



CHALLENGE YOURSELF

YOU DREAM IT. WE'LL HELP YOU ACHIEVE IT.



HELP 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 turn the page 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 that reads "Carl Daikeler".

— Carl Daikeler
Chairman and CEO
Beachbody



CONTENTS

2 TAKE THE BEACHBODY CHALLENGE

6 PICK YOUR CHALLENGE PACK

22 PRODUCT COMPARISON CHART

29 NUTRITIONALS

34 ACCESSORIES

42 DERM EXCLUSIVE

43 APPAREL

TAKE THE BEACHBODY CHALLENGE®!

IT'S THE PROVEN WAY TO FINALLY REACH YOUR FITNESS GOALS—FASTER.

If you're like most people, you try working out and eating healthy, but lose momentum when you don't see results right away. That's why you need the Beachbody Challenge.

You'll get support and accountability to stick to your program, plus chances to win cash and prizes for extra motivation. Not only that, it's fun, effective, and will help you achieve the incredible fitness transformation you've been dreaming about!

Ready to lose weight, tone up, or really get ripped?

Visit BeachbodyChallenge.com, so you can:

- Receive a FREE T-shirt.
- Have the chance to win daily, monthly, and quarterly cash prizes.
- Get a shot at being one of our \$100,000 Grand Prize Winners!

MEET OUR BEACHBODY CHALLENGE CONTEST GRAND PRIZE WINNERS

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

"I was MORE than successful with the Beachbody Challenge. Hidden somewhere under that obese person was this person; she just didn't know how to get out, and I've finally found that way. I just want to tell everyone who's thinking about getting started, it's worth it—because YOU'RE worth it."

"I'm living proof that you should never give up. My doctor told me that I wouldn't live to see age 40 if I didn't do something about my health. So I worked hard, I didn't give up, and it has changed my life forever. I lost 253 pounds in 15 months, and I won over \$100,000 in the Beachbody Challenge!"

BEFORE



Rebecca P.

Lost 220 lbs. using Slim in 6®, Turbo Jam®, TurboFire®, P90X, LES MILLS PUMP
Supplements: Shakeology®, ActiVit® Multivitamins



AFTER†

BEFORE



Bradley J.

Lost 253 lbs. using INSANITY®, P90X®, BODY BEAST®, LES MILLS COMBAT
Supplements: Shakeology, Whey Protein Powder, E&E Energy and Endurance® Preworkout Formula, P90X Results and Recovery Formula®



AFTER†

†Results vary.

See BeachbodyChallenge.com for more details.

GET STARTED

1 STEP

SET YOUR GOALS.

It's important to set your health and fitness goals. Deciding on your goals will also help you and your Coach pick which Challenge Pack is best for you.

2 STEP

BUY A CHALLENGE PACK. HIT YOUR GOALS EVEN FASTER.

Get everything you need to succeed—fitness, nutrition, and support—in one bundle:

- **30-day supply of Shakeology®—the superfood shake that helps give you energy, reduce cravings, and accelerate your fitness results—delivered with Home Direct.***
- **Fitness program of your choice.**
- **FREE 30-day PREMIUM trial membership to the Team Beachbody® Club, including UNLIMITED streaming access to hundreds of Beachbody workouts.***
- **Super Discount shipping every month.**

The most cost-effective all-in-one package available!
See pages 6–28 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:

- **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!**

All pricing in USD. International prices 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 for full details.



FUEL YOUR BODY WITH THE PLANET'S MOST DELICIOUS NUTRIENT-DENSE PROTEIN SHAKE.

SHAKEOLOGY®

Transform your health in 30 days with the Healthiest Meal of the Day®.

You could spend more than \$700 on supplements just to re-create all the healthy ingredients in one bag of Shakeology. But for only about \$4 a serving, you can treat your body to the delicious daily superfood protein shake that helps give you energy for your workouts, reduces junk-food cravings, and may help you reach your fitness goals faster.†

It's Your Daily Dose of Dense Nutrition®!

Made from some of the world's most powerful superfoods, Shakeology's nutrient-dense combination of phytonutrients, antioxidants, adaptogens, and many other rare ingredients gives your body nutrients it can't get from a normal diet.



†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.



AVAILABLE IN

- ✓ Chocolate ✓ Vanilla ✓ Greenberry ✓ Strawberry
- ✓ Tropical Strawberry Vegan ✓ Chocolate Vegan

In a survey of nearly 3,000 Shakeology customers:**

- **93%** feel healthier **since drinking Shakeology**
- **81%** feel it helped **reduce their cravings for junk food**
- **86%** report **increased energy levels**
- **72%** say it **helped them lose weight**
- **82%** report **improved digestion**

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 nutrition. You'll not only be healthier—you'll *feel* healthier. 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

*With Shakeology 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 pricing in USD. International prices vary.

**Based on a survey of 2,769 Shakeology users who drank Shakeology 5 or more times per week and exercised 3 times per week.

“BRING IT!®”



P90X3

P90X2

P90X

P90®

TONY HORTON'S
10 MINUTE
MUSCLE
ACCELERATION

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*.

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, a 30-day Premium trial membership to TeamBeachbody.com.* Plus, \$2 Super Discount Shipping.

Retail Price: \$205

Total savings of over \$70**

Get a **FREE** workout when you order through your Coach:

You'll receive the **P90X ONE on ONE®** On One Leg workout—a \$19.95 value—**FREE!**



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, a 30-day Premium trial membership to TeamBeachbody.com.* Plus, \$2 Super Discount Shipping.



Retail Price: \$180

Total savings of over \$50**

Get a **FREE** workout when you order through your Coach:

You'll receive the bonus workout DVD **P90X3 Dynamix**—a \$19.95 value—**FREE!**

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, a 30-day Premium trial membership to TeamBeachbody.com.* Plus, \$2 Super Discount Shipping.



