



Your Daily Program

- 4 MINUTES**
High-Energy
Aerobic Training
- 3 MINUTES**
Resistance
Exercise
- 2 MINUTES**
Core-
Strengthening
Exercises
- 1 MINUTE**
Stretching
and Deep
Breathing

The 10-Minute Total Body Breakthrough



“THE 10-MINUTE TOTAL BODY BREAKTHROUGH . . . changed my life.”

—FROM THE FOREWORD BY
WILLIAM SEARS, M.D.
author of *Prime-Time Health: A Scientifically
Proven Plan for Feeling Young and Living Longer*

The 10-Minute Total Body Breakthrough



Get in the Best Shape of Your Life with 4-3-2-1 Interval Training!

BY SEAN FOY, M.A. WITH NELLIE SABIN & MIKE SMOLINSKI

No Time? No Problem!

Take the 10-Minute Total Body Breakthrough Challenge!



Transform your body in just ten minutes a day with this groundbreaking, scientifically proven program of interval, circuit, aerobic, and resistance training created by exercise physiologist and behavioral coach Sean Foy.

Contact the Amway Global Independent Business Owner who provided you with this information to see how you can take the 10-Minute Total Body Breakthrough Challenge!

978-0-7611-5419-8 • \$22.95

workman

www.amway.com

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