

**ADVOCARE** WORKOUT SERIES

**CU24**<sup>TM</sup>

**LEVEL 2**

**GETTING STARTED GUIDE**



# STEP 1: GET YOUR EQUIPMENT READY

These intense workouts require the use of an exercise ball and a resistance cord.

Purchase your Anti-Burst Exercise Ball and Power Resistance Cord at [advocare.com](https://advocare.com).



# STEP 2: TAKE YOUR BEFORE PHOTOS & MEASUREMENTS

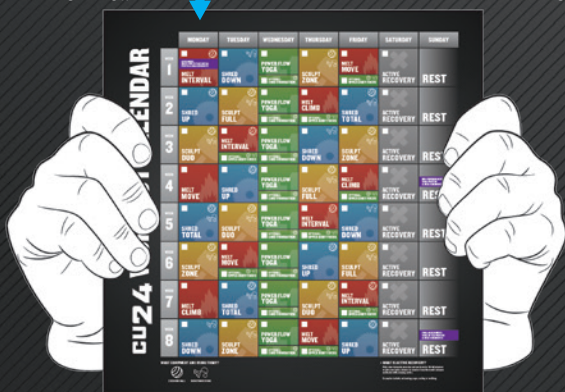
We recommend doing this before you begin your workout program.

For information on how to take before photos or where to take measurements, visit [canyou24.com](https://www.canyou24.com).



# STEP 3: THE CALENDAR AND THE DVD

STEP 3a:



STEP 3b:



**FIND YOUR DAILY WORKOUT ON THE  
CALENDAR & THE CORRESPONDING DVD**

**...and that's it! Stick with the 8 week program and  
don't forget to mark off your days on the calendar!**

**YOU CAN DO IT!**

**STEP 4:**



**ONCE YOU'VE**

**COMPLETED  
THE 8 WEEK PROGRAM,**



**TAKE YOUR  
AFTER  
PHOTOS & MEASUREMENTS.**



**SHARE YOUR RESULTS WITH US!**

**[testimonials@advocare.com](mailto:testimonials@advocare.com)**

**PUMPED ABOUT YOUR NEW  
CU24™ PROGRAM YET?  
LET'S TAKE A QUICK  
LOOK AT THE DIFFERENT  
WORKOUTS YOU'LL BE  
DOING ON THE DVDS.**



# MELT

These cardio-focused workouts are designed to melt calories while increasing endurance and stamina.

## **MELT: INTERVAL WITH JENNY DONNELLY**

This HIIT (high intensity interval training) workout doesn't leave one muscle group untouched, while cranking up the cardio for maximum calorie burn.

**EQUIPMENT NEEDED: EXERCISE BALL**

## **MELT: MOVE WITH JOHNNY LOPER**

Pump up the intensity in this non-stop cardio workout full of unique and high-energy moves.

**EQUIPMENT NEEDED: NONE**

## **MELT: CLIMB WITH JENNY DONNELLY**

This is a unique HIIT workout in which you climb six "mountains" – your cardiovascular system will gradually be pushed to a peak as you increase exercise time intervals and then back down again, repeating the cycle six times for a challenging and intense workout.

**EQUIPMENT NEEDED: NONE**

# SHRED

These workouts combine resistance training and cardiovascular exercises to maximize burn while increasing strength to shred calories and build muscle.

## **SHRED: DOWN WITH NICK FRADE**

This total body conditioning workout focuses on the lower body and incorporates short rest intervals to increase calorie burning and maximum effectiveness.

**EQUIPMENT NEEDED: POWER RESISTANCE CORD**

## **SHRED: UP WITH JODI MAMULA**

This workout will have you sweating with an upper body and core focus, while challenging you with back-to-back exercises that will help increase strength, shred fat, and breakthrough to the next level of fitness.

**EQUIPMENT NEEDED: EXERCISE BALL**

## **SHRED: TOTAL WITH JA'WARREN HOOKER**

A high intensity resistance training and cardio workout, Shred: Total is designed to take you to the next level.

