

PROJECT RESTART

by @dancewithdre

Change starts here.

My top 10 tips for success as you begin this journey...

1. Just push play.
2. Commit to the first five minutes.
3. Celebrate every step of your progress (print your calendar!).
4. Remember: muscular failure is success! It's a good thing.
5. Your mind will quit a rep before your body will. Let yourself be surprised at how much you can do! **You're stronger than you know.**
6. Dre is your coach. She wants you to succeed.
Reach out if you need support. **You've got this!**
7. Hydrate to be great.
8. Sing along whenever possible.
9. Doing new things can be hard. You can do anything to a good playlist.
10. You are NEVER behind. Just push play. Okay? Okay.

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WEEK 1

Monday	Tuesday	Wednesday	Thursday	Friday
BRITNEY BURN VOL 1		FEEL THE T-PAIN		MILLENNIAL MUSCLE VOL 1

WEEK 2

Monday	Tuesday	Wednesday	Thursday	Friday
ULTIMATE 90'S VOL 1		NELLY NELLY & KELLY		DUA & DEMI

WEEK 3

Monday	Tuesday	Wednesday	Thursday	Friday
RIHANNA RUNDOWN		BOSS MODE VOL 1		GAGGED BY GAGA

WEEK 4

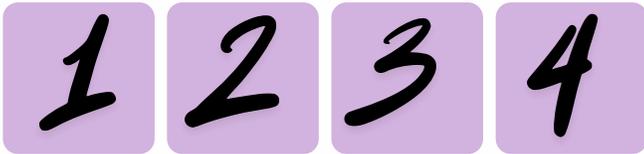
Monday	Tuesday	Wednesday	Thursday	Friday
JT TIME		SASS CLASS		TGIF WITH K-A-T-Y

WEEK 5

Monday	Tuesday	Wednesday	Thursday	Friday
ULTIMATE 90'S VOL 2		POP GIRL ENERGY		MILLENNIAL MUSCLE VOL 2

DANCE CARDIO

Wednesday



You're stronger than you know.

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WEEK 6

Monday	Tuesday	Wednesday	Thursday	Friday
LIFT LIKE LIZZO		BEYONCÉ SLAY		*NSYNC VS. BSB

WEEK 7

Monday	Tuesday	Wednesday	Thursday	Friday
LET IT BURN WITH USHER		90'S CLUB HITS		B.B.E

WEEK 8

Monday	Tuesday	Wednesday	Thursday	Friday
ARIANA SLAY		2000'S HIP HOP HITS		UPLIFTING LIFT

WEEK 9

Monday	Tuesday	Wednesday	Thursday	Friday
GIRL FIGHT		THROWBACK DEEP CUTS		DIVA DEADLIFTS

WEEK 10

Monday	Tuesday	Wednesday	Thursday	Friday
DRE'S WAY #1		DRE'S WAY #2		STRONGER

DANCE CARDIO



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