



TEAM  BEACHBODY®

# SUCCESS STARTS HERE

Your total health and fitness solution



2016 – 2017 PRODUCT CATALOG



# HELPING PEOPLE ACHIEVE THEIR GOALS AND ENJOY A HEALTHY, FULFILLING LIFE



That's our core purpose at Beachbody® and it's the reason why we've created the most effective fitness and weight-loss products and nutritional supplements available on the market today.

Now I invite you to join the Beachbody Challenge®, a proven fitness and nutrition system designed to reward you with an amazing total-body transformation—plus the chance to win cash and prizes.

Just read on to learn more and get started. You'll see we've got a program for every fitness level, every interest, and every style. We've got something for everybody. *And every body.*

Our programs are inexpensive and they work. Stick with them and you'll see results very soon. I know, because I've personally used our programs and nutritional supplements to get in—and stay in—the best shape of my life.

A handwritten signature in black ink, reading "Carl Daikeler".

Carl Daikeler  
Chairman and CEO  
Beachbody

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# TAKE THE BEACHBODY CHALLENGE®— CHANGE YOUR LIFE!

## HERE'S HOW TO GET STARTED

1  
STEP

### SET YOUR GOALS.

Want to finally lose the weight? Ready to get back in shape? It's important to know what your health and fitness goals are. This will help you and your Coach select the Challenge Pack that's best for you.

2  
STEP

### BUY A CHALLENGE PACK. HIT YOUR GOALS EVEN FASTER.

A Challenge Pack gives you everything you need to succeed—fitness, nutrition, and support—in one bundle.

- 30-day supply of **shakeology**—the superfood supplement shake that helps provide healthy energy, reduce cravings, and support your fitness results<sup>‡</sup> (or Beachbody Performance™ Energize and Recover)—delivered monthly with Home Direct.\*
- Fitness program of your choice.
- 30- or 90-day FREE PREMIUM trial membership to the Team Beachbody® Club, including streaming access to hundreds of Beachbody® workouts.\*

A Challenge Pack is the most cost-effective all-in-one package available! See pages 6–15 to find the program that's right for you.

3  
STEP

### JOIN A CHALLENGE GROUP.

You're more likely to stay on track with your fitness goals and get your best results when you're part of a team.

#### Here's what you'll get in a Challenge Group:

- Daily check-ins and support from your Coach to keep you accountable.
- Encouragement from your Group to stay motivated.
- Workout tips and recipes to help you get your best results.
- Friendship and fun!
- Track your **shakeology** and workouts to easily measure your progress through the My Challenge Tracker app.

4  
STEP

### REWARD YOURSELF.

Visit [BeachbodyChallenge.com](https://BeachbodyChallenge.com), so you can:

- Get a FREE gift.
- Have the chance to win daily, monthly, and quarterly cash prizes.
- Enter for the chance to be one of our \$100,000 Grand Prize Winners.\*\*

<sup>‡</sup>These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

\*With Home Direct, you'll be automatically enrolled in our monthly delivery program, and after your Premium trial membership, you'll automatically continue as a Team Beachbody Premium member, until you cancel. You may cancel either at any time. Premium trial membership offer not valid for current paying Team Beachbody Club members. Ask your Coach or visit [TeamBeachbody.com](https://TeamBeachbody.com) for full details.

\*\*Restrictions apply. See [BeachbodyChallenge.com](https://BeachbodyChallenge.com) for more details.

# MEET OUR BEACHBODY CHALLENGE CONTEST GRAND PRIZE WINNERS

Against all odds, they achieved life-changing results and made extraordinary transformations.

"I was shocked, and I mean shocked, when I lost my first 100 pounds in only 202 days! To date (in 2 years), I have lost a total of 161 pounds using the Beachbody system. I went from a woman's size 22 to a junior's size 4. But even greater than the weight I have lost is the confidence I have gained. And, I won over \$100,000! This has been a long journey, and it has taken a lot of hard work to get here, but it has all been worth it in the end. This is the end of one journey and the beginning of another. I'm so excited for my future with my family."

BEFORE



**Carmen O.**

**Lost 161 lbs.** using P90X®, Body Beast®, P90X3®, and Shakeology®

*Carmen is an independent Team Beachbody Coach.*

AFTER†



BEFORE



**Justin W.**

**Lost 164 lbs.** using 21 Day Fix®, 21 Day EXTREME®, INSANITY MAX:30™, P90X3, and Shakeology

*Justin is an independent Team Beachbody Coach.*

AFTER†



†Results vary.





## GET A FREE T-SHIRT AND A CHANCE TO WIN OVER \$100,000!

Purchase and complete your program, then submit your “before” and “after” photos online at [BeachbodyChallenge.com](http://BeachbodyChallenge.com)! You’ll get a FREE T-SHIRT, plus you’ll automatically be entered in the Beachbody Challenge® for a chance to WIN serious cash and prizes. We’re giving away over \$1,000,000 in cash and prizes:

\$500	Daily
\$1,000	Monthly
\$5,000	Quarterly
\$100,000	Grand Prize

Visit [BeachbodyChallenge.com](http://BeachbodyChallenge.com) and contact your Team Beachbody® Coach to learn more!

## PICK THE PERFECT FITNESS PROGRAM TO GET YOUR BEST RESULTS

Beachbody offers a wide range of fitness programs for every body and every lifestyle. From beginner to advanced workouts, **choose the type of program that not only fits your fitness level, but also your fitness style.** Every program is categorized by the following attributes (you will see these icons throughout the **shakeology** Challenge Pack and Performance Pack sections) to guide you in choosing **the best program that will help you achieve your goals:**



SLIM & TONE

Working out doesn’t have to mean getting big and bulky. Each of these top-selling programs is designed to build lean muscle and carve a chiseled, defined physique.



LOW IMPACT

You don’t have to jump, grunt, and punish your body to see great results. Here are some powerful workouts that’ll help you get fit without the impact.



30 MINS

Studies show that you can get significant benefits from 30 minutes of exercise. Here are some time-saving yet incredibly effective workout options to choose from.



MUSCLE BUILDING

We’ve come a long way from the days of old-school pumping iron to build lean muscle mass. Choose from these state-of-the-science training programs.



DANCE

You’ll forget you’re burning major calories when you’re having this much fun. Dance workouts are a great way to get in shape and improve your cardiovascular health.



CARDIO

Cardio workouts help you lose weight and get heart-healthy by pushing your endurance to the limit. Check out all these ways to burn fat and get fit.



10-MINUTE TRAINER® AND SHAKEOLOGY® CHALLENGE PACK

No matter how busy you are, you can always find the time to squeeze in a 10-minute workout. With these breakthrough workouts and the easy-to-follow eating plan, you can lose weight and get toned—fast.

Includes shakeology with Home Direct and a 30-day Premium trial membership to Team Beachbody Club.\* Plus, \$2 Super Discount Shipping.

Retail Price: \$180 Total savings of over \$50\*\*

You'll receive Tony's exclusive Bonus DVD, **Fountain of Youth Yoga**—a \$19.95 value—FREE when you order through your Coach!



21 DAY FIX® AND SHAKEOLOGY® CHALLENGE PACK

Lose up to 15 pounds in 21 days! With 21 Day Fix, simple fitness and simple eating mean fast results. Easy-to-follow portion control and 30-minute workouts take the guesswork out of losing weight.

Includes shakeology with Home Direct and a 30-day Premium trial membership to Team Beachbody Club.\* Plus, \$2 Super Discount Shipping.

Retail Price: \$160 Total savings of \$50\*\*

You'll receive the exclusive bonus workout, **Plyo Fix**—a \$19.95 value—FREE when you order through your Coach!



BRAZIL BUTT LIFT® AND SHAKEOLOGY® CHALLENGE PACK

Leandro Carvalho, trainer to world-famous supermodels, combines Brazilian dance, cardio, and his own signature lower-body sculpting moves to help lift, firm, and shape your behind for a rear view you've always dreamed of having.

Includes shakeology with Home Direct and a 30-day Premium trial membership to Team Beachbody Club.\* Plus, \$2 Super Discount Shipping.

Retail Price: \$140 Total savings of \$50\*\*

You'll receive Leandro's exclusive bonus workout, **Secret Weapon**—a \$19.95 value—FREE when you order through your Coach!



CIZE® AND SHAKEOLOGY® CHALLENGE PACK

Get ready to dance your way to fit in just 30 days. You'll challenge yourself to learn professional dance choreography, step-by-step, move-by-move. At the end of each course, you'll be able to bust out a full dance routine to songs from the CIZE playlist.

Includes shakeology with Home Direct and a 30-day Premium trial membership to Team Beachbody Club.\* Plus, \$2 Super Discount Shipping.

Retail Price: \$160 Total savings of \$50\*\*

You'll receive the exclusive bonus DVD, **Hold Your Own**—a \$19.95 value—FREE when you order through your Coach!



COUNTRY HEAT™ AND SHAKEOLOGY® CHALLENGE PACK

Fire up the fun and dance off the pounds in just 30 days with Autumn's easy-to-follow, country dance-inspired workout. You can burn major calories while listening to the hottest country music, AND to maximize your results it comes with an easy-to-follow eating plan and portion-control containers. Plus FREE bonus line dance!

Includes shakeology with Home Direct and a 30-day Premium trial membership to Team Beachbody Club.\* Plus, \$2 Super Discount Shipping.

Retail Price: \$160 Total savings of \$50\*\*

You'll receive the exclusive **Country Heat Dance Mash-Up** DVD—a \$19.95 value—FREE when you order through your Coach!



HIP HOP ABS® + ROCKIN' BODY® AND SHAKEOLOGY® CHALLENGE PACK

You can get twice the amazing results by shakin' it double-time! Shaun T's two high-energy dance workout programs Hip Hop Abs and Rockin' Body give you great moves, great tunes, and great variety to help you burn calories and lose weight. It's the most fun you'll ever have getting fit!

Includes shakeology with Home Direct and a 30-day Premium trial membership to Team Beachbody Club.\* Plus, \$2 Super Discount Shipping.

Retail Price: \$140 Total savings of \$50\*\*

You'll receive the bonus workout DVD, **Hip Hop Abs Extreme**—a \$19.95 value—FREE when you order through your Coach!



P90® AND SHAKEOLOGY® CHALLENGE PACK

P90 is your gateway to getting fit regardless of your age or fitness level! Tony eases you into a variety of cardio, strength, and stability moves that work your entire body. Then, just when you've mastered those moves, he ups the ante a little more. Get dramatic, visible results in just 90 days.

Includes shakeology with Home Direct and a 30-day Premium trial membership to Team Beachbody Club.\* Plus, \$2 Super Discount Shipping.

Retail Price: \$160 Total savings of \$50\*\*

You'll receive the bonus workout DVD, **P90X3 Dynamix**—a \$19.95 value—FREE when you order through your Coach!