Retail Price: \$205

Total savings of over \$70**

Get 2 **FREE** workouts when you order through your Coach:

You'll receive 2 exclusive DVDs from the **P90X ONE on ONE®** series—a \$40 value—**FREE!**

P90X2® AND SHAKEOLOGY® CHALLENGE PACK

Train off-balance 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, a 30-day Premium trial membership to TeamBeachbody.com.* Plus, \$2 Super Discount Shipping.



Retail Price: \$205

Total savings of over \$70**

Get 2 **FREE** workouts when you order through your Coach:

You'll receive 2 **FREE** bonus workout DVDs chosen specifically for **P90X2**—a \$39.90 value—**FREE!**

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, a 30-day Premium trial membership to TeamBeachbody.com.* Plus, \$2 Super Discount Shipping.



Retail Price: \$180

Total savings of over \$50**

Get a **FREE** workout when you order through your Coach:

You'll receive Tony's exclusive Bonus DVD, **Fountain of Youth Yoga**—a \$19.95 value—**FREE!**

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 for full details. *When compared to buying each item separately.**



“THE WORK DOESN’T START
UNTIL YOU GET TIRED.”

**INSANITY
MAX:30**

T25

INSANITY

INSANITY

THE ASYLUM

HipHopABS

**Rockin'
Body**

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.

BEFORE



AFTER†



“MAX:30 is amazing. I modified and I still
lost weight and got the results!”

Brooke G. – Lost 21 lbs.

†Results vary.

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, a 30-day Premium trial membership to TeamBeachbody.com.* Plus, \$2 Super Discount Shipping.

Retail Price: \$205

Total savings of over \$70**



Get a **FREE** workout when you order through your Coach:

You'll receive the exclusive **Sweat Fest DVD**—a \$19.95 value—**FREE!**

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, a 30-day Premium trial membership to TeamBeachbody.com.* Plus, \$2 Super Discount Shipping.

Retail Price: \$205

Total savings of over \$70**



Get a **FREE** workout when you order through your Coach:

You'll receive the exclusive **CORE SPEED DVD**—a \$19.95 value—**FREE!**

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, a 30-day Premium trial membership to TeamBeachbody.com.* Plus, \$2 Super Discount Shipping.

Retail Price: \$205

Total savings of over \$70**



Get a **FREE** workout when you order through your Coach:

You'll receive the exclusive bonus DVD, **Fast and Furious**—a \$19.95 value—**FREE!**

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, a 30-day Premium trial membership to TeamBeachbody.com.* Plus, \$2 Super Discount Shipping.

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

Get a **FREE** workout when you order through your Coach:

You'll receive the exclusive bonus DVD, **Pure Contact**—a \$19.95 value—**FREE!**



*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 for full details. **When compared to buying each item separately.

All pricing in USD. International prices vary.

HIP HOP ABS® AND SHAKEOLOGY® CHALLENGE PACK

Dance your way to hot, sexy abs and burn off the fat from head to toe with Shaun T's fun, exciting workout program! Using Shaun's revolutionary Absolute Engagement technique, you'll "Tilt, Tuck, & Tighten" your way to six-pack abs without ever doing a single crunch or sit-up.

Includes shakeology with Home Direct, a 30-day Premium trial membership to TeamBeachbody.com.* Plus, \$2 Super Discount Shipping.

Retail Price: \$140
Total savings of \$30**

Get a **FREE** workout when you order through your Coach:

You'll receive the exclusive **Hip Hop Abs Extreme** DVD—a \$19.95 value—**FREE!**



SHAUN T DANCE 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, a 30-day Premium trial membership to TeamBeachbody.com.* Plus, \$2 Super Discount Shipping.

Retail Price: \$160
Total savings of \$30**



BEFORE



AFTER†



†Results vary.

"T25 is life changing! I now feel so energetic, happy, and full of life! I was able to find 25 minutes to work out, even with two kids!"

Sarah M. – Lost 45 lbs.

“AS YOU MOVE WELL,
YOU WILL FEEL GOOD AND
FUNCTION BETTER.”



This martial arts master trainer with 3 decades of experience in Tai Chi is also a licensed acupuncturist, the Director of the Chung-Hua Institute of Chinese Orthopedic Medicine, and a specialist in Chinese medicine, focusing on pain management and musculoskeletal disorders. With his PhD in Chinese medicine and acupuncture, and his world-class training, Dr. Cheng learned to identify the root cause of acute and chronic pain by observing his patients' movement patterns and treating them with specialized treatments, such as Tui-Na manual therapy, corrective exercises, and acupuncture.

Today, his patients include PGA® golfers, pro football players, and MMA fighters, as well as celebrities and entertainment personalities. Now, through **Tai Cheng®**, he's enthusiastic about helping a wider range of people move better, look better, and feel better.

TAI CHENG® AND SHAKEOLOGY® CHALLENGE PACK

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,
a 30-day Premium trial membership to TeamBeachbody.com.®
Plus, \$2 Super Discount Shipping.

Retail Price: \$205

Total savings of over \$70**

Get a **FREE workout** when you order through your Coach:

You'll receive the exclusive Tai Cheng **Body Alignment for Better Living** DVD—a \$19.95 value—**FREE!**

All pricing in USD. International prices vary.





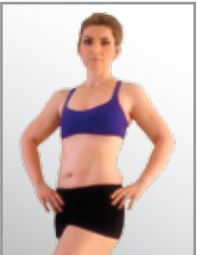
“TURN UP THE BURN!”



