Trophy Body Frequency Training · Splits Tracker · Weeks 1–10

Six 12-minute classes every week. Pick your plan, check your boxes, jump instead.

Option 1: Easy Start (3 a week + optional add-ons)

Monday: Class #1 Lower Body Core
Wednesday: Class #3 Cardio
Friday: Class #2 Upper Body Core
Add-ons: Daily One-Song-Singing-Wonders. Jump to your favorite song and sing along.

Option 2: Stephie's Favorite (each class twice)

Do each class twice in one day: #1 twice, then #2 twice the next day, and so on. Back to back or split in the day.
One day off a week.
Add-ons: Daily One-Song-Singing-Wonders. Jump to your favorite song and sing along.

Option 3: Sally's Favorite (5x a week + add-ons)

Monday: Class #1 Lower Body Core
Tuesday: Class #2 Upper Body Core
Wednesday: Class #3 Cardio + Class #4 Barre
Thursday: Class #5 Sprints
Friday/Saturday: Rest or Add-ons
Sunday: Class #6 Endurance

Option 4: Track As You Go

Jump into any 12-minute workout, go with your energy flow, and track as you go.

"Tell me, what is it you plan to do with your one wild and precious life?" — Mary Oliver

Trophy Tips

1. Nose breathe, take breaks, and modify your movements with zero guilt.
2. Go with the pace of your rebounder. Learn the move, find your groove.

#1 Lower Body Core · #2 Upper Body Core · #3 Cardio
#4 Barre · #5 Sprints · #6 Endurance

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Add-ons
Week 1	☐	☐	☐	☐	☐	☐	☐	
Week 2	☐	☐	☐	☐	☐	☐	☐	
Week 3	☐	☐	☐	☐	☐	☐	☐	
Week 4	☐	☐	☐	☐	☐	☐	☐	
Week 5	☐	☐	☐	☐	☐	☐	☐	
Week 6	☐	☐	☐	☐	☐	☐	☐	
Week 7	☐	☐	☐	☐	☐	☐	☐	
Week 8	☐	☐	☐	☐	☐	☐	☐	
Week 9	☐	☐	☐	☐	☐	☐	☐	
Week 10	☐	☐	☐	☐	☐	☐	☐	

Trophy Body Frequency Training · Splits Tracker · Weeks 11–20

Six 12-minute classes every week. Pick your plan, check your boxes, jump instead.

Option 1: Easy Start (3 a week + optional add-ons)

Monday: Class #1 Lower Body Core
Wednesday: Class #3 Cardio
Friday: Class #2 Upper Body Core
Add-ons: Daily One-Song-Singing-Wonders. Jump to your favorite song and sing along.

Option 2: Stephie's Favorite (each class twice)

Do each class twice in one day: #1 twice, then #2 twice the next day, and so on. Back to back or split in the day.
One day off a week.
Add-ons: Daily One-Song-Singing-Wonders. Jump to your favorite song and sing along.

Option 3: Sally's Favorite (5x a week + add-ons)

Monday: Class #1 Lower Body Core
Tuesday: Class #2 Upper Body Core
Wednesday: Class #3 Cardio + Class #4 Barre
Thursday: Class #5 Sprints
Friday/Saturday: Rest or Add-ons
Sunday: Class #6 Endurance

Option 4: Track As You Go

Jump into any 12-minute workout, go with your energy flow, and track as you go.

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Trophy Tips

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#1 Lower Body Core · #2 Upper Body Core · #3 Cardio
#4 Barre · #5 Sprints · #6 Endurance

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Add-ons
Week 11	☐	☐	☐	☐	☐	☐	☐	
Week 12	☐	☐	☐	☐	☐	☐	☐	
Week 13	☐	☐	☐	☐	☐	☐	☐	
Week 14	☐	☐	☐	☐	☐	☐	☐	
Week 15	☐	☐	☐	☐	☐	☐	☐	
Week 16	☐	☐	☐	☐	☐	☐	☐	
Week 17	☐	☐	☐	☐	☐	☐	☐	
Week 18	☐	☐	☐	☐	☐	☐	☐	
Week 19	☐	☐	☐	☐	☐	☐	☐	
Week 20	☐	☐	☐	☐	☐	☐	☐	