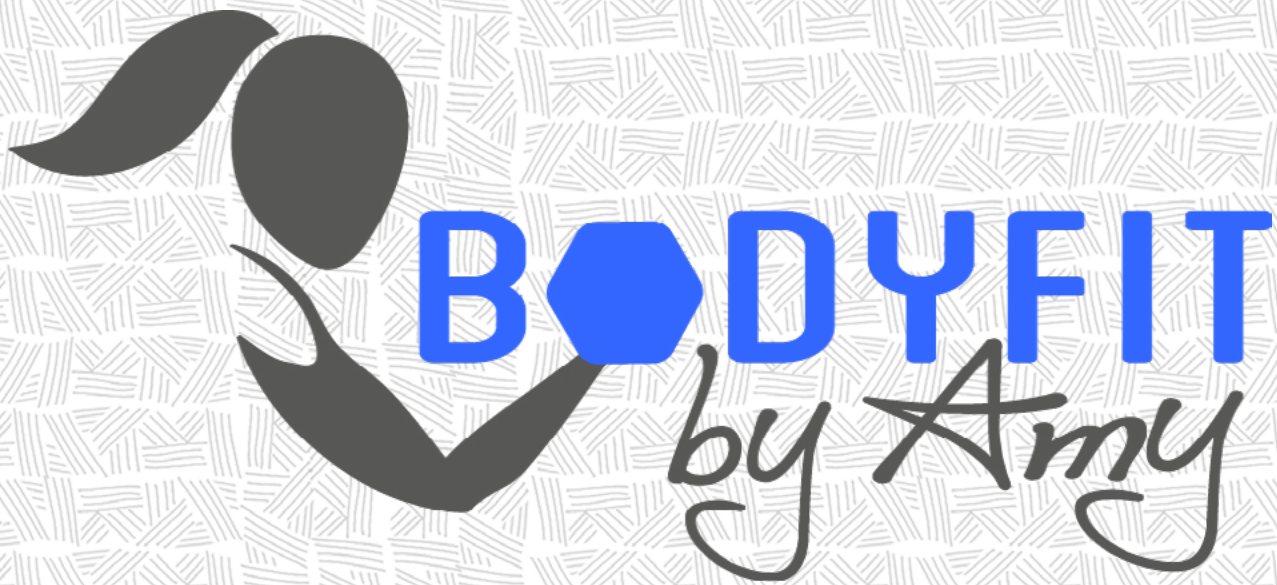


SCHEDULE



10 MINUTE PROGRAM

A streamlined four week schedule using 10-minute workouts from the BodyFit by Amy YouTube channel to get you lean, strong, and sculpted.

4 WEEK 10 MINUTE PROGRAM

welcome!

In this 4-week Program, we will get your heart pumping and strengthen your muscles, in just 10 minutes a day, 5 days a week! All you need is a set of dumbbells, and a mat or soft space for floor work.