Chalene Johnson is a high-energy celebrity fitness trainer and best-selling author. She's combined her fitness experience with her lifelong love of martial arts and dance into exciting, challenging workouts that scorch calories and burn fat. Chalene's Beachbody fitness programs—including **TurboFire®**, **Turbo Jam®**, **ChaLEAN Extreme®**, and **PiYo®**—are some of the most popular in-home exercise programs in the country. Her live fitness classes—**Turbo Kick®** and **PiYo®**—are featured in thousands of health clubs, including 24 Hour Fitness, Gold's Gym, and YMCAs.

Chalene contributes her knowledge and expertise to leading health and fitness publications; she has appeared regularly on TV as a fitness expert on such networks and programs as QVC, E!, FOX 11, *LIVE! with Kelly*, *The Talk*, *The OC Body*, and *Better Bodies*.

BEFORE



AFTER†



“I lost 15 pounds. I'm seeing muscle definition in places I've never seen it. I'm walking taller. Clothes that were skintight at the start of PiYo are now falling off of me!”

Kate S. – Lost 15 lbs.

†Results vary.

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, a 30-day Premium trial membership to TeamBeachbody.com.* Plus, \$2 Super Discount Shipping.

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

Get a **FREE** workout when you order through your Coach:

You'll receive the exclusive bonus DVD, **Hardcore on the Floor**—a \$19.95 value—**FREE!**



TURBOFIRE® AND SHAKEOLOGY® CHALLENGE PACK

TurboFire is the intense cardio conditioning program from fitness innovator Chalene Johnson. Get leaner with exercises that can burn up to 9x more fat and calories than regular cardio, set to smoking-hot music.

Includes shakeology with Home Direct, a 30-day Premium trial membership to TeamBeachbody.com.* Plus, \$2 Super Discount Shipping.

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

Get two **FREE** workouts when you order through your Coach:

You'll receive two exclusive bonus workouts —**Ab Igniter** and **Greatest HIITs** (a \$29.95 value)—**FREE!**



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, a 30-day Premium trial membership to TeamBeachbody.com.* Plus, \$2 Super Discount Shipping.

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

Get three **FREE** workouts when you order through your Coach:

You'll receive the exclusive bonus DVD, **Keep on Burnin'**—a \$29.95 value—**FREE!**



CHALEAN EXTREME® AND SHAKEOLOGY® CHALLENGE PACK

Muscle Burns Fat® Trainer Chalene Johnson can help you lose up to 60% of your body fat in just 3 months and see visible results in only 30 days.

Includes shakeology with Home Direct, a 30-day Premium trial membership to TeamBeachbody.com.* Plus, \$2 Super Discount Shipping.

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

Get three **FREE** workouts when you order through your Coach:

You'll receive the exclusive bonus DVD, **Keep on Burnin'**—a \$29.95 value—**FREE!**



*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 for full details. **When compared to buying each item separately.
All pricing in USD. International prices vary.



“YOU’RE CLOSER THAN
YOU THINK.”

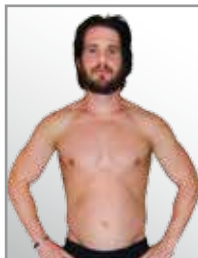
21day
FIX
EXTREME

21day
FIX[®]

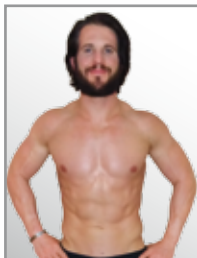
A rising star in the fitness community, Autumn Calabrese has made a name for herself by helping people lose weight and get fit through simple portion control and consistent exercise. This celebrity fitness trainer, busy mom, and national-level bikini competitor holds personal training certificates from the National Academy of Sports Medicine (NASM) and the American Fitness Professionals & Associates (AFPA).

Her supportive, motivating style has made her a highly sought-after expert among celebrities and as the fitness specialist for ModernMom.com. Her workouts have been featured in *C Magazine*, *L.A. Parent*, *Palisadian-Post*, and *Daily Candy*, as well as on TV shows like *Home & Family*.

BEFORE



AFTER†



†Results vary.

“I feel lean, I feel great, I have friends
and family telling me they haven’t seen
me look this good in years . . .”

Adam C. – Lost 18 lbs.

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, a 30-day Premium trial membership to TeamBeachbody.com.* Plus, \$2 Super Discount Shipping.



Retail Price: \$160

Total savings of \$50**

Get a **FREE** workout when you order through your Coach:

You'll receive the exclusive bonus workout, **The Fix Challenge**—a \$19.95 value—**FREE!**

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, a 30-day Premium trial membership to TeamBeachbody.com.* Plus, \$2 Super Discount Shipping.



Retail Price: \$160

Total savings of \$50**

Get a **FREE** workout when you order through your Coach:

You'll receive the exclusive bonus workout, **Plyo Fix**—a \$19.95 value—**FREE!**

BEFORE



AFTER†



†Results vary.

"I cannot believe what a transformation I had after two rounds. I was astonished! Love, love, love this program."

Sarah T. – Lost 16 lbs.

ASK YOUR COACH HOW YOU CAN KICKSTART YOUR CHALLENGE PACK WITH THE 3-DAY REFRESH®!

*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 for full details. **When compared to buying each item separately. All pricing in USD. International prices vary.



“DON’T SETTLE FOR LESS!”

LEANDRO CARVALHO'S
Brazil
BUTT LIFT®

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.

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, a 30-day Premium trial membership to TeamBeachbody.com.* Plus, \$2 Super Discount Shipping.

