

# 10-Minute Trainer®

## Give Tony 10 Minutes—He'll Give You Results!

From executives to students to full-time moms, the one thing most everyone has in common these days is precious little spare time. People's lives have gotten progressively busier, and when something has to fall by the wayside, it's usually exercise. But no more. Now, no matter how busy you are, you can get all the benefits of a regular workout in just 10

minutes. The secret is celebrity fitness trainer Tony Horton's breakthrough Super Stacking Technique™ using resistance bands. Tony's four super-efficient workouts and easy-to-follow eating plan will help you lose weight, get toned, and still have plenty of time left over for the rest of life's demands.

### THE BEACHBODY® DIFFERENCE

Tony's breakthrough Super Stacking Technique, using resistance bands, combines effective moves into each 10-minute workout. Instead of starting with cardio, then working your different body parts one at a time, Tony stacks the workout moves so you get everything at the same time—cardio, toning, and sculpting—in just 10 minutes, from start to finish.



### DID YOU KNOW?

Exercising actually gives you more energy. Rather than draining it, exercising gets your **blood pumping** and your muscles toned for tackling all kinds of activities. So when life's demands are tugging at you from all angles, 10-Minute Trainer can help you stay **energized**.

### KEY BENEFITS & USAGE

- **Four incredible 10-minute workouts** that help you **burn fat, tone, and stretch**
- **Resistance Band Kit** helps you **maximize the power of "Super Stacking"** with Pro-Grade Resistance Bands plus Power Cardio Belt
- **Customized workout calendar** helps you plan workouts around your busy schedule
- **Rapid Results Guidebook** with an easy-to-follow exercise and diet plan to help you get great results
- **Tony Horton's 10-Minute Meals** contains tips and recipes for making nutritious, tasty, low-calorie meals and snacks **in less than 10 minutes!**
- **Bonus Abs routine** that works your lower and upper abs and obliques
- **On-the-Go Workout Cards** so you can work out anywhere, anytime
- **10-Day Lean Jean Plan** that'll have you shopping for skinny jeans in no time

Whenever you have just 10 minutes, just pop in one of Tony's 10-Minute Trainer routines and never again will you feel guilty for missing a workout.