PIYO® AND SHAKEOLOGY® CHALLENGE PACK

Carve an ultra-lean and intensely defined physique—without weights, jumps, or straining your joints. Chalene Johnson's pulse-pounding Pilates- and yoga-inspired workout is low-impact, yet high-intensity for strength, flexibility, and cardio-conditioning—all in one.

Includes shakeology with Home Direct and a 30-day Premium trial membership to Team Beachbody Club.\* Plus, \$2 Super Discount Shipping.

Retail Price: \$160 Total savings of \$50\*\*

You'll receive the exclusive bonus DVD, **Hardcore on the Floor**—a \$19.95 value—FREE when you order through your Coach!



\*With Home Direct, you'll be automatically enrolled in our monthly delivery program, and after your Premium trial membership, you'll automatically continue as a Team Beachbody Premium member. You may cancel either at any time. Ask your Coach or visit [TeamBeachbody.com](http://TeamBeachbody.com) for full details.  
\*\*When compared to buying each item separately. All prices/savings in USD. International pricing/savings may vary.



SLIM IN 6® AND SHAKEOLOGY® CHALLENGE PACK

Reshape your body in just 6 weeks with Slim in 6. Thousands of people have lost up to 25 pounds in 6 weeks with this breakthrough rapid-results system—and you can too.

Includes shakeology with Home Direct and a 30-day Premium trial membership to Team Beachbody Club.\* Plus, \$2 Super Discount Shipping.

Retail Price: \$140 Total savings of \$50\*\*

You'll receive Debbie's challenging exclusive bonus workout, **Keep It Up!**—a \$19.95 value—**FREE** when you order through your Coach!



TAI CHENG® AND SHAKEOLOGY® CHALLENGE PACK

You can renew your youthful energy in just 90 days through the healing motion of Tai Cheng! Developed with Dr. Mark Cheng, this low-impact program combines the 18 fundamental moves of Tai Chi with 21st-century sports science. It includes workout DVDs, a foam roller, plus a Master Scroll reference DVD.

Includes shakeology with Home Direct and a 30-day Premium trial membership to Team Beachbody Club.\* Plus, \$2 Super Discount Shipping.

Retail Price: \$160 Total savings of \$50\*\*

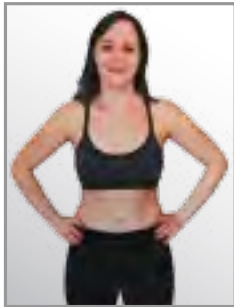
You'll receive the exclusive Tai Cheng **Body Alignment for Better Living** DVD—a \$19.95 value—**FREE** when you order through your Coach!



BEFORE



AFTER†



†Results vary.

“I learned most of all that I have it in me to change—not only physically, but I can change my habits, stick to a program, and see results. I even found a few abs!”

Stefanie S. – Lost 10 lbs. and 12.5 inches using 21 Day Fix and Shakeology.

Stefanie is an independent Team Beachbody Coach.



10-MINUTE TRAINER® AND SHAKEOLOGY® CHALLENGE PACK

No matter how busy you are, you can always find the time to squeeze in a 10-minute workout. With these breakthrough workouts and the easy-to-follow eating plan, you can lose weight and get toned—fast.

Includes shakeology with Home Direct and a 30-day Premium trial membership to Team Beachbody Club.\* Plus, \$2 Super Discount Shipping.

Retail Price: \$180 Total savings of \$50\*\*

You'll receive Tony's exclusive Bonus DVD, **Fountain of Youth Yoga**—a \$19.95 value—**FREE** when you order through your Coach!



21 DAY FIX® AND SHAKEOLOGY® CHALLENGE PACK

Lose up to 15 pounds in 21 days! With 21 Day Fix, simple fitness and simple eating mean fast results. Simple portion control and easy-to-follow 30-minute workouts take the guesswork out of losing weight.

Includes shakeology with Home Direct and a 30-day Premium trial membership to Team Beachbody Club.\* Plus, \$2 Super Discount Shipping.

Retail Price: \$160 Total savings of \$50\*\*

You'll receive the exclusive bonus workout, **Plyo Fix**—a \$19.95 value—**FREE** when you order through your Coach!



22 MINUTE HARD CORPS® AND SHAKEOLOGY® CHALLENGE PACK

Tony Horton takes the no-nonsense simplicity of boot camp training and combines it with everything he's learned about creating quick workouts that deliver maximum results in the minimum amount of time. So you get a workout program that kicks your butt, works your whole body, and doesn't cut into your day.

Includes shakeology with Home Direct and a 30-day Premium trial membership to Team Beachbody Club.\* Plus, \$2 Super Discount Shipping.

Retail Price: \$140 Total savings of \$60\*\*

You'll receive the exclusive **Battle Buddy** DVD—a \$19.95 value—**FREE** when you order through your Coach!



BODY BEAST® AND SHAKEOLOGY® CHALLENGE PACK

Hungry to work out with weights to get that lean, athletic look? Try combining Shakeology with our pro-level resistance training program designed to get you that toned, strong, and hard body in just 90 days.

Includes shakeology with Home Direct and a 30-day Premium trial membership to Team Beachbody Club.\* Plus, \$2 Super Discount Shipping.

Retail Price: \$140 Total savings of \$50\*\*

You'll receive the exclusive Body Beast **Lucky 7** DVD—a \$19.95 value—**FREE** when you order through your Coach!



\*With Home Direct, you'll be automatically enrolled in our monthly delivery program, and after your Premium trial membership, you'll automatically continue as a Team Beachbody Premium member. You may cancel either at any time. Ask your Coach or visit [TeamBeachbody.com](http://TeamBeachbody.com) for full details.

\*\*When compared to buying each item separately. All prices/savings in USD. International pricing/savings may vary.



BRAZIL BUTT LIFT® AND SHAKEOLOGY® CHALLENGE PACK

Leandro Carvalho, trainer to world-famous supermodels, combines Brazilian dance, cardio, and his own signature lower-body sculpting moves to help lift, firm, and shape your behind for a rear view you've always dreamed of having.

Includes shakeology with Home Direct and a 30-day Premium trial membership to Team Beachbody Club.\* Plus, \$2 Super Discount Shipping.

Retail Price: \$140 Total savings of \$50\*\*

You'll receive Leandro's exclusive bonus workout, **Secret Weapon**—a \$19.95 value—FREE when you order through your Coach!



CIZE® AND SHAKEOLOGY® CHALLENGE PACK

Get ready to dance your way to fit in just 30 days. You'll challenge yourself to learn professional dance choreography, step-by-step, move-by-move. At the end of each course, you'll be able to bust out a full dance routine to songs from the CIZE playlist.

Includes shakeology with Home Direct and a 30-day Premium trial membership to Team Beachbody Club.\* Plus, \$2 Super Discount Shipping.

Retail Price: \$160 Total savings of \$50\*\*

You'll receive the exclusive bonus DVD, **Hold Your Own**—a \$19.95 value—FREE when you order through your Coach!



CORE DE FORCE™ AND SHAKEOLOGY® CHALLENGE PACK

What could you accomplish in 30 days? How about getting into knockout shape—with the mixed martial arts-inspired workout designed to slash inches off your waist, blast away belly fat, and carve total-body definition—no equipment needed.

Includes shakeology with Home Direct and a 30-day Premium trial membership to Team Beachbody Club.\* Plus, \$2 Super Discount Shipping.

Retail Price: \$160 Total savings of over \$65\*\*

You'll receive the exclusive bonus DVD, **MMA Mashup**—a \$19.95 value—FREE when you order through your Coach!



FOCUS T25® AND SHAKEOLOGY® CHALLENGE PACK

Get an hour's results in 25 minutes a day! Trainer Shaun T gives you everything you need, nothing you don't. 25 minutes. 5 days a week. 100% results.

Includes shakeology with Home Direct and a 30-day Premium trial membership to Team Beachbody Club.\* Plus, \$2 Super Discount Shipping.

Retail Price: \$205 Total savings of over \$70\*\*

You'll receive the exclusive **CORE SPEED** DVD—a \$19.95 value—FREE when you order through your Coach!



\*With Home Direct, you'll be automatically enrolled in our monthly delivery program, and after your Premium trial membership, you'll automatically continue as a Team Beachbody Premium member. You may cancel either at any time. Ask your Coach or visit [TeamBeachbody.com](http://TeamBeachbody.com) for full details.  
\*\*When compared to buying each item separately. All prices/savings in USD. International pricing/savings may vary.

HIP HOP ABS® + ROCKIN' BODY® AND SHAKEOLOGY® CHALLENGE PACK

You can get twice the amazing results by shakin' it double-time! Shaun T's two high-energy dance workout programs Hip Hop Abs and Rockin' Body give you great moves, great tunes, and great variety to help you burn calories and lose weight. It's the most fun you'll ever have getting fit!

Includes shakeology with Home Direct and a 30-day Premium trial membership to Team Beachbody Club.\* Plus, \$2 Super Discount Shipping.

Retail Price: \$140 Total savings of \$50\*\*

You'll receive the bonus workout DVD, **Hop Abs Extreme**—a \$19.95 value—FREE when you order through your Coach!



P90X3® AND SHAKEOLOGY® CHALLENGE PACK

Get ripped in 30 minutes a day, using Tony Horton's breakthrough Muscle Acceleration system. Now you'll always have the time to work out—and you can burn fat and build lean muscle faster than ever.

Includes shakeology with Home Direct and a 30-day Premium trial membership to Team Beachbody Club.\* Plus, \$2 Super Discount Shipping.

Retail Price: \$205 Total savings of over \$70\*\*

You'll receive the **P90X ONE on ONE** On One Leg workout—a \$19.95 value—FREE when you order through your Coach!



PIYO® AND SHAKEOLOGY® CHALLENGE PACK

Carve an ultra-lean and intensely defined physique—without weights, jumps, or straining your joints. Chalene Johnson's pulse-pounding Pilates- and yoga-inspired workout is low-impact, yet high-intensity for strength, flexibility, and cardio-conditioning—all in one.

Includes shakeology with Home Direct and a 30-day Premium trial membership to Team Beachbody Club.\* Plus, \$2 Super Discount Shipping.

Retail Price: \$160 Total savings of \$50\*\*

You'll receive the exclusive bonus DVD, **Hardcore on the Floor**—a \$19.95 value—FREE when you order through your Coach!



SLIM IN 6® AND SHAKEOLOGY® CHALLENGE PACK

Reshape your body in just 6 weeks with Slim in 6. Thousands of people have lost up to 25 pounds in 6 weeks with this breakthrough rapid-results system—and you can too.

Includes shakeology with Home Direct and a 30-day Premium trial membership to Team Beachbody Club.\* Plus, \$2 Super Discount Shipping.

Retail Price: \$140 Total savings of \$50\*\*

You'll receive Debbie's challenging exclusive bonus workout, **Keep It Up!**—a \$19.95 value—FREE when you order through your Coach!