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

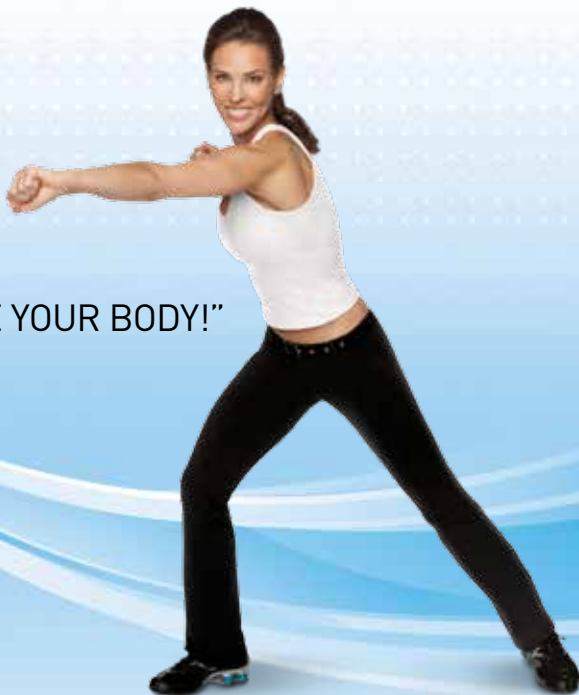
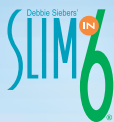
Get a **FREE** workout when you order through your Coach:

You'll receive Leandro's exclusive bonus workout, **Secret Weapon**—a \$19.95 value—**FREE!**

All pricing in USD. International prices vary.



“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®**.

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,
a 30-day Premium trial membership to TeamBeachbody.com.*
Plus, \$2 Super Discount Shipping.

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

Get a **FREE** workout when you order through your Coach:

You'll receive Debbie's challenging exclusive bonus workout, **Keep It Up!**—a \$19.95 value—**FREE!**

*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 for full details. **When compared to buying each item separately.



Shakeology® is a game changer for sure.

Shakeology has helped countless people just like you reach health goals.



BEFORE

AFTER†

“Shakeology is the most important piece of the fitness puzzle to me. In my first week I lost 12 pounds and my cravings were all gone, which in turn has helped me lose even more weight and keep it off! I never go a day without my shake.”

—Lyndsey O., 26

“Shakeology is KEY in helping me keep the weight off and helping my digestion. I struggled with constipation and on the days that I miss a shake I am both bloated and uncomfortable. I’ve never been a veggie eater, so Chocolate Shakeology is a perfect way for me to get the nutrition my body is calling for. Love the stuff!”

—Allison S., 38



BEFORE

AFTER†

Shakeology has been clinically proven to help you lose weight and get healthy.*

SHAKEOLOGY vs. OTHER SHAKES					
	Shakeology®	Slim-Fast®	Muscle Milk®	Jamba Juice® Açai (+2 boosts)	Visalus®
Adaptogens	🌿	X	X	X	X
Phytonutrients	🌿	X	X	●	X
Prebiotics	🌿	X	X	X	●
Digestive Enzymes	🌿	X	X	X	●
Protein	🌿	●	●	●	●
Antioxidants	🌿	●	●	●	●
Vitamins & Minerals	🌿	●	●	●	●

†Results vary.
*Results based on a twelve-week independent clinical trial sponsored by Beachbody, where fifty people consumed Shakeology as their breakfast and lunch with no other changes to their diet or exercise regimen. 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.
These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

“STAY WITH THE FIGHT.”



LES MILLS COMBAT

This fierce and inspiring duo will unleash your inner warrior and get you a lean, chiseled body in just 60 days. What makes them so awesome? Dan is a successful competitor in kickboxing, jiu jitsu, and Lau Gar (Chinese boxing), with black belts in each and even won the British Masters Kickboxing Competition. Rach first discovered mixed martial arts when she fell in love with Dan's BODYCOMBAT® class 13 years ago and began training to become an instructor. After blasting her way through that, she studied mixed martial arts at the world's best Wing Chun Kung Fu School and fought her way through the intense muay thai training in Thailand. These two have got the teaching chops to get you outrageously shredded like no one else can.

LES MILLS COMBAT AND SHAKEOLOGY® CHALLENGE PACK

This is the ultimate mixed martial arts-inspired workout program! Get ready to punch, kick, block, and strike your way to an outrageously shredded body with 7 calorie-blasting and muscle-defining workouts.

Includes shakeology® with Home Direct, a 30-day Premium trial membership to TeamBeachbody.com.* Plus, \$2 Super Discount Shipping.

Retail Price: \$140 Total savings of over \$45**

Get a **FREE** workout when you order through your Coach:

You'll receive the exclusive **LES MILLS COMBAT 30: LIVE DVD**—a \$19.95 value—**FREE!**



*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 for full details. **When compared to buying each item separately. All pricing in USD. International prices vary.



“WHATEVER IT TAKES!”

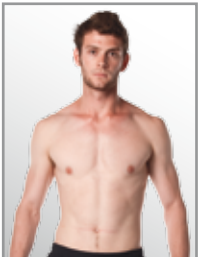
**BODY
BEAST**

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 clinical nutritionist and a functional medicine 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.

All this has led to Sagi appearing on the covers of major publications such as *Men’s Workout*, *Iron Man*, and *Muscle & Fitness*, and developing Body Beast®—the world’s leading workout program for those who want a strong, sculpted body . . . and who will accept nothing less than achieving their best results.

BEFORE



AFTER†



“The amount of motivation and drive in the group really gives you the strength to get every last set and rep. I don’t think I would’ve ended up with the results I got from Body Beast without the help of my Challenge Group; it helped me give the program all I had and pushed me to my limits.”

Adriaan K., Beachbody employee – Gained 20 lbs. of muscle

†Results vary.