**EQUIPMENT NEEDED: EXERCISE BALL & POWER RESISTANCE CORD**



# SCULPT

These total-body workouts are designed to help sculpt your muscles by focusing on increased resistance training.

## **SCULPT: ZONE WITH JENNIFER DETRACY**

A fast-paced combination of resistance and cardiovascular exercises to help define your body and give you the sculpted look you desire.

**EQUIPMENT NEEDED: EXERCISE BALL & POWER RESISTANCE CORD**

## **SCULPT: FULL WITH JODI TOWNSEND**

This total body resistance workout utilizes short rest periods between exercises, making for an efficient way to not only sculpt the body, but also burn fat.

**EQUIPMENT NEEDED: EXERCISE BALL & POWER RESISTANCE CORD**

## **SCULPT: DUO WITH JODI TOWNSEND**

With each exercise in a particular sequence, this partner workout was designed to work many muscle groups, promoting improved strength and definition when done consistently over time. No partner? No problem! These exercises are easily adaptable when doing the workout alone.\*

**EQUIPMENT NEEDED: EXERCISE BALL & POWER RESISTANCE CORD**

- ★ **Sculpt Duo** is designed as a partner workout. If you do not have a workout partner, don't fret - this workout is easily adaptable to do on your own using a door, pole, or any heavy or anchored object that you can hook your Resistance Cord around. For more on how to easily adapt the workout, please check out the **Tools** section of [canyou24.com](http://canyou24.com).

# SUPPLEMENTAL WORKOUTS

WITH MIA FINNEGAN

These videos are the perfect companions to your workout routine, giving extra focus on specific areas of the body.

## UPPER BODY FOCUS

Strengthen, shape, sculpt and tone the upper body muscles including biceps, shoulders, triceps and upper back.

**EQUIPMENT NEEDED: EXERCISE BALL & POWER RESISTANCE CORD**

## CORE FOUNDATION

This workout will strengthen and shape your glutes and help give you rock-solid abdominals.

**EQUIPMENT NEEDED: EXERCISE BALL**

## POWER YOGA FLOW

This workout is a series of postures connected with dynamic movement intended to strengthen and lengthen your muscles as well as calm, relax, and open your mind.

**EQUIPMENT NEEDED: NONE**



## **ACTIVE RECOVERY:**

Pick a low-intensity exercise and perform for 30-60 minutes to stay active while giving your body a chance to recover from the week's intense workouts.

**EXAMPLES INCLUDE: SWIMMING, YOGA, CYCLING OR WALKING.**

PERFORMANCE ELITE

AND

CU24™



## CUSTOMIZE YOUR WORKOUTS

Not everyone follows the same workout routine or participates in the same activities – that's why the products in the Performance Elite line can be taken according to your activity level and fitness goals.

Lower intensity  
weight lifting, cardio  
or a fitness class

Endurance-based  
cardio workout

Higher intensity  
strength and  
conditioning

**60**  
minutes  
before  
workout

**FITNESS**

O<sub>2</sub> Gold™

**ENDURANCE**

O<sub>2</sub> Gold™  
VO<sub>2</sub> Prime™

**POWER**

Muscle Strength™  
VO<sub>2</sub> Prime™

**30**  
minutes  
before  
workout

Arginine Extreme

AdvoCare®  
Muscle Fuel  
Mass Impact™

During  
workout

BioCharge®

BioCharge®  
Rehydrate Gel

BioCharge®

Immediately  
post workout

Muscle Gain™

Post-Workout  
Recovery

Post-Workout  
Recovery

Nighttime

Nighttime  
Recovery

Nighttime  
Recovery

Nighttime  
Recovery

Ongoing or  
between meals

Pro 20®, Muscle Gain™

For useful tools, information,  
and to learn more about your  
**#CU24** Level 2 Coaches,  
visit [canyou24.com](http://canyou24.com).