THE MASTER’S HAMMER AND CHISEL® AND SHAKEOLOGY® CHALLENGE PACK

Crafting a “masterpiece” physique takes the right combination of fitness and nutrition. This Challenge Pack gives you workouts designed to help build a strong, sculpted body.

Includes shakeology with Home Direct and a 30-day Premium trial membership to Team Beachbody Club.\* Plus, \$2 Super Discount Shipping.

Retail Price: \$180 Total savings of over \$60\*\*

You’ll receive the exclusive **The Master’s Cardio** DVD—a \$19.95 value—FREE when you order through your Coach!



TURBO JAM® AND SHAKEOLOGY® CHALLENGE PACK

Kickboxing and body-sculpting workouts set to the hottest dance music—get ready to rock your workout with trainer Chalene Johnson!

Includes shakeology with Home Direct and a 30-day Premium trial membership to Team Beachbody Club.\* Plus, \$2 Super Discount Shipping.

Retail Price: \$160 Total savings of \$50\*\*

You’ll receive the exclusive bonus DVD, **Keep on Burnin’**—a \$29.95 value—FREE when you order through your Coach!



TURBOFIRE® AND SHAKEOLOGY® CHALLENGE PACK

TurboFire is the intense cardio-conditioning program from fitness innovator Chalene Johnson. Burn up to 9x more fat and calories than with traditional cardio.† Hot music plus high-intensity interval training create a fun, empowering workout that keeps you motivated.

†Based on evidence of HIIT training; the TurboFire program contains HIIT training workouts.

Includes shakeology with Home Direct and a 30-day Premium trial membership to Team Beachbody Club.\* Plus, \$2 Super Discount Shipping.

Retail Price: \$180 Total savings of over \$50\*\*

You’ll receive the exclusive bonus DVD, **Keep on Burnin’**—a \$29.95 value—FREE when you order through your Coach!



†Results vary.

“I love feeling stronger physically. It makes me feel like I can do anything and my mental attitude is much better knowing that I’m able to keep myself young and strong!”

Scott D. – Transformed his body using Body Beast and Shakeology.

Scott is an independent Team Beachbody Coach.



\*With Home Direct, you’ll be automatically enrolled in our monthly delivery program, and after your Premium trial membership, you’ll automatically continue as a Team Beachbody Premium member. You may cancel either at any time. Ask your Coach or visit [TeamBeachbody.com](http://TeamBeachbody.com) for full details.

\*\*When compared to buying each item separately. All prices/savings in USD. International pricing/savings may vary

21 DAY FIX EXTREME® AND SHAKEOLOGY® CHALLENGE PACK

It’s time to get seriously shredded! Celebrity trainer Autumn Calabrese has combined simple portion control, clean eating, and extreme 30-minute workouts to help you shred up and shed off those final pounds in 21 days.

Includes shakeology with Home Direct and a 30-day Premium trial membership to Team Beachbody Club.\* Plus, \$2 Super Discount Shipping.

Retail Price: \$160 Total savings of \$50\*\*

You’ll receive the exclusive bonus workout, **The Fix Challenge**—a \$19.95 value—FREE when you order through your Coach!



BODY BEAST® AND SHAKEOLOGY® CHALLENGE PACK

Hungry to work out with weights to get that lean, athletic look? Try combining Shakeology with our pro-level resistance training program designed to get you that toned, strong, and hard body in just 90 days.

Includes shakeology with Home Direct and a 30-day Premium trial membership to Team Beachbody Club.\* Plus, \$2 Super Discount Shipping.

Retail Price: \$140 Total savings of \$50\*\*

You’ll receive the exclusive Body Beast **Lucky 7** DVD—a \$19.95 value—FREE when you order through your Coach!



CHALEAN EXTREME® AND SHAKEOLOGY® CHALLENGE PACK

It’s time to get LEAN! Burn fat long after your workout is over with focused resistance training. Lean muscle supercharges your metabolism so you can burn more fat—even while you sleep.

Includes shakeology with Home Direct and a 30-day Premium trial membership to Team Beachbody Club.\* Plus, \$2 Super Discount Shipping.

Retail Price: \$180 Total savings of over \$60\*\*

You’ll receive the exclusive bonus DVD, **Keep on Burnin’**—a \$29.95 value—FREE when you order through your Coach!



CORE DE FORCE™ AND SHAKEOLOGY® CHALLENGE PACK

What could you accomplish in 30 days? How about getting into knockout shape—with the mixed martial arts-inspired workout designed to slash inches off your waist, blast away belly fat, and carve total-body definition—no equipment needed.

Includes shakeology with Home Direct and a 30-day Premium trial membership to Team Beachbody Club.\* Plus, \$2 Super Discount Shipping.

Retail Price: \$160 Total savings of over \$65\*\*

You’ll receive the exclusive bonus DVD, **MMA Mashup**—a \$19.95 value—FREE when you order through your Coach!



DIGITAL CHALLENGE PACK ALSO AVAILABLE!



INSANITY® AND SHAKEOLOGY® CHALLENGE PACK

Shaun T’s INSANITY is the hardest workout program ever put on DVD, designed to transform your body in just 60 days. MAX Interval Training is the key, helping you burn up to 1,000 calories an hour.

Includes shakeology with Home Direct and a 30-day Premium trial membership to Team Beachbody Club.\* Plus, \$2 Super Discount Shipping.

Retail Price: \$205 Total savings of over \$70\*\*

You’ll receive the exclusive DVD, **Fast and Furious**—a \$19.95 value—FREE when you order through your Coach!



INSANITY MAX:30™ AND SHAKEOLOGY® CHALLENGE PACK

With INSANITY MAX:30, the craziest 30 MINUTES of your day will get you the BEST RESULTS of your life! There’s no equipment needed in these killer cardio and strength workouts. Just push to your personal MAX and get insane results in 30 minutes a day.

Includes shakeology with Home Direct and a 30-day Premium trial membership to Team Beachbody Club.\* Plus, \$2 Super Discount Shipping.

Retail Price: \$180 Total savings of over \$50\*\*

You’ll receive the exclusive **Sweat Fest** DVD —a \$19.95 value—FREE when you order through your Coach!



INSANITY: THE ASYLUM® AND SHAKEOLOGY® CHALLENGE PACK

Build your best body in 30 days! Train inside THE ASYLUM’s Athletic Matrix that takes your body from average to elite in the shortest time possible—right in your own home!

Includes shakeology with Home Direct and a 30-day Premium trial membership to Team Beachbody Club.\* Plus, \$2 Super Discount Shipping.

Retail Price: \$180 Total savings of over \$60\*\*

You’ll receive the exclusive bonus DVD, **Pure Contact**—a \$19.95 value—FREE when you order through your Coach!



P90X® AND SHAKEOLOGY® CHALLENGE PACK

Get ripped in just 90 days! P90X constantly introduces new moves that challenge your muscles in new ways to create Muscle Confusion™, a proven training strategy that helps you blast through your plateaus for extraordinary results.

Includes shakeology with Home Direct and a 30-day Premium trial membership to Team Beachbody Club.\* Plus, \$2 Super Discount Shipping.

Retail Price: \$205 Total savings of over \$70\*\*

You’ll receive 2 exclusive bonus DVDs from the **P90X ONE on ONE®** series—a \$39.95 value—FREE when you order through your Coach!



P90X2® AND SHAKEOLOGY® CHALLENGE PACK

Train to build the body of an athlete. With P90X2, you’ll engage all of your muscles with every move, delivering the same kind of training pro athletes pay thousands of dollars for.

Includes shakeology with Home Direct and a 30-day Premium trial membership to Team Beachbody Club.\* Plus, \$2 Super Discount Shipping.

Retail Price: \$205 Total savings of over \$70\*\*

You’ll receive two FREE bonus workout DVDs chosen specifically for **P90X2**—a \$39.95 value—FREE when you order through your Coach!



P90X3® AND SHAKEOLOGY® CHALLENGE PACK

Get ripped in 30 minutes a day, using Tony Horton’s breakthrough Muscle Acceleration system. Now you’ll always have the time to work out—and you can burn fat and build lean muscle faster than ever.

Includes shakeology with Home Direct and a 30-day Premium trial membership to Team Beachbody Club.\* Plus, \$2 Super Discount Shipping.

Retail Price: \$205 Total savings of over \$70\*\*

You’ll receive the **P90X ONE on ONE** On One Leg workout—a \$19.95 value—FREE when you order through your Coach!



THE MASTER’S HAMMER AND CHISEL® AND SHAKEOLOGY® CHALLENGE PACK

Crafting a “masterpiece” physique takes the right combination of fitness and nutrition. This Challenge Pack gives you workouts designed to help build a strong, sculpted body.

Includes shakeology with Home Direct and a 30-day Premium trial membership to Team Beachbody Club.\* Plus, \$2 Super Discount Shipping.

Retail Price: \$180 Total savings of over \$60\*\*

You’ll receive the exclusive **The Master’s Cardio** DVD—a \$19.95 value—FREE when you order through your Coach!



TURBOFIRE® AND SHAKEOLOGY® CHALLENGE PACK

TurboFire is the intense cardio-conditioning program from fitness innovator Chalene Johnson. Burn up to 9x more fat and calories than with traditional cardio.† Hot music plus high-intensity interval training create a fun, empowering workout that keeps you motivated.

†Based on evidence of HIIT training; the TurboFire program contains HIIT training workouts.

Includes shakeology with Home Direct and a 30-day Premium trial membership to Team Beachbody Club.\* Plus, \$2 Super Discount Shipping.

Retail Price: \$180 Total savings of over \$50\*\*

You’ll receive the exclusive bonus DVD, **Keep on Burnin’**—a \$29.95 value—FREE when you order through your Coach!



\*With Home Direct, you’ll be automatically enrolled in our monthly delivery program, and after your Premium trial membership, you’ll automatically continue as a Team Beachbody Premium member. You may cancel either at any time. Ask your Coach or visit [TeamBeachbody.com](http://TeamBeachbody.com) for full details.

\*\*When compared to buying each item separately. All prices/savings in USD. International pricing/savings may vary.



PROGRAM COMPARISON CHART						
PROGRAM	LOW IMPACT	CARDIO	MUSCLE BUILDING	30 MIN OR LESS	DANCE	SLIM & TONE
10-MINUTE TRAINER				X		X
21 DAY FIX		X		X		X
21 DAY FIX EXTREME		X		X		X
22 MINUTE HARD CORPS		X	X	X		X
BODY BEAST			X			X
BRAZIL BUTT LIFT		X			X	
CHALEAN EXTREME		X				X
CIZE		X			X	X
CORE DE FORCE		X	X			X
COUNTRY HEAT	X	X		X	X	
FOCUS T25		X		X		X
HIP HOP ABS & ROCKIN' BODY		X			X	X
INSANITY		X				X
INSANITY MAX:30		X		X		X
INSANITY: THE ASYLUM		X	X			X
P90		X	X			
P90X			X			X
P90X2			X			X
P90X3			X	X		X
PiYo	X					X
SLIM IN 6	X	X				X
TAI CHENG	X					X
THE MASTER'S HAMMER AND CHISEL			X			X
TURBOFIRE		X			X	
TURBO JAM		X			X	





# BEACHBODY® ON DEMAND

## PART OF TEAM BEACHBODY® CLUB

When you join Team Beachbody Club, you get an all-access pass to Beachbody On Demand's continuously updated digital library of workouts, exclusive content, and tools to help you get results!