BODY BEAST® CHALLENGE PACK WITH BEACHBODY® SUPPLEMENTS

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

Retail Price: \$170
Total savings of \$60**



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

YOUR CHALLENGE PACK INCLUDES:

- Your first 30-day supply of **BEACHBODY HARDCORE BASE SHAKE**—the muscle-fueling amino acid shake that's the base of your Body Beast nutrition plan, delivered through Home Direct.*‡
- Your first 30-day supply of **BEACHBODY FUEL SHOT**—the cocktail that fuels your muscles with energy preworkout, and helps speed recovery postworkout, delivered through Home Direct.*‡
- Your first 30-day supply of **BEACHBODY M.A.X. CREATINE**—contains the most proven supplement in the industry to help increase strength, power, and definition, delivered through Home Direct.*‡
- Your first 30-day supply of **BEACHBODY SUPER SUMA**—to help increase protein synthesis for faster muscle recovery, delivered through Home Direct.*‡
- 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.**

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

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 to get that toned, strong, and hard body in just 90 days.

Includes **shakeology** with Home Direct,
a **30-day Premium trial membership** to TeamBeachbody.com.
Plus, \$2 Super Discount Shipping.

Retail Price: \$160
Total savings of \$30**

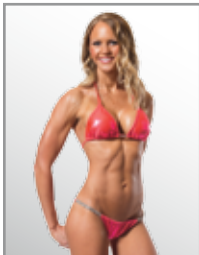


Get a **FREE** workout when you order through your Coach:
You'll receive the exclusive Body Beast **Lucky 7** DVD—a \$19.95 value—**FREE!**

BEFORE



AFTER†



†Results vary.

"I truly feel amazing! I have so much energy now. I chose Body Beast because I wanted to lose weight, but I also wanted to have some muscle definition. I was able to achieve both. Body Beast got me in the best shape of my life!"

Shanda N. – Lost 24 lbs.

*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 for full details. **When compared to buying each item separately. All pricing in USD. International prices vary.

Product Comparison Chart			
Program	All Fitness Levels	Intermediate / Advanced	Express
10-Minute Trainer	●		●
21 Day Fix	●		●
21 Day Fix Extreme		●	●
Body Beast		●	
Brazil Butt Lift	●		
Chalean Extreme		●	
Focus T25	●		●
Hip Hop Abs	●		●
Insanity		●	
Insanity Max:30		●	●
Insanity: The Asylum		●	
Les Mills Combat		●	
P90	●		
P90X		●	
P90X2		●	
P90X3		●	●
PiYo	●		
Slim in 6	●		●
Tai Cheng	●		
TurboFire		●	
Turbo Jam	●		●

ABS / CORE	DANCE	EXTREME RESULTS	CARDIO / FAT BURNING	SPECIALTY PROGRAMS
•			•	
•			•	•
•			•	•
•		•		•
•	•		•	
•		•		
•		•	•	
•	•		•	
		•	•	
		•	•	
•		•	•	•
•		•	•	
•				
•		•	•	
		•		•
•		•	•	
•		•	•	
			•	
				•
•		•	•	
•	•		•	

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 scientifically designed to help support your metabolism while nourishing your vital organs.† 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 in order to maintain your great results and stay on track. It's a 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.
- You want more energy.

BEFORE



AFTER†



†Results vary.

“I needed a reboot to help me get back on track with my health.”

Andy N. – Lost 5 lbs.

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



YOUR 3-DAY REFRESH CHALLENGE PACK INCLUDES:

- 6 packets of Vanilla Fresh (high-protein shake)
- 3 packets of Fiber Sweep (digestive health drink)
- 1 Program Guide
- Includes **shakeology** with Home Direct and a 30-day Premium trial membership to TeamBeachbody.com*
- Plus, \$2 Super Discount Shipping.

Additional kit configurations available on TeamBeachbody.com

Retail Price: \$160

Total savings of \$50**

BEFORE



AFTER†



†Results vary.

“The 3-Day Refresh is a great way to drop a few pounds, lose some bloat from overeating/overdrinking, and get back to or get started on a healthy eating plan.”

Jennifer D. – Lost 4.7 lbs.

*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 for full details.

**When compared to buying each item separately.

All prices in USD. International prices vary.



“RECLAIM YOUR HEALTH!”



They’re a powerhouse team in developing cutting-edge nutritionals.

Known as “the Ingredient Hunter” and co-creator of Shakeology, Darin Olien has connected with more than 10,000 indigenous farmers to source superfoods. He’s a nutritionist, Certified Personal Trainer, and a massage and neuromuscular therapist. He has appeared on various news shows and in *O, The Oprah Magazine*.

Isabelle Daikeler is a nutritionist and fitness expert who co-created Shakeology. With degrees in Kinesiology and Sports Psychology, Isabelle is also certified in the areas of general nutrition and personal training. She’s been featured in *People* and *Vogue*, and on E! Entertainment and NBC News.

BEFORE



AFTER†



“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

Increase energy, lose weight, and lower your cholesterol in 21 days. In just 3 weeks, the Beachbody Ultimate Reset Complete Kit will help your body get rid of the toxins you've been taking in for decades. This gentle, no-starvation cleanse helps restore your body to its optimal "factory settings" so you can feel, look, and be healthier than before.†

Retail Price: **\$305**

Total savings of over **\$60****



YOUR CHALLENGE PACK INCLUDES:

- **The Ultimate Reset MAINTENANCE KIT, sent to you after 30 days via Home Direct.† The Maintenance Kit includes two powerful Ultimate Reset supplements, Alkalinize and Optimize, to help keep your body at a healthy pH balance and help your digestion work at its peak level.‡**
- **Your first 30-day supply of Tropical Strawberry Vegan or Chocolate Vegan SHAKEOLOGY®, THE HEALTHIEST MEAL OF THE DAY®, delivered through Home Direct.†**
- **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.**



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

BEFORE



AFTER†



†Results vary.

"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. And I actually look younger!"

