



# BODY TONE challenge program overview

May 2014

## 1 Challenge Overview

### For 4 weeks:

- Follow the M5 Body Tone Challenge workout schedule (5 days of exercise)
- Use the M5 Core Pack of supplements daily during your challenge
- Go through the M5 Nutrition & Success Coaching programs
- Eliminate refined sugar and white flour from your diet
- Report to your challenge team and be accountable

Your challenge is powered by the most complete fitness program available today, M5's FIVEology!



## FIVEOLOGY™

## 2 Preparation

### • Setup your M5 Body Tone Challenge exercise calendar in your M5 Fitness club account

If you enrolled for the challenge online, you setup your calendar as part of your enrollment process. If you enrolled over the phone or had someone else enroll you in the challenge, you'll setup your calendar by going to the Program tab within your M5 Fitness Club, selecting the M5 Body Tone workout program and then the day you want to start. Simple!

### • Connect with your team in your M5 Fitness Club

If you don't know your team code, check with the person who introduced you to M5 Fitness. Being on a team helps keep you accountable and will make your challenge experience a lot more fun!

### • Familiarize yourself with your M5 Fitness supplements in your M5 Core Pack



## 3 Supplements

### Your M5 Core Pack supplements for the Body Tone Challenge



**Pre-workout:** designed to help you get the most out of every workout by boosting energy, increasing blood flow to your muscles and the delivery of key nutrients so you burn more subcutaneous fat to make muscle definition more visible.

**Recovery:** provides total-body recovery that minimizes soreness and muscle loss, a key step in getting visible muscle definition

**Energy:** boosts energy levels naturally and ignites the metabolism to burn more body fat throughout the day

**Omega-3:** gives key recovery benefits as well as helps increase thermogenesis to burn fat that is released into the bloodstream

**Daily Essentials:** provides key nutrients for overall health as well as ingredients that help the body release its fat stores to be used for fuel

## 4 Exercise Program

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Exercise</b>	--	Strength	Running & Core	Low-impact cardio	--	Circuit Training	Yoga
<b>Nutrition Class</b>	1 class	--	--	--	1 class	--	--
<b>Success Coaching</b>	1 course	--	--	--	1 course	--	--



### Daily Meal Guidelines

- Breakfast: **Fruit + Complex Carb**
- Snack: **Veggie or Almonds**
- Lunch: **Veggie + Protein**
- Snack: **Veggie or Pistachios**
- Dinner: **Veggie + Protein**

### Food Portion Guidelines

- Protein: **1 serving = 4-6 ounces**
- Vegetables: **1 serving = 1 cup or 2 cups of leafy greens**
- Complex Carbs: **1 serving = 1 slice of whole grain bread, 1/2 cup of cooked brown rice**

### Water Intake Guidelines

Body weight (lbs) divided by 2:  
= ounces of water you should consumer per day  
(1 cup = 8oz)

**During the 4-week Challenge eliminate:** Refined sugar (in any form) and all white flour products