your trainers  Tone It Up®

SATURDAY, JANUARY 17, 2015

CARDIO!

Shade in  for every 8 oz of water you drink

Shade in for your

Meta-D 

or Bombshell Spell 

Meal 1

Time of meal _____

Meal 2

Time of meal _____

Meal 3

Time of meal _____

Meal 4

Time of meal _____

Meal 5

Time of meal _____

Meal 6

Time of meal _____

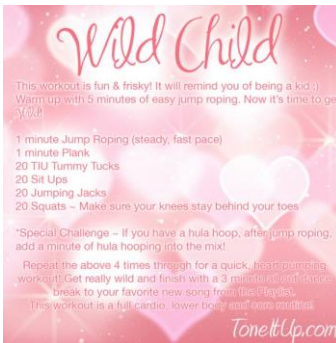
Today's Workout

MORNING BOOTY CALL ~

30 minutes of cardio!

We love this routine... It's time to GET WILD...

<http://bitly.com/TIU-WILDCHILD>



Wild Child

This workout is fun & frisky! It will remind you of being a kid. :) Warm up with 5 minutes of easy jump roping. Now it's time to get WILD!

- 1 minute Jump Roping (steady, fast pace)
- 1 minute Plank
- 20 TIU Tummy Tucks
- 20 Sit Ups
- 20 Jumping Jacks
- 20 Squats - Make sure your knees stay behind your toes.

*Special Challenge - If you have a hula hoop, after jump roping, add a minute of hula hooping into the mix!

Repeat the above 4 times through for a quick, lean pumping workout! Get really wild and finish with a 3 minute cardio dance break to your favorite new song from the 80's/90's.

This workout is a full cardio, lower body and core workout!

ToneItUp.com



@PhemFit



Week 3

Printable for Tone It Up's ~ Love Your Body 2015 ~ Week 3

WORKOUT(S)

OF MILE(S)

Today's total miles

0.00

#100BYVDAY OR #150BYVDAY OR #200BYVDAY
OR YOUR HASH TAG # _____

0.00	+	0.00	=	0.00
today		yesterday's total so far		total so far
100	-	0.00	=	100.00
		total so far		miles left
150	-	0.00	=	150.00
		total so far		miles left
200	-	0.00	=	200.00
		total so far		miles left

17

Mani/Pedi date with a new neighbor or coworker!

#LoveYourBody



TIU COMMUNITY CHECK IN

<http://community.toneitup.com>



CHECK IN

<https://www.facebook.com/ToneItUp>



CHECK IN



CHECK IN



Tone It Up®

www.toneitup.com

#TONEITUP #TIUTEAM #VLOGFORVDAY
#TIUTRANSFORMATION #TIU LOVEYOURBODY


"You don't have to be great to start, but you have to start to be great." ~ Zig Ziglar

Love Your Body 2015

with your trainers  Tone It Up®

SUNDAY, JANUARY 18, 2015

CARDIO!

Shade in  for every 8 oz of water you drink

Shade in for your

Meta-D 

or Bombshell Spell 

Meal 1



Time of meal _____

Meal 2



Time of meal _____

Meal 3



Time of meal _____

Meal 4



Time of meal _____

Meal 5



Time of meal _____

Meal 6



Time of meal _____

Today's Workout

MORNING BOOTY CALL ~

SUNDAY RUNDAY:

Run a 5K! That's 3.1 miles towards your #100byVDay Challenge.

Tonight go grocery shopping and spend time preparing your meals for the week ahead! Take a look at our TOP 10 Meal Prep Tips in last week's #TIUMember Not a member yet!? [JOIN TODAY!](#)



WORKOUT(S)

OF MILE(S)

_____	_____
_____	_____
_____	_____
_____	_____

Today's total miles **0.00**

#100BYVDAY OR #150BYVDAY OR #200BYVDAY
OR YOUR HASH TAG # _____

0.00	+	0.00	=	0.00
today		yesterday's total so far		total so far
100	-	0.00	=	100.00
		total so far		miles left
150	-	0.00	=	150.00
		total so far		miles left
200	-	0.00	=	200.00
		total so far		miles left

18


Match your personal best distance today.
Lace up and Head out!

Weekly schedule is up!

Printable for Tone It Up's ~ Love Your Body 2015 ~ Week 3 | @PhemFit

 TIU COMMUNITY CHECK IN
<http://community.toneitup.com>

 CHECK IN
<https://www.facebook.com/ToneItUp>

 CHECK IN

 CHECK IN

 Tone It Up® www.toneitup.com

#TONEITUP #TIUTEAM #VLOGFORVDAY
#TIUTRANSFORMATION #TIU LOVEYOURBODY

"It's always too early to quit." ~ Norman Vincent Peale