Beth G. – Lost 8 lbs.

*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 for full details. **When compared to buying each item separately. All pricing in USD. International prices vary. Product availability outside the U.S. will vary.

TEAM BEACHBODY® CLUB WITH BEACHBODY® ON DEMAND



NEW! STREAM HUNDREDS OF WORKOUTS, INSTANTLY.

With a Premium Team Beachbody Club membership, many of our most popular programs like P90X, INSANITY, and Brazil Butt Lift—which have been proven to deliver results, transforming the bodies and lives of millions of people—are now available anytime, anywhere—right on your computer, tablet, or mobile device.

PLUS, you'll get these valuable support tools and benefits:

- A 10% discount on all Beachbody products, including Shakeology, fitness programs, gear, and supplements.
- Personalized meal plans that accelerate your progress.
- Live chats with your favorite celebrity trainers.
- Your own personal Coach, who can help take your results to the next level with individualized guidance and support.
- Active Message Boards with answers to your food and fitness questions.

YOUR CLUB AND SHAKEOLOGY® CHALLENGE PACK INCLUDES:

- A 90-day Premium membership to the Team Beachbody Club, with unlimited 90-day access to Beachbody On Demand.*
- Includes **shakeology** with Home Direct**—plus \$2 Super Discount Shipping.

Additional kit configurations are available on TeamBeachbody.com

Retail Price: \$140

Total savings of \$25**



*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 for full details. **When compared to buying each item separately. All pricing in USD. International prices vary.

GET THE EXTRA EDGE ON NUTRITION IN THE BEACHBODY CHALLENGE!

For your best fitness results, consider what you put in your body to achieve optimal levels of energy, performance, fat burning, and muscle recovery. To maximize your results, choose from our top-selling supplements.‡



CORDASTRA®

Help strengthen your immune system and increase your energy and stamina with this exclusive potent blend of ancient Chinese herbs—cordyceps and astragalus.‡



30-Day Supply

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

CORE CAL-MAG™

Strengthen bones and teeth with our powerful calcium-magnesium supplement!‡ Made from pure milk, nature's best and purest calcium source, but safe for those who don't consume dairy.



30-Day Supply

Retail Price:	\$17.95
Club Price:	\$16.16
Coach Price:	\$13.46

CORE OMEGA-3™

Give your body the support it needs for optimal heart, brain, and joint health with our premium fish oil supplement packed with 1,000 mg of critical fatty acids.‡ Special enteric coating ensures no unpleasant aftertaste!



30-Day Supply

Retail Price:	\$21.95
Club Price:	\$19.76
Coach Price:	\$16.46

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

All pricing in USD. International prices vary.

BEACHBODY ULTIMATE® ALKALINIZE

Helps maintain alkalinity

Helps support the body's natural inflammatory response with a super-green mixture that helps maintain body alkalinity, bringing your body back to a healthy pH balance.† Add Alkalinize to your Shakeology for a nutritious post-Reset boost.



30-Day Supply

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

BEACHBODY ULTIMATE® OPTIMIZE

Promotes healthy metabolism and effective body functions

Helps promote an optimal immune system and manages your body's natural inflammatory response with our proprietary blend of systemic enzymes and added camu-camu.†



30-Day Supply

Retail Price: \$59.95
Club Price: \$53.96
Coach Price: \$44.96

BEACHBODY ULTIMATE® REVITALIZE

Helps revitalize flora in the digestive tract

Helps restore the balance of healthy bacteria in your digestive tract with our formula that includes both prebiotics and probiotics.†



30-Day Supply

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

BEACHBODY ULTIMATE® SOOTHE

Helps enhance digestive health and support reduction of inflammation.

Helps enhance digestive health and promote the body's natural anti-inflammatory response. Other benefits include its ability to help eliminate free radicals.†



30-Day Supply

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

BEACHBODY ULTIMATE® DETOX

Helps remove toxins and waste in the colon

Helps promote healthy digestive function and an optimal immune system with our exclusive blend of organic fiber and natural spices—that won't keep you parked by the bathroom.†



30-Day Supply

Retail Price: \$69.95
Club Price: \$62.96
Coach Price: \$52.46

BEACHBODY ULTIMATE® MINERALIZE

Adds natural minerals needed by the body

Help nourish your body with our natural Himalayan salt, containing more than 70 essential minerals and trace elements. Helps aid in nutrient absorption and supports nervous system function.†



30-Day Supply

Retail Price: \$15.95
Club Price: \$14.36
Coach Price: \$11.96

E&E ENERGY AND ENDURANCE® PREWORKOUT FORMULA

This preworkout supplement's ingredients are scientifically proven to help improve your energy, endurance, strength, and focus, to help you burn more calories and fat faster, improve muscle performance, and maximize every minute of your workout.†



30-Day Supply Tub	
Retail Price:	\$29.95
Club Price:	\$26.96
Coach Price:	\$22.46

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

P90X® PEAK HEALTH FORMULA

P90X Peak Health Formula's potent combination of ingredients sourced from natural vitamins, minerals, and antioxidants will boost your strength and energy to levels you never thought possible. You get all these ingredients in one packet—at a substantial savings over what you'd pay for the same ingredients if purchased separately.



30-Day Supply	
Retail Price:	\$42.95
Club Price:	\$38.66
Coach Price:	\$32.21

EXPERIENCE ALL OF THESE BENEFITS:†

- Immune support
- Cardiovascular support
- Memory and nerve support
- Anti-aging support
- Anti-stress support
- Support for skin, hair, and nails

P90X RESULTS AND RECOVERY FORMULA®

Refuel, reenergize, and reduce muscle soreness with this delicious after-workout shake. Four parts carbs to one part protein ensures speedy muscle repair after intense workouts.