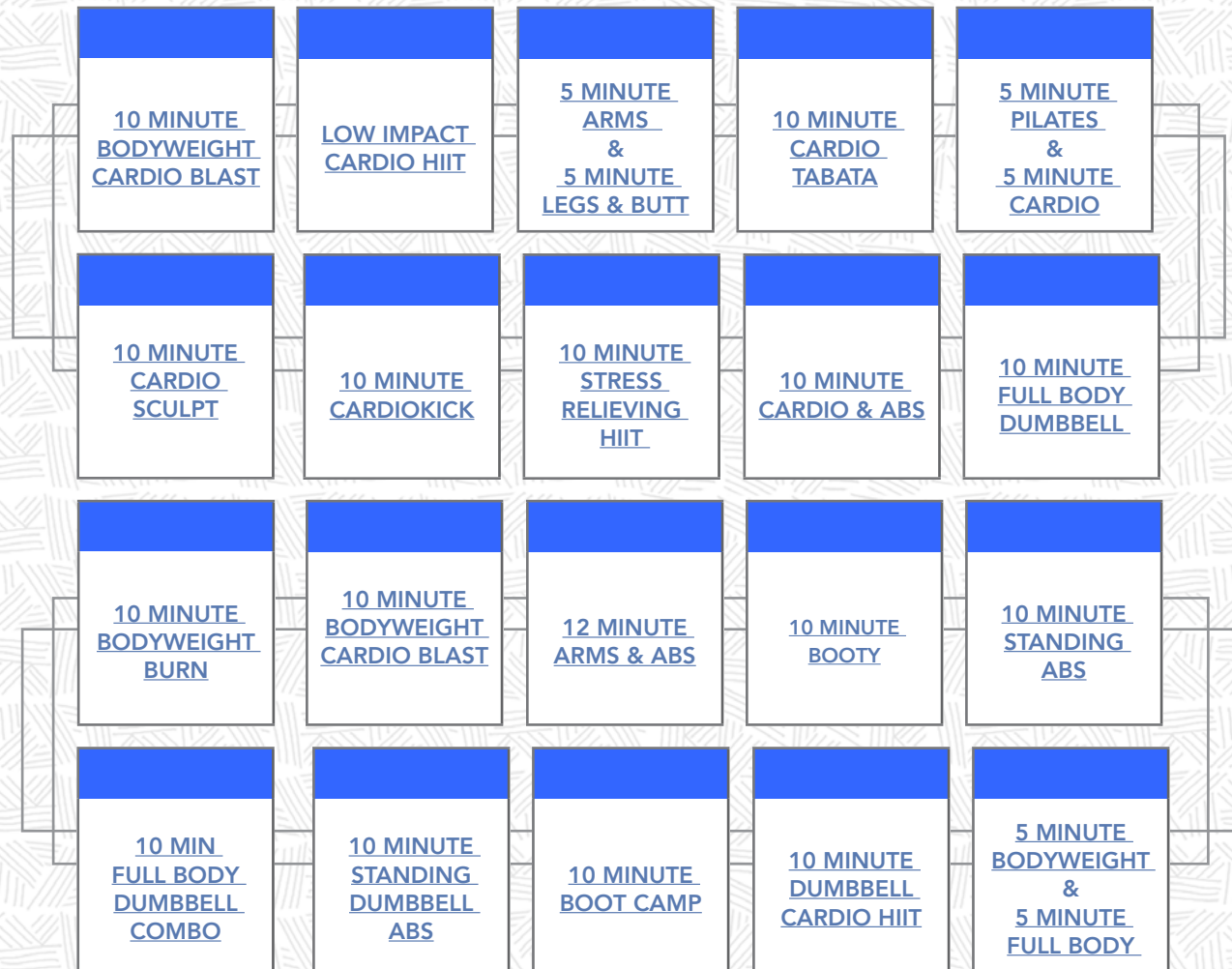
how to use this guide

This program features 5 workouts each week, only 10 minutes each! Each workout features both low and high impact options, so work to your level and take breaks as needed. This program is designed for those without a lot of time, but want to get active! Let's do it!

If you are newer to exercise, please check out my [Beginner's Guide to Fitness](#) and [Beginner/Low Impact Videos](#).

Want to track your progress? Download the free measurements guide [HERE](#).

the calendar

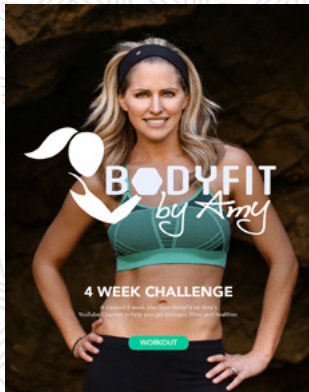
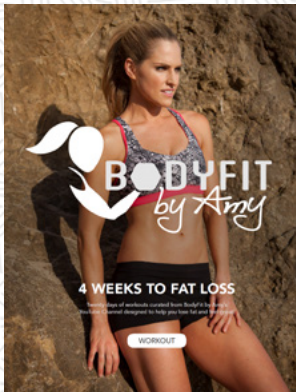
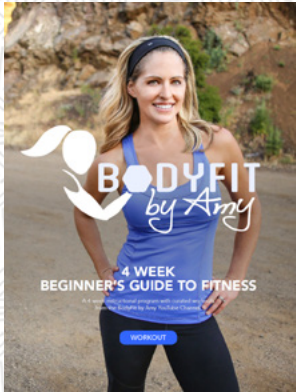


4 WEEK 10 MINUTE PROGRAM

additional info

Need more structure?

Check out our full ebook programs, complete with four weeks of workouts, daily tips, form and function help, and more!



How's your nutrition?

You've heard it before. When it comes to weight loss or overall health, **you need both exercise AND diet.** Stay on track with our comprehensive nutrition guide!



Share your success

Be sure to follow [@BodyFitbyAmy](#) on Facebook, Instagram and Twitter and share your success with others using the hashtags [#bodyfitbyamy](#) and [#BBA4week](#).

Make sure to tag [@BodyfitbyAmy](#), so I can connect with you and follow your transformation!



Join our private Facebook group

Take advantage of [BodyFit by Amy's Facebook group](#). Connect with me and friends for program support. Ask questions, share stories and tips. I can't wait to hear from you!

DISCLAIMER: THIS PROGRAM (4 WEEK 10 MINUTE) AND ITS ASSOCIATED CONTENT ARE FOR INFORMATIONAL PURPOSES. BEFORE BEGINNING THIS OR ANY OTHER EXERCISE PROGRAM, PLEASE MAKE SURE YOU HAVE BEEN CLEARED BY A DOCTOR FOR EXERCISE. IF YOU ARE UNSURE WHETHER YOU SHOULD FOLLOW THE GUIDELINES OR WORKOUTS IN THIS EBOOK, PLEASE CONTACT A QUALIFIED PROFESSIONAL.

YOUR RESULTS ARE COMPLETELY DEPENDENT ON HOW YOU USE THIS INFORMATION; WE DO NOT GUARANTEE ANY WEIGHT LOSS FROM READING THIS EBOOK. BY USING THIS EBOOK ((4 WEEK 10 MINUTE PROGRAM)), YOU AGREE TO HOLD HARMLESS BODYFIT BY AMY, AMY KISER SCHEMPER, WWW.BODYFITBYAMY.COM, FROM ANY LIABILITY OR PERSONAL INJURY ASSOCIATED WITH THIS CONTENT.

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