

## YOGA SHRED WITH TED MCDONALD

FOGUS FUNDAMENTALS & CARDIO * * * * * * * * * * * * * * * * * * *							
Cardio	Balance	The Whole	Heart	Core	Balance	Rest	
Yoga	and Booty	Enchilada	and Soul	Power	and Belly		
FOGUS BALANCE, BOOTY & BELLY							
Balance	The Whole	Balance	Core	Balance	Cardio	Rest	
and Booty	Enchilada	and Belly	Power	and Belly	Yoga		
FOCUS	CORE +	· · · · · · · · · · · · · · · · · · ·	× * * * * * * * * * * * * * * * * * * *	* * * * *	· · · · · · · · · · · · · · · · · · ·	* * * * * * * * * * * * * * * * * * * *	
Core	Balance	The Whole	Core	Heart	Balance	Rest	
Power	and Belly	Enchilada	Power	and Soul	and Belly		
FOGUS OPENING THE HEART * * * * * * * * * * * * * * * * * * *							
Heart	The Whole	Cardio	The Whole	Heart	Cardio	Rest	
and Soul	Enchilada	Yoga	Enchilada	and Soul	Yoga		
FOCUS	BRINGING	IT ALL TOGET	THER!	· * * · · · +	* * * * * * * * * * * * * * * * * * * *	* * * +	
Balance	Core	Heart	The Whole	Balance	Cardio	Rest	
and Belly	Power	and Soul	Enchilada	and Booty	Yoga		

## EARN IT! LIVE IT! LOVE IT!

Start Date:	Body Fat%:	Weight:

