

The Master's Hammer and Chisel™

60-Day Challenge Group

Participant Starter Guide



The Master's Hammer and Chisel Participant Starter Guide



A message from Sagi Kalev and Autumn Calabrese

Welcome to The Master's Hammer and Chisel! We're so excited that you're committing to your health and fitness for the next 60 days. We guarantee that if you follow our straightforward eating plan and work out with us, you're going to build a masterpiece physique. As we begin, we want you to promise that you'll give us 100% effort. Don't worry—you can do this! And we'll be there to motivate and support you every step of the way.

There's one thing we always tell our clients: "Don't wish for it. Work for it!" It may not be easy, but you get better each and every time you make a healthy food choice or push through a tough workout. So stick with it, and remember that your Challenge Group and both of us will be cheering you on the whole way. Are you ready?

What are the commitments for The Master's Hammer and Chisel Challenge Group?

- Workouts are 30–40 minutes per day (6 days a week)
- Take photos and measurements on Days 1 and 60
- Follow the eating plan in your Program and Nutrition Guide and use your containers
- Follow the 60-Day Calendar
- Commit to 60 days
- Drink Shakeology® daily
- Track your workouts and Shakeology/Beachbody Performance Supplements intake and interact with your Coach and group through the My Challenge Tracker App or through a private Facebook® group – whichever platform your Coach designates.
- Equipment needs: dumbbells of various weights appropriate to your strength and fitness level, a bench OR stability ball, and a chin-up bar OR resistance band with a door attachment