### WORKOUTS

Stream more than 400 proven workouts from top celebrity trainers, valued at over \$6,000, including access to all the programs you've purchased on DVD.

### EXCLUSIVE CONTENT

Get access to new workouts and up-close-and-personal content from your favorite trainers, not available anywhere else.

### CONVENIENCE

Enjoy on your TV, laptop, tablet, and mobile device—anywhere you have an internet connection. Your workouts go wherever you do.

### TOOLS

Get easy-to-follow nutrition guides, step-by-step program guides, daily workout calendars, progress trackers, and more!

**PLUS**, you'll get these valuable support tools and benefits with your Team Beachbody Club membership.

- A 10% discount on Beachbody products, including Shakeology, apparel, fitness programs, gear, and supplements.
- Personalized meal plans that accelerate your progress.
- Your own personal Coach, who may contact you to help guide and support you to achieve your best results possible.
- Active Message Boards with answers to your food and fitness questions.

## CLUB AND SHAKEOLOGY® CHALLENGE PACK

### STREAMING, SUPPORT, AND SHAKES!

- 90-day access to Beachbody On Demand—so you can stream hundreds of workouts on-the-go!\*
- A 90-day Premium membership to the Team Beachbody Club to give you everything you need to help you reach your goals.\*
- Your first 30-day supply of Shakeology—delivered on Home Direct\* with Super Discount Shipping (save over \$12) every month.

Retail Price: \$140

Total savings of **over \$25\*\***



## CLUB KICKSTART CHALLENGE PACK

### GET A CLEAN BREAK FROM BAD EATING HABITS AND KICK-START YOUR WEIGHT LOSS.

- 3-Day Refresh® Kit to help break the cycle of unhealthy eating.†
- 90-day access to Beachbody On Demand—so you can stream hundreds of workouts on-the-go!\*
- A 90-day Premium membership to the Team Beachbody Club to give you everything you need to help you reach your goals.\*
- Your first 30-day supply of Shakeology—delivered on Home Direct\* with Super Discount Shipping (save over \$12) every month.

Your Price: \$180

Total savings of **over \$55\*\***



## CLUB AND PERFORMANCE PACK

### TIRED? HITTING A WALL TOO SOON? BLAST THROUGH YOUR WORKOUTS AND RECOVER FASTER.‡

- Beachbody Performance™ Energize Pre-Workout Formula, to help boost your energy, sharpen your focus, and help you push harder and longer†—delivered on Home Direct,\* our monthly autoship program.
- Beachbody Performance Recover Post-Workout Formula, to help combat exercise-induced muscle soreness and speed muscle recovery†—delivered on Home Direct.\*
- 90-day access to Beachbody On Demand—so you can stream hundreds of workouts on-the-go!\*
- A 90-day Premium membership to the Team Beachbody Club to give you everything you need to reach your goals.\*

Your Price: \$140

Total savings of **over \$20\*\***



†Results vary.

“The best thing about Beachbody On Demand is that I have used it to try new workouts I would not normally have tried! I love to do my workouts outside on my patio, so streaming on my iPad is perfect.”

Angie K. – Lost 73.5 pounds and 65.5 inches in 1 year and 4 months.  
Angie is an independent Team Beachbody Coach.

All packs except the Club and Performance Pack include **shakeology** with Home Direct.

\*With Home Direct, you'll be automatically enrolled in our monthly delivery program, and after your Premium trial membership, you'll automatically continue as a Team Beachbody Premium member, until you cancel. You may cancel either at any time. Premium trial membership offer not valid for current paying Team Beachbody Club members. Ask your Coach or visit [TeamBeachbody.com](http://TeamBeachbody.com) for full details.

\*\*When compared to buying each item separately. All prices/savings in USD. International pricing/savings may vary.

‡These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



# AUTUMN CALABRESE

“You’re closer than you think.”

Autumn Calabrese is a celebrity trainer, best-selling author, and working mom who revolutionized the Beachbody business model with her simple container-based approach to portion control. Her breakthrough hit, 21 Day Fix®, and long-awaited follow-up, 21 Day Fix EXTREME®, have been Beachbody’s top-selling programs for the past two years, while her cookbook, Fixate®, sold over 80,000 copies in its first week alone. She has held certifications from the National Academy of Sports Medicine (NASM) and the American Fitness Professionals & Associates (AFPA), and has competed at the national level in various bikini competitions. In addition to her collaboration to create The Master’s Hammer and Chisel®, Autumn has held pre- and postnatal AFPA Certifications, and recently created pre- and postnatal workouts as well as the first ballet barre workouts to be featured on Beachbody On Demand.



# CHALENE JOHNSON

“Turn up the burn!”

High-energy celebrity fitness trainer, mother of two, and *New York Times* best-selling author, Chalene Johnson has revolutionized the fitness industry by turning her lifelong love of health and fitness into exciting, challenging workouts that scorch calories and burn fat. Her efficient, results-driven workouts and ability to inspire students to reach their fitness goals have made her Beachbody programs, including TurboFire®, Turbo Jam®, and ChaLEAN Extreme®, some of the most popular in-home exercise programs in history.



# DEBBIE SIEBERS

“You can reshape your body!”

Out of her own frustration with body image and weight control, Debbie spent years developing body-transformation routines to target dreaded problem areas. She began her fitness career as a personal trainer for Body by Jake® and has since been featured on numerous television programs and networks, including CNN, E!, FitTV, and *LIVE with Regis and Kelly*. Debbie was approached by Beachbody to create Thin Thighs Guaranteed!®, based on methods she perfected to slim and shrink the trouble spots on her celebrity clients. The popularity of that workout led to the development of the highly successful Slim in 6® and Slim Series.



# DR. MARK CHENG

“As you move well, you will feel good and function better.”

Dr. Mark Cheng is a martial arts master with more than 20 years of experience teaching tai chi. Dr. Cheng designed the Beachbody program Tai Cheng by combining classical tai chi techniques, ancient qi gong practices, and 21st-century sports science. Whether you are looking to increase balance and agility, rehab and strengthen your body after a joint or muscle injury, or simply get started on the path to better fitness, Tai Cheng was designed to be your easy—and effective—solution.





# LEANDRO CARVALHO

“Don’t settle for less.”

Leandro Carvalho’s innovative training techniques embrace many influences from his native Brazil, where he earned a physical therapy degree and began his extensive dance career. His exercise methods are so effective, the world’s top lingerie models seek him out to help lift their bootys while sculpting lean, sexy thighs. Leandro’s also renowned in the fashion world as the supermodel’s secret to a perfect butt—many of his Success Stories strut the glamorous runways of New York, Paris, and Milan. Leandro’s signature workout, Brazil Butt Lift®, was named “Best Fitness Class” by *New York* magazine, and helped secure his reputation as the Brazilian Butt Master.



# SAGI KALEV

“Whatever it takes!”

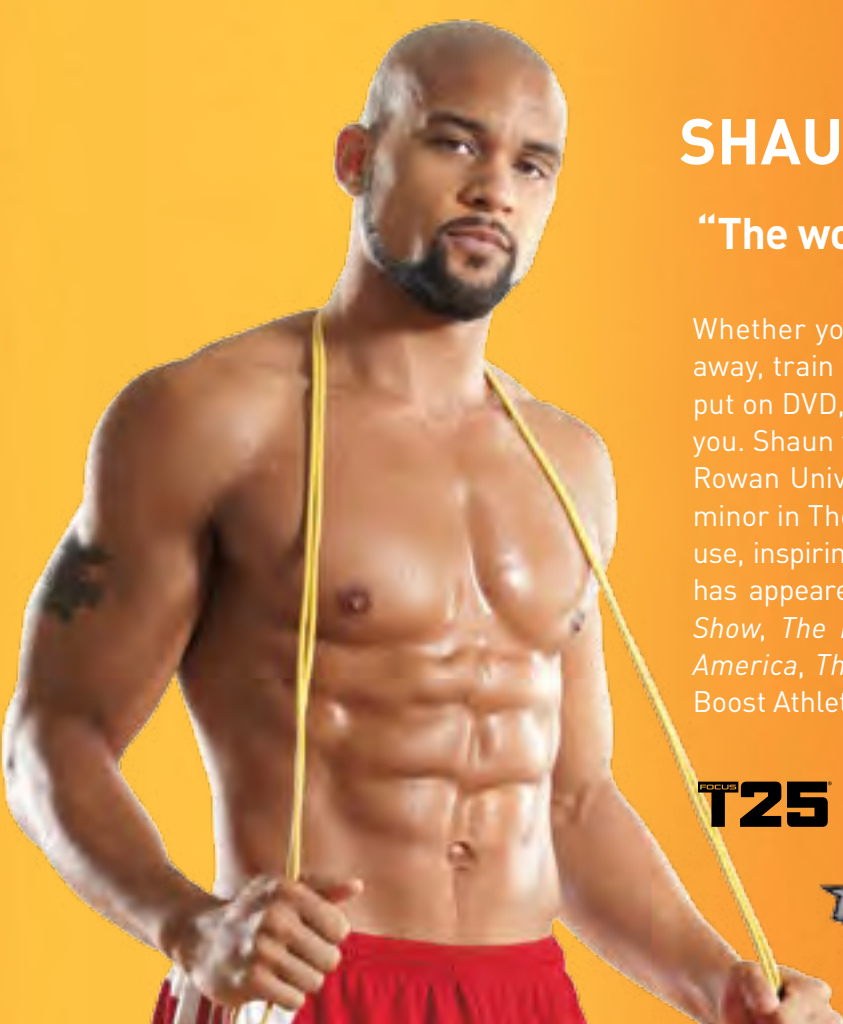
Sagi’s fitness philosophy is about doing “whatever it takes” to become your personal best. Holding a degree in physical education with a minor in nutrition from the University of Central Florida, Sagi is a Certified Nutrition Specialist CNS and a functional nutrition expert. He’s also gone on to earn major fitness and nutrition certifications, including the PROPTA Master Professional Personal Trainer. But that’s not where Sagi’s fitness fame began. Having been a bodybuilder since the age of 16, he’s won a number of titles. He was twice named Mr. Israel, and became a revered IFBB Pro. But beyond his natural love of the sport, Sagi credits a 4-year tour of duty in the Israeli army with teaching him the discipline, focus, and determination that it took to develop himself into a champion.



# TONY HORTON

“Bring it on!”

If you want extreme results, then you want to work out with Tony Horton. In collaboration with Beachbody, he’s created some of America’s most groundbreaking fitness programs, selling over 7 million copies (combined) to date. Over the past 25 years, Tony’s perfect mix of body-sculpting routines, inspiration, and fun have helped people all across the country get in the best shape of their lives—including countless film celebrities, TV stars, pro athletes, and military personnel—many of whom have credited him with improved stamina, strength, and performance levels. Tony has appeared on national TV shows such as the *Today Show*, *Good Morning America*, *Piers Morgan Live*, and *The Dr. Oz Show*.



# SHAUN T

“The work doesn’t start until you get tired.”

Whether you want to Get It Done in 25 minutes, dance your weight away, train like an athlete, or simply brave the hardest workout ever put on DVD, Shaun T has the perfect body-transforming program for you. Shaun first made a name for himself as a track-and-field star at Rowan University, where he received a BS in Sports Science with a minor in Theater and Dance. Since then he’s put both degrees to epic use, inspiring millions of people to get fit and lead healthy lives. Shaun has appeared on *The Tonight Show with Jay Leno*, *Conan*, *Steve Harvey Show*, *The Dr. Oz Show*, *The Ellen DeGeneres Show*, *Good Morning America*, *The Talk*, and *The Doctors*. He has also worked with Nike, Boost Athletic Shoes, and the LA Lakers.





JERICHO McMATTHEWS

“Remember that fitness is a journey—it’s so much more than achieving a physical goal.”

Jericho McMatthews is truly a force to be reckoned with. She’s held Personal Training certifications from the National Academy of Sports Medicine (NASM), the American Fitness Association of America (AFAA), and the American Council on Exercise (ACE), and received degrees in Psychology and Physical Education and Kinesiology from University of California, Santa Barbara.

A self-proclaimed “fitness chameleon,” she began teaching a variety of group classes and started personal training in college. In the decade since, she has become an International Master Trainer and has traveled the world educating thousands of new instructors and presenting at esteemed fitness industry conferences such as IHRSA, IDEA, ECA, and CanFitPro.

In 2016, she collaborated with longtime friend and fellow Beachbody Super Trainer Joel Freeman to create CORE DE FORCE™.



JOEL FREEMAN

“If you’re enjoying it, you’ll look forward to it every day and will stay on track!”

Working nearly a decade in the fitness industry, Joel Freeman has held Elite Personal Trainer certifications from the American Fitness Association of America (AFAA) and the American Council on Exercise (ACE). From running day-to-day operations in his own gym in Washington to managing Group X programming at Gold’s Gym® and becoming an International Certified Fitness Trainer—he’s done it all!

But Joel’s passion has always been teaching and showing others how to live healthy and fulfilling lives. That’s why in 2016, he teamed up with fellow Super Trainer Jericho McMatthews and Beachbody to create CORE DE FORCE™.



Take Your ActiVit® Daily

Help get the nutrients you need to stay fit and healthy.



You’re working hard to lead a healthy, fit lifestyle. Way to go! And by including ActiVit as part of your daily plan, you’re making sure you get plenty of **vitamins and minerals** to help you meet your body’s daily needs.

ActiVit also includes a proprietary phytonutrient blend that includes: **green tea, quercetin, resveratrol, curcumin, pomegranate, and tart cherry.** Plus, bioavailable forms of Folate (B9), B12, and K2 for better absorption and usage by the body.

AND IT DOESN’T STOP THERE. ACTIVIT PROVIDES:

- 250% of your Daily Value for Vitamin D
- 100% of your Daily Value for Vitamin C
- Calcium for bone health<sup>†</sup>
- Small, easy to swallow tablets
- Light vanilla coating for improved taste
- Balanced nutrients to help support energy metabolism and the immune system<sup>†</sup>
- Nutrient levels to support healthy muscle function<sup>†</sup>

So don’t miss a single day. Use ActiVit to help you reach all your fitness goals!

30-DAY SUPPLY	
Retail Price:	\$29.95
Club Price:	\$26.96
Coach Price:	\$22.46

<sup>†</sup>These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

All prices/savings in USD. International pricing/savings may vary.



# Beachbody® Nutrition: Think beyond your workout to reach your ultimate results

You can't out-train a bad diet. No matter the workout, if your body lacks the nutrition it craves, you'll never reach your full potential. That's why Beachbody makes it easy to make all the right choices and helps you get the best nutrients when you need them most. So you'll not only see a difference in your body—you'll *feel* it, day after day, workout after workout.



## Daily Nutrition

The best results begin in the kitchen. Help curb your cravings with deliciously nutritious Shakeology® and use the Portion Fix® containers to learn just how much to eat—without feeling deprived!

- **SHAKEOLOGY:** Lose the calories without losing nutrients. Drink one superfood supplement shake a day to help you say no to junk food and support healthy energy and weight loss.‡
- **PORTION FIX:** Simplify your meals and learn portion control the easy way—without counting calories. The easy-to-follow system includes 7 color-coded containers, a Shakeology shaker cup, and a nutrition guide.



## Targeted Nutrition

Sometimes you just need a little extra...boost. Too many late nights? Not enough veggies on your plate? Feeling a bit bloated? Then add a Shakeology Boost to your daily shake and conveniently customize it for your very specific needs.

- **FOCUSED ENERGY:** Get that pick-me-up you need without compromise—both for your mind and body.‡
- **POWER GREENS:** Fuel your body with a full serving of nutrient-dense veggies and exotic greens.
- **DIGESTIVE HEALTH:** Get back to your “regular” self with 7 grams of both soluble and insoluble fiber. ‡



## Performance Nutrition

Make your fitness program work even FASTER with Beachbody Performance™. Use all 5 products together or mix and match to hit your workouts harder, day after day, for the best results of your life.

- **ENERGIZE (Pre-Workout):** Helps ignite your energy, sharpen your focus, and delay exercise-induced muscle fatigue.‡
- **HYDRATE (During Workout):** Helps improve performance by optimizing hydration better than just water or sugary sports drinks.‡
- **RECOVER (Post-Workout):** Helps speed muscle recovery and reduce exercise-induced muscle soreness.‡
- **RECHARGE (Nighttime Recovery):** Helps combat delayed onset muscle soreness and promote overnight muscle growth.‡
- **CREATINE (Add-on to Recover):** Improves high-intensity exercise performance and helps increase muscle strength and power.‡



## Ultimate Nutrition

Jump-start new healthy eating habits or get back on track with comprehensive solutions to cleanse and reset your system—without starving.

- **3-DAY REFRESH®:** Helps you lose a few pounds FAST, and feel leaner, cleaner, and refreshed in just 3 short days.‡
- **BEACHBODY ULTIMATE RESET®:** Return your body to optimal “factory settings” with this inner-body tune-up that helps you lose weight and supports digestive and overall health, so you can feel healthier.‡

‡These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



# MEET OUR NUTRITIONAL EXPERTS

You expect Beachbody® products to be on the cutting edge of fitness, nutrition, and wellness. To make that happen, we call in the top experts from around the world.

## Shakeology® Co-Formulators



**Darin Olien**  
Nutritional Scientist, Formulator, and Shakeology “Ingredient Hunter”  
Darin has a BA in Corporate Fitness from the University of Saint Thomas, an MA in Psychology from the University of Santa Monica, and additional certifications in the areas of nutrition, physiology, rehabilitative therapy, and herbal healing. For more than two decades, he’s traveled around the globe researching indigenous herbs and superfoods while working with thousands of rural farmers, growers, and manufacturers to bring high-quality, fair-trade superfoods and herbal commodities to market through his company, Darin’s Naturals. Darin has also been instrumental in the development and ongoing formulations of Shakeology and the Ultimate Reset®. In 2015, he released his first book, *Superlife*, a comprehensive look at dieting and nutrition, and an essential guide to maintaining the human body and maximizing its potential.



**Isabelle Daikeler**  
Senior Health, Nutrition, and Fitness Consultant  
Isabelle holds a BS in Kinesiology from the College Français in Montréal and a BS in Sports Psychology from UCLA. She has received numerous additional certifications in the areas of general nutrition, physical exercise, and personal training. During her many years as a personal trainer, Isabelle worked with high-profile clients across a wide variety of fitness disciplines and age groups. Isabelle’s work as a fitness expert has been featured in several TV shows and in publications including *Shape*, *Living Fit*, and *Allure*. Her views on clean eating as the path to total wellness have led Isabelle to become a consummate expert in the area of holistic nutrition. For Beachbody, Isabelle has been instrumental in the research, conceptualization, and early stage formulation of the Shakeology, Ultimate Reset, and 3-Day Refresh® products.

## THE BEACHBODY SCIENTIFIC ADVISORY BOARD

Beachbody’s Scientific Advisory Board comprises top international authorities in fitness, nutrition, botanical science, herbal integrated medicine, and product safety.



**Francis Stephens, PhD**  
Performance Nutrition  
Dr. Francis Stephens is an Assistant Professor in Metabolic and Molecular Physiology at the University of Nottingham, England. He’s a world leader in the field of performance nutrition and has presented at countless conferences for international athletic associations. His research on the influence of performance nutrition and exercise on human skeletal muscle metabolism has been published in leading journals and books.



**Marcus Elliott, MD**  
Performance Science & Medicine  
Dr. Marcus Elliott is a Harvard-trained physician and exercise scientist, and an expert in performance enhancement and care of elite athletes. His data-driven approach has allowed him to become the only person to have held leading sports science positions in the NFL, MLB, and NBA. He’s the founder of the Peak Performance Project (P3) in Santa Barbara, CA, a leading facility for applied sports science.



**Michael Balick, PhD**  
Botanical Science  
For four decades, Dr. Michael J. Balick has studied ethnobotany, the relationship between plants and people, and floristics, the study of botanical diversity within a specific region. His research has included studies in the Amazon Valley, Central and South America, the Middle East, and Southeast Asia. Dr. Balick is considered a leading authority on the use of plants as foods and medicines for improving health.



**Nima Alamdari, PhD**  
Performance & Functional Nutrition  
Dr. Nima Alamdari is a Harvard-trained scientist and Director of Scientific Affairs at Beachbody. His faculty work and postdoctoral training at Harvard centered on the regulation and mechanisms of muscle growth, breakdown, inflammation, and function in health and disease. Dr. Alamdari is author of numerous articles in top international peer-reviewed journals.



**Mansour Samadpour, PhD**  
Quality & Product Safety  
Dr. Mansour Samadpour is the President of IEH Laboratories & Consulting Group (IEH) and Molecular Epidemiology Inc. (MEI), who together employ over 1,400 people in six countries. He is a microbiologist with extensive experience in public health microbiology, food safety, food production, and epidemiology of food-borne illnesses. Dr. Samadpour is well published and an inventor of over 30 patents and patent applications.





FUEL YOUR BODY WITH THE PLANET’S MOST DELICIOUS NUTRIENT-DENSE SUPERFOOD SHAKE

Transform your health in 30 days with Your Daily Dose of Dense Nutrition®.

The super-dense nutrition in Shakeology is something you won’t find in a fast food breakfast or coffee drink. More than a protein shake, Shakeology is a powerful superfood formula designed to deliver the nutrients you need. It can help you lose weight, provide healthy energy, and reduce junk food cravings. With the nutrition of Shakeology, you can get even better results from your workouts!‡

SHAKEOLOGY is Nutrition Simplified

Made with globally sourced ingredients, Shakeology is a nutrient-dense combination of premium proteins, dietary fiber, prebiotics, probiotics, digestive enzymes, phytonutrients, antioxidants, and adaptogens.



AVAILABLE IN

- Chocolate
- Vanilla
- Strawberry
- Greenberry
- Café Latte
- Chocolate Vegan
- Tropical Strawberry Vegan

We surveyed daily SHAKEOLOGY drinkers and here’s what they said:‡

- 93% feel healthier since drinking Shakeology\*\*
- 86% report it helped increase energy levels\*\*
- 81% feel it helped reduce their cravings for junk food\*\*
- 72% say it helped them lose weight\*\*

SHAKEOLOGY VEGAN

100% VEGAN never tasted so good!

Shakeology is available in two mouthwatering vegan flavors, Chocolate Vegan and Tropical Strawberry Vegan. You don’t have to follow a strict vegan diet to enjoy the incredible health benefits associated with eating more plant-based foods. Both formulas are 100% soy- and dairy-free—and 110% smooth, creamy, and delicious.

SHAKEOLOGY is included in your Challenge Pack!

Your Challenge Pack comes with Shakeology, so you can fuel every workout with Your Daily Dose of Dense Nutrition. Feel yourself push harder, stay healthy, and get results when you combine your favorite fitness program with the power of Shakeology’s ultra-premium nutrients. If you want to live healthy, you’ve got to eat healthy. To purchase additional bags or single-serving packets, contact your Coach.‡

\$2 SUPER DISCOUNT SHIPPING WHEN YOU ORDER HOME DIRECT.\*

Retail Price: \$129.95 Club Price: \$116.95 Coach Price: \$97.46

‡These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

\*With Shakeology on Home Direct, you’ll receive this item every 30 days, shipped directly to your door and billed to the credit card you use today in the amount of \$129.95 a month—only about \$4.33 a day!—plus a Super Discount s&h fee of only \$2.00 per unit. You may cancel at any time to avoid future charges by calling Customer Service. All prices in USD. International pricing may vary.  
\*\*Based on a survey of 2,769 Shakeology users, including independent Team Beachbody Coaches, who drank Shakeology 5 or more times per week and exercised at least 3 times per week.





## Maximize your results with simple portion control.

What if knowing exactly how much to eat was less of a guess and more of a sure thing? What if you NEVER had to count a single calorie again?

With Portion Fix®, you don't have to eyeball your portions anymore. The Eating Plan tells you what to eat, and each premeasured container is specially designed to deliver just the right amount of food. If it fits in a container, you can eat it!

*Use the Portion-Control Container System together with any Beachbody program and achieve your weight-loss goals faster!*

All containers are BPA-free, DEHP-free, top-rack dishwasher safe, and microwavable.

**YOUR KIT INCLUDES:**

- A step-by-step Portion Fix Eating Plan that shows you what to eat and how much—it's a no-brainer solution for weight loss!
- Seven color-coded, portion-control containers and a Shakeology shaker cup.
- A FREE bonus—one large blue container to make meal transportation a breeze.



Retail Price: **\$39.90**  
Club Price: **\$35.91**  
Coach Price: **\$29.93**



## Enjoy the foods you love and *still* lose weight with the 21 Day Fix®-approved cookbook.

Want more container-friendly recipes to use with 21 Day Fix? Hungry for healthy meals that you (and your kids) can actually look forward to? Feel like a little help in the kitchen is all you need to finally reach your fitness goals?

Then satisfy your cravings without sacrificing nutrition with the easy-to-follow recipes in Fixate®, Autumn Calabrese's cookbook full of delicious, portion-controlled meals.

Each Fixate recipe is marked with color-coded container equivalents, so you can easily manage your portions while doing 21 Day Fix, 21 Day Fix EXTREME®, and Portion Fix—or use the cookbook to create balanced meals for any other Beachbody program!

**WHY COOK WITH FIXATE?**

- Simple, time-saving, and delicious meals, perfect for busy families.
- Vegetarian, vegan, gluten-free, and paleo recipes.
- Get firsthand advice from Autumn on meal prepping and upgrading leftovers.
- Enjoy snacks, desserts, and even the occasional cocktail—because eating clean doesn't mean depriving yourself!



Retail Price: **\$19.95**  
Club Price: **\$17.96**  
Coach Price: **\$14.96**

All prices/savings in USD. International pricing/savings may vary.





# GOOD FOR YOU JUST GOT BETTER.

Customize your shakes with Shakeology® Boosts  
for the extra edge you need to feel your best.



**Focused Energy Boost**

This unique formula is designed to give you an effective pick-me-up without compromise—both for your mind and body. So not only will it help you feel more energized, it also supports mental clarity, alertness, and focus.<sup>‡</sup> Plus, there are no artificial colors, flavors, sweeteners, or preservatives.

Retail Price: \$49.95      Club Price: \$44.96      Coach Price: \$37.46

<sup>‡</sup>These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

<sup>†</sup>Based on 2,000 calorie per day diet.



**Power Greens Boost**

Packed with a full serving of nutrient-dense vegetables like kale and spinach, this convenient powdered formula fuels your body with what it’s not getting from the average vegetable-challenged diet. Plus, this boost helps support the body’s acid/alkaline balance.<sup>‡</sup>

Retail Price: \$44.95      Club Price: \$40.96      Coach Price: \$33.71



**Digestive Health Boost**

Loaded with a unique blend of 7 grams of both soluble AND insoluble fiber, when added to Chocolate Shakeology this powerful boost supplies your body with over half of the daily recommended amount of fiber.<sup>‡</sup> Adding more fiber to your diet is a great way to help improve regularity.<sup>‡</sup>

Retail Price: \$34.95      Club Price: \$31.46      Coach Price: \$26.21

**\$2 SUPER DISCOUNT SHIPPING WHEN YOU ORDER HOME DIRECT.<sup>††</sup>**

<sup>††</sup> With Home Direct, you’ll be automatically enrolled in our monthly delivery program. You may cancel at any time. Ask your Coach or visit [TeamBeachbody.com](http://TeamBeachbody.com) for full details. All prices/savings in USD. International pricing/savings may vary.





TAKE YOUR RESULTS TO THE NEXT LEVEL



WHAT IS BEACHBODY PERFORMANCE™?

It's a balanced supplement line specifically designed to meet the demands of our world-class workouts. Beachbody Performance has key ingredients scientifically shown to help give you more energy, better endurance, and faster muscle recovery. **Because when you feel better, you can work harder. And that means better results, faster than you ever thought possible.‡**



“I used to get really sore between workouts, where I didn’t want to work out the next day. Since I started using Beachbody Performance, my muscles are recovering so much faster.”  
Lyndsay B. – Lost 17.5 lbs. and 13.1% of her body fat using Beachbody Performance + INSANITY

†Results vary.

Consult your physician and follow all safety instructions before beginning any diet or exercise program or using any supplement or meal replacement product, especially if you are pregnant, breastfeeding, taking any medications, or have any unique or special medical conditions. Keep out of reach of children.

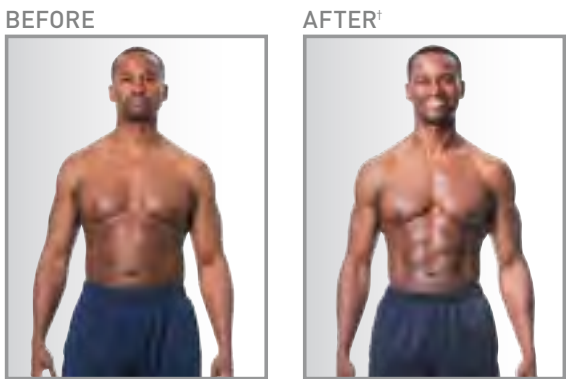
‡These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

SUPERCHARGE YOUR RESULTS  
WITH A BREAKTHROUGH IN SPORTS NUTRITION

- ENERGIZE:** Boost your energy, help sharpen your focus, and help delay exercise-induced muscle fatigue†  
Retail price: \$49.95 Club price: \$44.96 Coach price: \$37.46
- HYDRATE:** Optimize hydration during or after exercise to help improve performance and endurance†  
Retail price: \$34.95 Club price: \$31.46 Coach price: \$26.21
- RECOVER:** A combination of proteins and phytonutrients to help combat exercise-induced muscle soreness and speed muscle recovery†  
*Available in Chocolate and Orange flavors.*  
Retail price: \$69.95 Club price: \$62.96 Coach price: \$52.46
- RECHARGE:** Helps support overnight muscle recovery, combat exercise-induced muscle soreness, and promote muscle growth overnight†  
Retail price: \$69.95 Club price: \$62.96 Coach price: \$52.46
- CREATINE:** Improve high-intensity exercise performance, and help increase muscle strength and power†  
Retail price: \$19.95 Club price: \$17.96 Coach price: \$14.96

PERFORMANCE PACKS INCLUDE:

- Beachbody Performance Energize** Pre-workout supplement with key ingredients to help boost your energy, sharpen your focus, push harder, and last longer†—delivered on Home Direct, our monthly autship program.\*
- Beachbody Performance Recover** Post-workout supplement, with key ingredients shown to help combat exercise-induced muscle soreness and speed muscle recovery to help you recover faster†—delivered on Home Direct, our monthly autship program.\*
- FREE 30-day PREMIUM** trial membership to the Team Beachbody Club, including streaming access to hundreds of Beachbody workouts.\*
- Plus, Super Discount Shipping.



†Results vary.

“I was 100% skeptical of any type of supplement, but Beachbody Performance helped me go from good to great!”  
Markhum S. – Lost 17.5 lbs. and 38.7% of his body fat using Beachbody Performance + 21 Day Fix EXTREME

\*With Home Direct, you'll be automatically enrolled in our monthly delivery program, and after your Premium trial membership, you'll automatically continue as a Team Beachbody Premium member. You may cancel either at any time. Ask your Coach or visit [TeamBeachbody.com](http://TeamBeachbody.com) for full details.  
All prices/savings in USD. International pricing/savings may vary.



22 MINUTE HARD CORPS® PERFORMANCE PACK

It's no secret—getting lean, ripped, and ready for action takes work. And it's easier to stay committed when things like low energy and soreness aren't holding you back from achieving your goals.‡ The Performance Pack gives you quick, boot camp-style workouts, plus:

Your first 30-day supply of the following delivered on Home Direct:\*

- Beachbody Performance™ Energize
- Beachbody Performance Recover
- \$2 Super Discount Shipping

Plus, receive a 30-day Premium trial membership to Team Beachbody Club\*

Retail Price: \$140 Total savings of over \$40\*\*

You'll receive the exclusive **Battle Buddy** DVD—a \$19.95 value—**FREE** when you order through your Coach!



BODY BEAST® PERFORMANCE PACK

Transform your body in just 90 days. This pro-level resistance training, nutrition, and supplement system works superfast to help give you a body that gets noticed.

Your first 30-day supply of the following delivered on Home Direct:\*

- Beachbody Performance™ Energize
- Beachbody Performance Recover
- \$2 Super Discount Shipping

Plus, receive a 30-day Premium trial membership to Team Beachbody Club\*

Retail Price: \$140 Total savings of over \$40\*\*

You'll receive the exclusive **Body Beast Lucky 7** DVD—a \$19.95 value—**FREE** when you order through your Coach!



CORE DE FORCE™ PERFORMANCE PACK

With this Performance Pack, not only will you get the mixed martial arts-inspired workout designed to slash inches off your waist, blast belly fat, and carve total-body definition, but you'll also get the pre-workout energy to hit your workouts with everything you've got and the post-workout support your muscles need to come back stronger and ready for more.‡

Your first 30-day supply of the following delivered on Home Direct:\*

- Beachbody Performance™ Energize
- Beachbody Performance Recover
- \$2 Super Discount Shipping

Plus, receive a 30-day Premium trial membership to Team Beachbody Club\*

Retail Price: \$160 Total savings of over \$60\*\*

You'll receive the exclusive bonus DVD, **MMA Mashup**—a \$19.95 value—**FREE** when you order through your Coach!



THE MASTER'S HAMMER AND CHISEL® PERFORMANCE PACK

It's no secret—building a perfect physique takes work. So don't let low energy and post-training muscle soreness hold you back from achieving your goals.‡ The Performance Pack gives you body-sculpting workouts, plus:

Your first 30-day supply of the following delivered on Home Direct:\*

- Beachbody Performance™ Energize
- Beachbody Performance Recover
- \$2 Super Discount Shipping

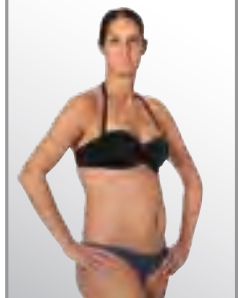
Plus, receive a 30-day Premium trial membership to Team Beachbody Club\*

Retail Price: \$180 Total savings of over \$55\*\*

You'll receive the exclusive **The Master's Cardio** DVD—a \$19.95 value—**FREE** when you order through your Coach!



BEFORE



†Results vary.

AFTER†



“I saw my arms tone up within days of starting the program. Then my legs and butt leaned out and finally my abs started popping.”

April I. – Lost 9 lbs. and transformed her body in 60 Days using CORE DE FORCE, Beachbody Performance, and Shakeology.



‡These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

\*With Home Direct, you'll be automatically enrolled in our monthly delivery program, and after your Premium trial membership, you'll automatically continue as a Team Beachbody Premium member. You may cancel either at any time. Ask your Coach or visit [TeamBeachbody.com](http://TeamBeachbody.com) for full details.  
\*\*When compared to buying each item separately. All prices/savings in USD. International pricing/savings may vary.



# WHAT CAN YOU DO IN 3 DAYS?

# 3-DAY REFRESH



The **3-Day Refresh®** is a simple, clean eating program that’s designed to fast-track weight loss while helping you establish new, healthier eating habits. Unlike juice fasts or liquid cleanses that are high in sugar and low in protein (which can leave you feeling weak and sluggish), the 3-Day Refresh is specially designed to help you lose weight and improve the way you feel.† Plus, you actually get to eat delicious food during this program so you’re not starving.

Continue to drink Shakeology daily after completing the 3-Day Refresh to help maintain your great results and stay on track. It’s Your Daily Dose of Dense Nutrition®.

### WHY REFRESH?

- You need a clean break from unhealthy eating.
- You want to quickly lose a few pounds for an upcoming event.
- You’re tired of fad diets that don’t work.
- You want to jump-start healthy eating habits for a new workout program.
- You want your clothes to fit better.



†Results vary.

“I have recommended this program numerous times. I tell people that it’s a great jump start to clean eating.”

Jennifer H. – Lost 5.5 lbs.  
Jennifer is an independent Team Beachbody Coach.

†These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

## 3-DAY REFRESH® AND SHAKEOLOGY® CHALLENGE PACK

### YOUR 3-DAY REFRESH CHALLENGE PACK INCLUDES

- 6 packets of Vanilla Fresh (high-protein shake)
- 3 packets of Fiber Sweep (digestive health drink)
- 1 3-Day Refresh Program Guide
- **shakeology** with Home Direct\* and a 30-day Premium trial membership to Team Beachbody Club\*
- \$2 Super Discount Shipping

Retail Price: \$160  
Total savings of \$50\*\*



## KICKSTART AND SHAKEOLOGY® CHALLENGE PACK

Kick off your Challenge with the triple threat that gives you everything you need for an accelerated, total-body makeover—3-Day Refresh to jump-start your clean eating, Shakeology to help fuel your workouts, and a fitness program to complete the Challenge!

### YOUR KICKSTART CHALLENGE PACK INCLUDES

- 1 fitness program (choose from a variety of programs shown here)
- 6 packets of Vanilla Fresh (high-protein shake)
- 3 packets of Fiber Sweep (digestive health drink)
- 1 3-Day Refresh Program Guide
- **shakeology** with Home Direct\* and a 30-day trial or 90-day Premium membership to Team Beachbody Club\*
- Plus \$2 Super Discount Shipping

Retail Price: Varies depending on the fitness program you choose



\*With Home Direct, you’ll be automatically enrolled in our monthly delivery program, and after your 30-day trial or 90-day Premium membership to Team Beachbody Club, you’ll automatically continue as a Team Beachbody Premium member. You may cancel either at any time. Ask your Coach or visit [TeamBeachbody.com](http://TeamBeachbody.com) for full details.  
\*\*When compared to buying each item separately. All prices in USD. International pricing may vary.



# HELP RESET YOUR HEALTH WITH THE ULTIMATE RESET®.



## GIVE YOURSELF AN INNER-BODY TUNE-UP.

If you're feeling run-down, sometimes it's not enough just to work out and eat right. Beachbody Ultimate Reset offers a gentle way to help you cleanse from the inside out. This three-phase program is designed to help reset your body to its factory settings—without starvation.

Beachbody Ultimate Reset includes six essential supplements, uniquely formulated to help support your Reset. You'll eat three healthy, filling meals every day, while the supplements work together to help gradually and gently support your Reset. Ultimate Reset can help you lose weight, support healthy digestion, and help support your body's natural detoxification process in just 21 days.†

†These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



“The menu was very well set up, and I enjoyed the meals. Almost immediately, I saw results on the scale! The Reset made me conscious of what I put into my body.”  
Bradley C. – Lost 13 lbs.

†Results vary.

## BEACHBODY ULTIMATE RESET® CHALLENGE PACK

The Ultimate Reset helps you lose weight, and get back on track to better health in 21 days. In just 3 weeks the Beachbody Ultimate Reset Challenge Pack will help gently cleanse your system. This gentle, no-starvation cleanse helps restore your body to its optimal “factory settings,” so you can feel and look healthier than before.‡

Retail Price: \$305  
Total savings of **over \$60\*\***



## YOUR CHALLENGE PACK INCLUDES:

- **Your first 30-day supply of Tropical Strawberry Vegan or Chocolate Vegan SHAKEOLOGY®, YOUR DAILY DOSE OF DENSE NUTRITION®, delivered through Home Direct.\***
- **The Ultimate Reset MAINTENANCE KIT, sent to you after 30 days via Home Direct.\* The Maintenance Kit includes two powerful Ultimate Reset supplements, Power Greens and Optimize, to help keep your body in balance and help keep you moving forward to better health.‡**
- **A FREE 30-day Premium trial membership in the Team Beachbody Club, where you'll find all the support you'll need to complete your challenge.\***
- **Plus \$2 Super Discount Shipping per item.**



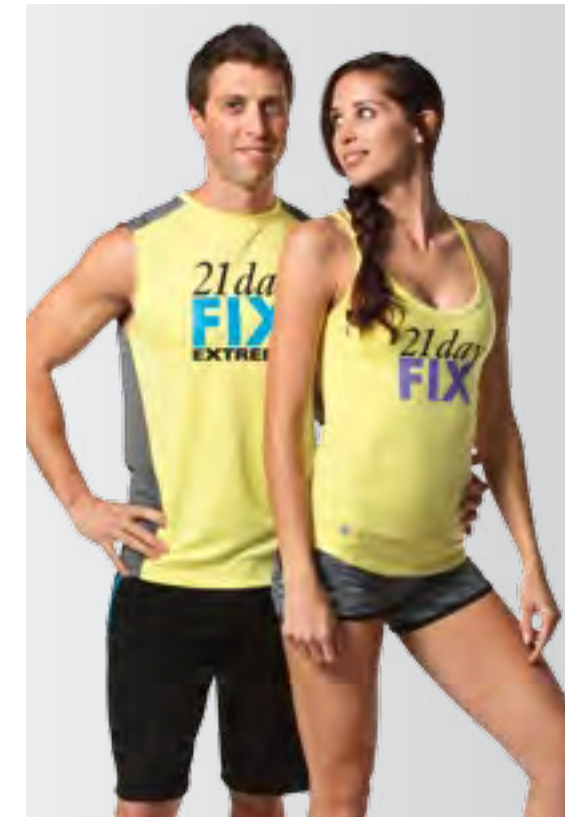
“I loved my Reset experience. The meal plan gave me plenty of variety and my family could eat the same meals, making it easier to stay on track.”  
Beth G. – Lost 8 lbs.

†Results vary.

\*With Home Direct, you'll be automatically enrolled in our monthly delivery program, and after your Premium trial membership, you'll automatically continue as a Team Beachbody Premium member. You may cancel either at any time. Ask your Coach or visit [TeamBeachbody.com](http://TeamBeachbody.com) for full details. \*\*When compared to buying each item separately. All prices/savings in USD. International pricing/savings may vary. Product availability outside the U.S. will vary.



LIVE FIT. LOOK GREAT. FEEL UNSTOPPABLE.



From sunup to sundown, step up your style in the latest looks that keep up with your active Beachbody life.

Find your new must-haves at [TeamBeachbody.com](https://www.teambeachbody.com)

Available styles and sizes may vary.



**GET THE TOOLS YOU NEED TO SUCCEED.**  
Make sure you have the right accessories to complete your program and enhance your workouts. Add movement to strength exercises, increase your balance and flexibility, and challenge a wide range of muscle groups for better results in less time.

**CHIN-UP BAR**

Develop and strengthen your shoulders, back, and arms with this high-grade training tool featuring multiple grip positions.  
(Used with P90X, P90X2, P90X3, and INSANITY: THE ASYLUM)



Retail Price: \$59.85  
Club Price: \$53.87  
Coach Price: \$44.89

**CHIN-UP MAX**

Use with the Chin-Up Bar to maximize your chin-ups and pull-ups. It gives you an adjustable amount of support so you can work your way up to doing more unassisted reps.\*  
(Used with P90X, P90X2, P90X3, and INSANITY: THE ASYLUM)



Retail Price: \$39.90  
Club Price: \$35.91  
Coach Price: \$29.93

**TONY HORTON POWERSTANDS®**

These premium heavy-duty stands designed by Tony Horton strengthen and sculpt without straining your wrists or forearms. With nonskid bases and premium foam-grip padding, they're ergonomically designed to ensure maximum comfort.  
(Used with P90X, P90X2, and P90X3)

PowerStands is a registered trademark of Tony Horton.



Retail Price: \$39.90  
Club Price: \$35.91  
Coach Price: \$29.93

**PUSH-UP STANDS**

Ramp up the intensity of your push-ups! These stands will maximize your muscle exertion while easing stress on your wrists. And by elevating your stance, you won't be planting your face in the carpet anymore. They have nonskid rubber feet and comfortable foam grips.



Retail Price: \$19.95  
Club Price: \$17.96  
Coach Price: \$14.96

Visit [TeamBeachbody.com/Shop](https://TeamBeachbody.com/Shop) for a full list of available products.

**B-LINES® RESISTANCE BANDS**

**STANDARD KIT**

This set contains a range of resistance levels from 15 to 30 pounds.\*  
Retail Price: \$39.95  
Club Price: \$35.96  
Coach Price: \$29.96

**SUPER KIT**

This set contains a range of resistance levels from 20 to 40 pounds.\*  
Retail Price: \$39.95  
Club Price: \$35.96  
Coach Price: \$29.96

**EXTREME KIT**

This set contains a range of resistance levels from 40 to 50 pounds.\*  
Retail Price: \$39.95  
Club Price: \$35.96  
Coach Price: \$29.96

**COMPLETE KIT**

This set contains 3 sets of handles and 10 bands with a range of resistance levels from 5 to 50 pounds.\*  
Retail Price: \$119.95  
Club Price: \$107.96  
Coach Price: \$89.96

\*Contains natural rubber latex, which may cause severe allergic reactions.



**RESISTANCE BAND SOFT HANDLES – 1 PAIR**

Need an extra pair? These soft, foam-covered handles provide maximum comfort and easily attach to any of our resistance bands. 1 set of 2 handles.



Retail Price: \$4.95  
Club Price: \$4.46  
Coach Price: \$3.71

**PT SANDBAG**

Add weighted resistance to your workouts with this easy-to-use training tool that helps sculpt and tone your entire body. Fully adjustable PT Sandbag holds up to 20 pounds of sand. Sand not included.



Retail Price: \$34.95  
Club Price: \$31.46  
Coach Price: \$26.21

All prices in USD. International pricing may vary.



WEIGHTED GLOVE SET

Increase the intensity of your cardio workouts and get the lean, toned arms and shapely chest and shoulders you’ve always wanted. Wear these gloves with any cardio workout to break through fitness plateaus, spice up familiar routines, and take your results to the next level. You’re guaranteed to burn fat and tone lean muscle faster with these best-selling resistance tools.

- **.75 lb. each—1.5-lb. set.**  
(Used with Turbo Jam and Hip Hop Abs)



Retail Price: \$19.95  
Club Price: \$17.96  
Coach Price: \$14.46

PLYOMETRICS MAT

The Black Mat™ by Manduka™ designed for performance, comfort, safety, and longevity. The Black Mat provides the shock-absorbing surface needed during a jump-intensive training program like the ones in P90X, INSANITY, and INSANITY: THE ASYLUM. (Size: 26" x 72" x 1/4" thick)

**SPECIAL FEATURES:**

- Extra cushion to support the spine, hip bones, knees, and elbows
- Superior construction and materials
- Recommended and used by Tony Horton



Retail Price: \$99.95  
Club Price: \$89.96  
Coach Price: \$74.96

SCULPTING BAND

Sculpt your abs, inner thighs, and upper body to get a sexy and shapely physique. Improve your strength and range of motion too! (Used with Brazil Butt Lift, Yoga Booty Ballet®, and Turbo Jam)

**CHOOSE YOUR LEVEL OF RESISTANCE:**

- **MODERATE Resistance: Purple**  
(Size: 72" x 6")
- **LOW Resistance: Green**  
(Size: 47" x 6")



Retail Price: \$9.00  
Club Price: \$8.10  
Coach Price: \$6.75

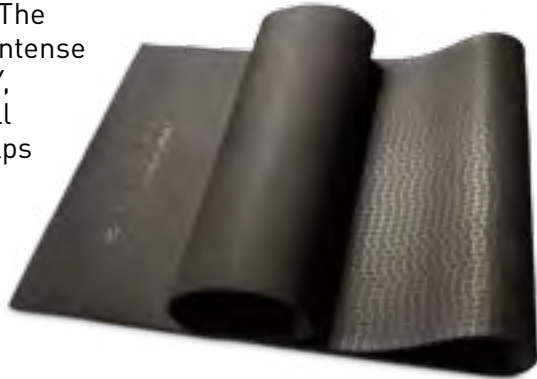
\*Contains natural rubber latex, which may cause severe allergic reactions.

BEACHBODY® JUMP MAT

Get high-impact results without high-impact injuries. The Beachbody Jump Mat is essential for getting through intense plyometrics workouts like the ones in P90X, INSANITY, INSANITY: THE ASYLUM, and TurboFire. Your body will thank you for this super-shock-absorbent mat that helps protect your knees, back, and ankles. No home gym should be without it! (Size: 26" x 72" x 1/4" thick)

**SPECIAL FEATURES:**

- Rolls up tightly for easy storage
- Slip-resistant grip for added safety and support



Retail Price: \$59.85  
Club Price: \$53.87  
Coach Price: \$44.89

\*Contains natural rubber latex, which may cause severe allergic reactions.

STRENGTH BAND

Rev up your workouts with an extra boost of lower-body resistance. Using one, two, or all three levels of this portable Strength Band, you’ll tone your thighs, sculpt lean muscle in those hard-to-reach areas, and shape a firm booty in no time.\* (Used with Brazil Butt Lift and INSANITY: THE ASYLUM) (Size: 2" x 10.5")

**CHOOSE YOUR LEVEL OF RESISTANCE:**

- **LIGHT Resistance: Yellow Beachbody Strength Band**
- **MEDIUM Resistance: Green Beachbody Strength Band**
- **HEAVY Resistance: Red Beachbody Strength Band**



Retail Price: \$6.95  
Club Price: \$6.26  
Coach Price: \$5.21

\*Contains natural rubber latex, which may cause severe allergic reactions.

BEACHBODY® CORE COMFORT MAT

Get instant cushioning support throughout your core workouts with this compact, go-anywhere floor-exercise mat. Used in FOCUS T25 and 21 Day Fix.\* (Size: 24" x 40")

**SPECIAL FEATURES:**

- Protects knees and wrists during challenging floor work
- Strengthens your abs while easing pressure on your spine
- Shields floor and carpet from sweat
- Light and compact for easy storage



Retail Price: \$29.95  
Club Price: \$26.95  
Coach Price: \$22.46

\*Contains natural rubber latex, which may cause severe allergic reactions.

BEACHBODY STRENGTH SLIDES®

Work multiple muscles at once when you incorporate the Beachbody Strength Slides. They will help you maximize any workout—especially those with lunges, push-ups, side squats, mountain climbers, and more! You’ll work harder to stabilize yourself as you engage your core, stimulate your glutes, and activate muscles you never even knew you had for a body you never knew you could get! (Originally designed for use with the PiYo Strength® workouts)



Retail Price: \$29.95  
Club Price: \$26.96  
Coach Price: \$22.46

YOGA MAT

This mat is the finest yoga sticky mat at a great price. Extra thick and soft, it enables comfortable yoga practice by providing cushioning for your knees, ankles, and other sensitive areas. Hand washable.\* (Size: 24" x 68" x 1/8" thick)

**SPECIAL FEATURES:**

- Textured traction surface on both sides (usable on both sides)
- High-quality, closed-cell PVC vinyl gives it a soft-cushion feel. Embedded fabric mesh provides durability.



Retail Price: \$29.95  
Club Price: \$26.95  
Coach Price: \$22.46

\*Contains natural rubber latex, which may cause severe allergic reactions.

All prices in USD. International pricing may vary.



MEDICINE BALLS

These balls help you master difficult balance movements and progress faster to advanced positions. Sturdy enough to balance on and heavy enough to help you sculpt your abs and other muscles.\*

SIZES:

- 4 lbs.
- 8 lbs. + \$17.00
- 12 lbs. + \$34.00

\*Contains natural rubber latex, which may cause severe allergic reactions.



Retail Price: \$29.95  
Club Price: \$26.96  
Coach Price: \$22.46

PREMIUM STABILITY BALL

Strengthen your core by using this premium inflatable stability ball to add an unstable platform from which to work.

SIZE:

- MEDIUM:  
Recommended for people 5'0" to 5'7" (Size: 55 cm diameter)



Retail Price: \$36.95  
Club Price: \$33.26  
Coach Price: \$27.71

RUMBLEROLLER®

Used for self-myofascial release, an intense form of sports massage. Because of its uneven, raised nodules, this premium foam roller works like a deep tissue massage to get even deeper into the muscle tissue than ordinary rollers do. (Used in P90X2 and Tai Cheng)

REGULAR SIZE (used in P90X2): (Size: 31 inches)  
TRAVEL SIZE (used in Tai Cheng): (Size: 12 inches)

SPECIAL FEATURES:

- Premium foam roller with uneven, raised nodules to get deep into muscle tissue
- Regular use can help reduce muscle and joint pain for better mobility
- A built-in antimicrobial additive helps prevent the growth of bacteria and fungus



REGULAR SIZE  
Retail Price: \$69.90  
Club Price: \$62.91  
Coach Price: \$52.43

TRAVEL SIZE  
Retail Price: \$49.95  
Club Price: \$44.96  
Coach Price: \$37.46

RumbleRoller is a registered trademark of Ronald Johnson.

FOAM ROLLER

Specially designed for self-myofascial release, an intense form of sports massage. It can help reduce muscle and joint pain and enhance your athletic performance.

REGULAR SIZE (used in P90X2):  
(Size: 31 inches)  
TRAVEL SIZE (used in Tai Cheng):  
(Size: 18 inches)



REGULAR SIZE  
Retail Price: \$29.95  
Club Price: \$26.96  
Coach Price: \$22.46

TRAVEL SIZE  
Retail Price: \$19.95  
Club Price: \$17.96  
Coach Price: \$14.96



TO SEE ALL FITNESS PROGRAMS, NUTRITIONALS, GEAR, AND SUPPORT TOOLS, VISIT [TEAMBEACHBODY.COM](http://TEAMBEACHBODY.COM)

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