



# YOGA SHRED WITH TED McDONALD

## FOCUS

### FUNDAMENTALS & CARDIO

Cardio  
Yoga

Balance  
and Booty

The Whole  
Enchilada

Heart  
and Soul

Core  
Power

Balance  
and Belly

Rest

## FOCUS

### BALANCE, BOOTY & BELLY

Balance  
and Booty

The Whole  
Enchilada

Balance  
and Belly

Core  
Power

Balance  
and Belly

Cardio  
Yoga

Rest

## FOCUS

### CORE

Core  
Power

Balance  
and Belly

The Whole  
Enchilada

Core  
Power

Heart  
and Soul

Balance  
and Belly

Rest

## FOCUS

### OPENING THE HEART

Heart  
and Soul

The Whole  
Enchilada

Cardio  
Yoga

The Whole  
Enchilada

Heart  
and Soul

Cardio  
Yoga

Rest

## FOCUS

### BRINGING IT ALL TOGETHER!

Balance  
and Belly

Core  
Power

Heart  
and Soul

The Whole  
Enchilada

Balance  
and Booty

Cardio  
Yoga

Rest

**EARN IT! LIVE IT! LOVE IT!**

Start Date:

Body Fat%:

Weight:

