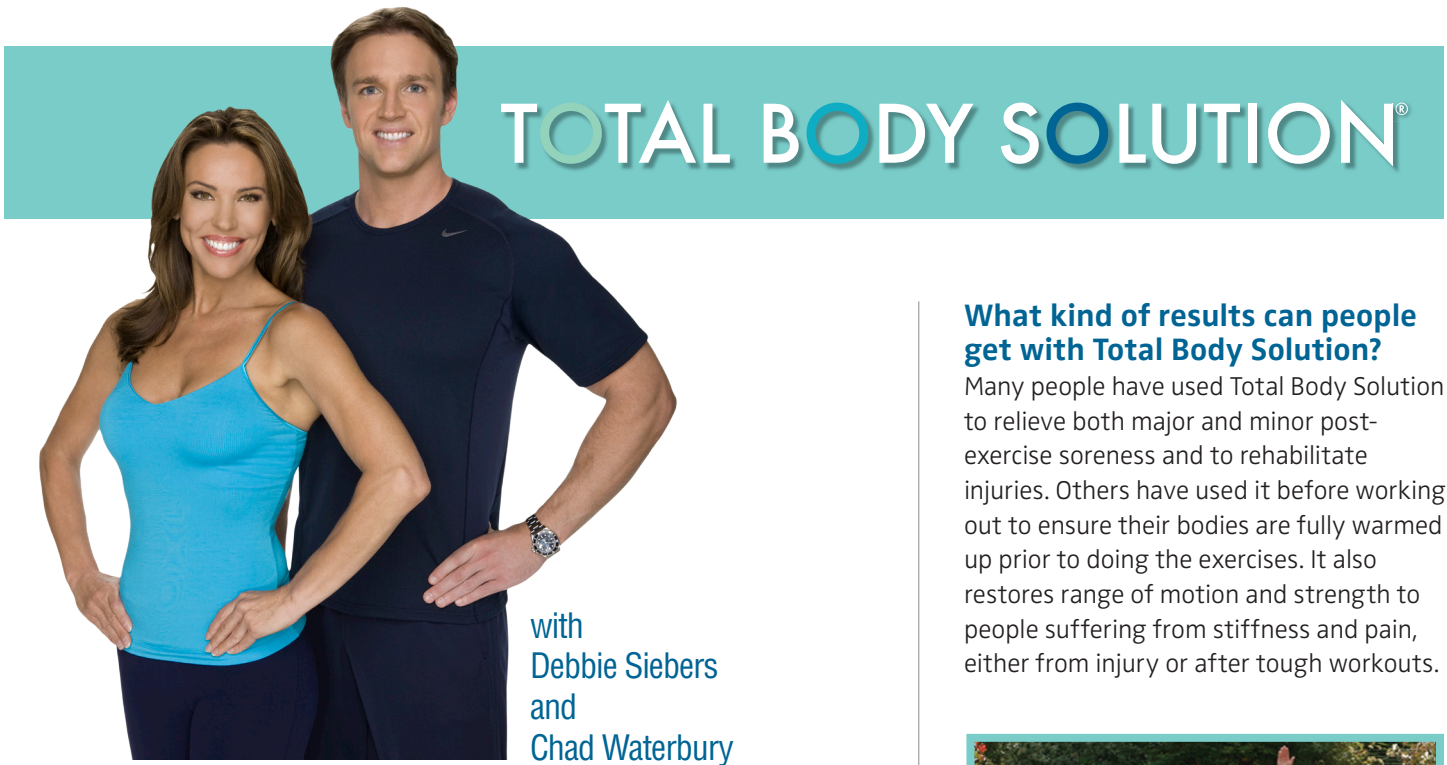


## Product Training Guide

**What is it?**

**Total Body Solution®** is a series of workout drills designed to help prevent injuries and heal pain and stiffness in the neck, shoulders, abs, lower back, and knees.

Fitness trainer **Debbie Siebers** has teamed up with neurophysiologist **Chad Waterbury** to help you identify which parts of your body have been affected by injury or stress. Then Debbie demonstrates easy-to-follow drills to help restore your range of motion and increase your endurance. The drills are designed to be safe, effective, and simple, to help you relieve and avoid pain.

**Why is it effective?**

Chad Waterbury is an expert in human physiology and movement, and he helped Debbie Siebers recover from chronic aches and pains after years of working out. They bring their combined expertise to help you achieve the same results at home.

The program begins with an assessment to identify your strength and range of motion in five areas of your body. Then there are drills targeted to your specific areas of need. These drills help alleviate pain, stiffness, and nagging injuries to restore your body to maximum functionality.

Chad coaches you through each drill while Debbie demonstrates how they're done to ensure that you're doing them properly.

**What kind of results can people get with Total Body Solution?**

Many people have used Total Body Solution to relieve both major and minor post-exercise soreness and to rehabilitate injuries. Others have used it before working out to ensure their bodies are fully warmed up prior to doing the exercises. It also restores range of motion and strength to people suffering from stiffness and pain, either from injury or after tough workouts.



## Product Training Guide

### What makes Total Body Solution® unique?

In as little as 15 minutes, every other day, Total Body Solution can help you recover from old injuries and prevent new ones. The drills are targeted to specific parts of the body that are most prone to injury, allowing you to focus on the areas that affect you.

Total Body Solution retrains your body to work the way it was designed to, without painkillers or chiropractor visits.

#### — RETAILING TIPS —

Who to target:	Why Total Body Solution?
People feeling joint pain and stiffness	Total Body Solution helps you alleviate pain and restore range of motion
People wanting to prevent future injuries	The program targets the areas where people tend to injure themselves, keeping them strong and supple
Fitness beginners	The drills are a good way to get the body used to moving in a more athletic way
Very active people	Total Body Solution helps you recover faster after strenuous workouts, and maintain flexibility while protecting problem areas
People who want an extra warm-up before they work out	The drills ensure that all injury-prone areas are thoroughly warmed up before exercising
People who don't have any pain	The program can help prevent muscle strain and joint pain before it happens

### Equipment needs

While Total Body Solution requires no equipment, these other Beachbody products may help your customers.

### Cross-selling suggestions

#### Accessories and Nutritionals:

- Resistance Band
- Yoga Monster Mat
- Beachbody® Balance Ball
- Joint Support Formula



### Additional programs

If your customers are ready to work out with Debbie Siebers, they may also like:

- Slim in 6®
- Slim Series®



## Product Training Guide



### Product info

Retail price: \$29.95  
 Club price: \$26.95  
 Coach price: \$22.46  
 Volume Points: 22  
 SKU# TotalBodySltn



### Why Debbie created Total Body Solution:

After years of working out and overdoing it, I put a lot of strain on my body and suffered from chronic aches and pains. I spent a ton of time and money on doctors, physical therapists, and acupuncture. But nothing worked, until I met neurophysiologist and author Chad Waterbury.

Chad helped me achieve a virtually pain-free body with just a few simple, safe, and effective drills. I was blown away by the results I got with Chad and wanted to share his drills with everyone. Now, you too can feel better than ever in as little as 15 minutes, every other day, right in the comfort of your home.

These drills will retrain your body to work the way it was designed by alleviating pain, stiffness, and nagging injuries in five main areas:

- Neck
- Shoulders
- Abs/Core
- Lower Back
- Knees

WHAT YOU GET:	WHAT'S THE BENEFIT:
<b>5 Drills on 1 DVD</b>	
Neck	<ul style="list-style-type: none"> <li>• Relieve pain and stiffness from stress or injuries</li> </ul>
Shoulders	<ul style="list-style-type: none"> <li>• Restore range of motion and strength</li> </ul>
Abs/Core	<ul style="list-style-type: none"> <li>• Stretch and strengthen the entire core for maximum relief</li> </ul>
Lower Back	<ul style="list-style-type: none"> <li>• Strengthen your muscles to alleviate pain and stiffness</li> </ul>
Knees	<ul style="list-style-type: none"> <li>• Rehabilitate injuries, protect and prevent future injuries</li> </ul>

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