

Product Training Guide



What is it?

Turbo Jam® is an in-home fitness program that combines kickboxing, dancing, and body sculpting moves to help you burn calories and tone muscles.

Trainer **Chalene Johnson** teaches you her signature “Elite 11” moves, then uses them in a variety of ways to raise your heart rate and keep it elevated so you burn the most fat. The workouts are set to high-energy dance music that feels more like a party than exercise.

Why is it effective?

Turbo Training is a technique that adds intensity to the workouts and increases the calorie burn. In the middle of each workout you do a short, supercharged cardio interval, which increases your aerobic capacity and is one of the most effective ways to burn fat and calories.

Chalene’s signature moves are easy to follow. They target specific muscle groups or body parts to strengthen and sculpt your entire physique, with special emphasis on your abs and core. The workouts can be done by anyone at any fitness level.

The **Turbo Results** step-by-step guidebook includes a simple weight-loss meal plan, a daily workout calendar, and a guide to help you make good choices when eating in restaurants.

Elite 11 flash cards will show you how to perform each of Chalene’s signature moves so you can burn the most calories in every workout.

Jump-start your weight loss with the **Turbo Slim®** rapid results program, an easy-to-follow meal plan and measurement tool to help you lose up to 10 pounds in 10 workouts.

The **Turbo Sculpting Gloves** increase your muscle activity by up to 96% so you get toned fast.

What kind of results can people get with Turbo Jam?

We have thousands of success stories from people who lost weight and got toned with Turbo Jam. In a university study, some participants burned over 700 calories in one 45-minute workout. That’s nearly twice as effective as walking, jogging, yoga, pilates, and circuit training.*

To see more Turbo Jam success stories, go to: TeamBeachbody.com/connect/success-stories



Lou L.



Kristi M.

*Results may vary. Exercise and proper diet are necessary to achieve and maintain weight loss and muscle definition.

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What makes Turbo Jam® unique?

Turbo Jam is a combination of martial arts-style training and dancing. Chalene's fun, motivating personality makes the workouts upbeat and energetic. The addition of Turbos (high-intensity intervals) improves your fitness while increasing your calorie burn. And when you use the Turbo Sculpting Gloves, you can raise the intensity even higher.

— RETAILING TIPS —	
Who to target:	Why Turbo Jam?
Fitness beginners	The signature moves are easy to learn, and Chalene breaks them down for you.
People who want to lose weight and get toned	Turbo Jam burns maximum calories while sculpting lean muscles.
Women who don't want to build big muscles	The workouts are designed to lean out your body, not create bulky muscles.
People who want to lose weight fast	The Turbo Slim® rapid results program helps you shed up to 10 pounds in 10 days.
People who want fun workouts to keep from getting bored	The variety of workouts and Chalene's enthusiasm will help you stick to the program and have fun with it.

Equipment needs

You'll need dumbbells or resistance bands. Turbo Jam comes with a pair of weighted Turbo Sculpting Gloves.

Cross-selling suggestions

These other Beachbody products will support your Turbo Jam weight loss goals.

Nutritionals:

- Shakeology®
- ActiVit® Multivitamins
- Slimming Formula



Additional programs

After Turbo Jam, get even stronger with Chalene's other programs:

- Turbo Jam® Fat Burning Elite
- Chalene Johnson's Get On the Ball!
- ChalLEAN Extreme®



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Product info

Retail price: \$59.85
 Club price: \$53.87
 Coach price: \$44.89
 Volume Points: 45
 SKU# TurboJam

Coach tools

- Product promotional video

BASE KIT:	WHAT'S THE BENEFIT:
Workouts	
Learn & Burn (approx. 30 minutes)	<ul style="list-style-type: none"> • You'll master Chalene's "Elite 11" moves so you can safely bring the intensity to your first workout
Turbo Sculpt (approx. 40 minutes)	<ul style="list-style-type: none"> • With this combination of cardio and resistance, you'll build and tone lean muscle to reshape your body
20 Minute Workout (approx. 20 minutes)	<ul style="list-style-type: none"> • This quick full-body workout will get your heart rate up to keep stimulating your metabolism and burn calories
Cardio Party (approx. 45 minutes)	<ul style="list-style-type: none"> • A full-on cardio dance workout that will get you burning calories, so you can shed the fat
Ab Jam (approx. 20 minutes)	<ul style="list-style-type: none"> • Tighten your tummy and tone your midsection with this focused ab routine
Punch, Kick & Jam (approx. 50 minutes)	<ul style="list-style-type: none"> • Burn extra calories in this advanced workout specially designed to work with the Turbo Sculpting Gloves
Resources	
Turbo Results step-by-step guidebook	<ul style="list-style-type: none"> • Chalene shares her secrets for success to help you get the most from the program
"Elite 11" flash cards	<ul style="list-style-type: none"> • Instructional cards that teach you Chalene's signature moves
Turbo Sculpting Gloves	<ul style="list-style-type: none"> • Scientifically proven to increase muscle activity by up to 96%
Turbo Slim rapid results program	<ul style="list-style-type: none"> • An easy-to-follow meal plan to help you lose 10 pounds in 10 workouts



Celebrity trainer Chalene Johnson

One of the most popular fitness instructors in the country, Chalene is an experienced, highly motivating workout leader. With her guidance, you'll learn the proper form and technique for working out with weights or bands, even if you've never done resistance training before. She'll keep you from getting bored and inspire you to do your very best.

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