We combine the proper nutrients, vitamins, and antioxidants into this body-shaping cocktail that'll help you replenish lost fluids, refuel with important nutrients, and recover with less soreness to take your results further than you ever thought possible.†



30-Day Supply Tub	
Retail Price:	\$49.95
Club Price:	\$44.96
Coach Price:	\$37.46

25 Packets	
Retail Price:	\$54.95
Club Price:	\$49.46
Coach Price:	\$41.21

P90X® PEAK PERFORMANCE PROTEIN BARS

Try indulgent Chocolate Fudge, delicious Café Mocha, creamy Wildberry Yogurt flavor, or scrumptious Chocolate Peanut Butter, each packed with a whopping 20 grams of protein to help maximize your workout! Our tasty protein bars are your best alternative to snacks and fast food. Try all 4 with the Variety Pack! Get the protein you need—without the trans fat you don't!



12-Bar Box	
Retail Price:	\$23.95
Club Price:	\$21.56
Coach Price:	\$17.96

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

BEACHBODY® HARDCORE BASE SHAKE

Help increase new muscle growth, faster. Strong, carved muscles start here. Beachbody Hardcore Base Shake is the easiest and safest way to ensure that your body gets the protein it needs to help promote new muscle growth.†

- 18 grams of high-quality whey protein
- Great-tasting, light vanilla flavor
- Low-fat formula
- No preservatives



30-Day Supply

Retail Price:	\$59.95
Club Price:	\$53.96
Coach Price:	\$44.96

BEACHBODY® FUEL SHOT

Kick-start your energy and recovery. Have this energy drink before, during, or after a workout to help maximize performance.†



30-Day Supply

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

BEACHBODY® M.A.X. CREATINE

With M.A.X. Creatine, you get high-grade pure creatine monohydrate—without fillers, preservatives, or untested ingredients. Use daily to help build strength as well as increase your energy and stamina.†



30-Day Supply

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

BEACHBODY® SUPER SUMA

This herb promotes stamina and energy, as well as supports building more defined muscles. Super Suma is made from suma root ("Brazilian ginseng") and contains Beachbody's exclusive plant-based enzyme system for enhanced benefits. Use daily to help amp up muscle strength and endurance.†



30-Day Supply

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

SLIMMING FORMULA

Our unique blend of all-natural pyruvate and green tea extract promotes healthy weight loss and supports exercise endurance—without jittery side effects![†]



	30-Day Supply
Retail Price:	\$29.95
Club Price:	\$26.96
Coach Price:	\$22.46

ACTIVIT® MULTIVITAMINS

Get the high-quality antioxidant vitamins and minerals your body needs to stay healthy while reaching your fitness and weight loss goals. The high-performance, premium formula contains a complete blend of 21 essential vitamins and minerals with specially added ingredients to enhance your metabolism, as well as help support:[†]

- A healthy immune system
- Healthy energy levels
- Bone health
- Heart health



	30-Day Supply
Retail Price:	\$29.95
Club Price:	\$26.96
Coach Price:	\$22.46

[†]These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

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

*Contains natural rubber latex which may cause severe allergic reactions.
All pricing in USD. International prices vary.

Visit TeamBeachbody.com/Shop for a full list of available products.

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)



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

PowerStands is a registered trademark of Tony Horton.

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 that will make them a joy to your workout.



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

BODY FAT TESTER

Get the skinny on your body fat! A body fat tester is easy to use, and is an essential tool for monitoring your health and tracking your fitness progress. Includes FREE body fat guide!



Retail Price:	\$14.95
Club Price:	\$13.46
Coach Price:	\$11.21

B-LINES® BAND KITS

Resistance bands have been proven to help burn fat and tone lean muscle faster. Just as effective as free weights, resistance bands are much more portable and convenient, so you can work out anytime, anywhere. And with increasing levels of resistance, you can keep ramping up your workout as you get into better and better shape. The Standard, Super, and Extreme Kits each include 2 bands and 2 sets of comfort-grip handles, plus 1 **FREE** band!

SPECIAL FEATURES:

- **Provide variable resistance throughout entire range of motion**
- **Control the tension by shortening or lengthening the band**
- **Portable and convenient—perfect for travel or at home**
- **Used for total-body sculpting, toning, and fat burning**



CHOOSE YOUR KIT:

STANDARD KIT

Our best-selling set among women! Burn fat and tone lean muscle faster with our pro-grade resistance bands instead of dumbbells. 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

Our best-selling set among men! Get lean and ripped even faster with our pro-grade resistance bands instead of dumbbells. 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

Get ripped even faster with our pro-grade resistance bands instead of dumbbells. 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

B-LINES® RESISTANCE BANDS COMPLETE KIT

Get lean and ripped even faster with our pro-grade resistance bands instead of dumbbells. 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

B-LINES® BANDS UPGRADE KIT

Now you can do more with your bands . . . chest flies, thigh and butt exercises, and even cardio training! All for under \$10!

SPECIAL FEATURES:

- The **Sports Cardio Belt** turns your band into a revolutionary treadmill, or use it for interval training to quickly raise your heart rate.
- The **Door Attachment** attaches your band to a doorjamb so you can work out anywhere, anytime.
- Plus the **B-LINES Upgrade Kit Safety and Instruction Booklet** helps you get the most out of your resistance bands.



Retail Price:	\$9.95
Club Price:	\$8.96
Coach Price:	\$7.46

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

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:	\$14.96

*Resistance bands contain natural rubber latex which may cause severe allergic reactions.

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**

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**

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**

YOGA MONSTER 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. (100% latex-free)



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

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

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

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 BLOCK: SET OF 2

Increase your strength and flexibility with these high-density, closed-cell foam yoga blocks. Lightweight and durable, they're the ideal yoga prop to help deepen your postures and stabilize your body during strenuous poses.
(Size: 4" x 6" x 9" each)



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

*Bands, Jump Mat, and Core Comfort Mat contain natural rubber latex which may cause severe allergic reactions.

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



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

Beachbody Medicine Balls contain natural rubber latex which may cause severe allergic reactions.

PREMIUM STABILITY BALL

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

SIZES:

- **MEDIUM:**
Recommended for people 5'0" to 5'7"
(Size: 55 cm diameter)
- **LARGE:**
Recommended for people 5'8" to 6'3"
(Size: 65 cm diameter) + \$5.00



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

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)

RumbleRoller is a registered trademark of Ronald Johnson.

All pricing in USD. International prices vary.



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

STEP WITH 4 RISERS

This height-adjustable and shock-absorbing step is a weight bench, cardio-conditioning tool, and a targeted sculpting platform, all in one piece of equipment. It helps you to easily increase the intensity of your workout for more rewarding results.



Retail Price:	\$99.90
Club Price:	\$89.91
Coach Price:	\$74.93

COMPLETE BARBELL SET WITH SPEED SAFETY CLIPS

Looking for the ultimate body-transformation tool that'll help you increase strength while burning more fat?

This barbell is your secret weapon. It's equipped with a comfortable padded grip and two quick-release safety clips so you can easily switch out your weighted plates.

Used with Body Beast



Retail Price:	\$56.90
Club Price:	\$51.21
Coach Price:	\$42.68

BARBELL WEIGHTS

Specially designed for the barbell set, these vinyl-coated weights will never rust, chip, or need repainting. They're designed to be more gentle on any floor than other weights are. Plus their unique design makes them easy to hold for barless moves.

CHOOSE YOUR WEIGHTS (SET OF 2):

- 2.5 lbs.
- 5 lbs. + \$7.00 shipping
- 10 lbs. + \$22.00 shipping
- 25 lbs. + \$52.00 shipping

Used with Body Beast



Retail Price:	\$9.90
Club Price:	\$8.91
Coach Price:	\$7.43

SPEED SAFETY CLIPS – SET OF 2

These lightweight safety clips hold the plates tightly on the barbell to help your body remain balanced and stable throughout your lifts. They lock and release with a quick flip of a lever, making them easy to slide on and off during workouts.

Used with Body Beast



Retail Price:	\$11.90
Club Price:	\$10.71
Coach Price:	\$8.93

Complete your transformation with our breakthrough anti-aging skincare.



*Dr. Andrew Ordon,
Beverly Hills Plastic Surgeon
and TV Host*



Derm Exclusive® is an advanced anti-aging system that includes professional-grade products to target all four signs of aging: fine lines and wrinkles, dark spots, sagging skin, and dullness. Effective yet affordable, the system delivers results that are so powerful, they're clinically proven to be as good as—or even better than—what you'd see from a single cosmetic procedure, without the downtime, invasiveness, or cost.

This breakthrough system includes:

- **Micro Peel Resurfacing Pads**
Inspired by professional chemical peels, these pads gently remove dead surface cells to exfoliate, refine, and polish your skin.
- **Intensive Repair Serum**
Helps fade dark spots and discoloration to reveal a brighter, more even skin tone.
- **Collagen Lift Moisturizer**
Boosts collagen production for firm, lifted skin and reduces the appearance of wrinkles.
- **Fill & Freeze® Wrinkle Treatment**
Instantly plumps lines and wrinkles while reducing the appearance of dark circles.

Go to TeamBeachbody.com/Beauty/Derm-Exclusive to learn more!

GET FIT IN STYLE WITH BEACHBODY APPAREL



HIGH-PERFORMANCE LOOKS
THAT TAKE YOU FROM WARM-UP TO COOLDOWN
Find your new look at TeamBeachbody.com*

*Available styles may vary.

DON'T RUN ON EMPTY.

shakeology
THE HEALTHIEST MEAL OF THE DAY™



🌿 FUEL YOUR LIFE WITH ENERGY! 🌿

Shakeology® packs up to 17 grams of protein and vital complex carbs into every serving. Plus it delivers whole-food nutrition from some of the most nutrient-dense superfoods on the planet. Bursting with essential **amino acids, vitamins, minerals, and antioxidants, plus rare adaptogens, enzymes, and phytonutrients**, it can help you:*

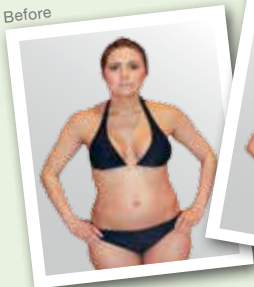
🌿 INCREASE ENERGY

🌿 CURB JUNK FOOD CRAVINGS

🌿 LOSE WEIGHT

🌿 IMPROVE DIGESTION AND REGULARITY

Before



After†



“Before, I would caffeinate myself all day long to stay awake—now the energy I get from Shakeology just feels right.”

—Natalie N.

*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.

†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! 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 and contact your Team Beachbody® Coach to learn more!



BEACHBODY®

Decide. Commit. Succeed.®



YOUR TEAM BEACHBODY COACH INFO

TO SEE ALL FITNESS PROGRAMS, NUTRITIONALS, GEAR, AND SUPPORT TOOLS, VISIT TEAMBEACHBODY.COM

THE INFORMATION CONTAINED IN THIS PRODUCT CATALOG IS SUBJECT TO CHANGE. VISIT TEAMBEACHBODY.COM FOR UP-TO-DATE INFORMATION. ALL TRADEMARKS, PRODUCTS, OR SERVICE NAMES ARE THE PROPERTY OF THEIR RESPECTIVE OWNERS. ©2015 BEACHBODY, LLC. ALL RIGHTS RESERVED.

NW151225