

Product Training Guide



What is it?

Yoga Booty Ballet® Ab & Butt Makeover, also known as **YBB**, is a dynamic fusion of yoga, booty sculpting, and cardio dance that will get you the long, lean, and sexy body you've always wanted. Plus, it's specifically designed to work your abs and booty. The workouts are so fun that you won't believe you're working out, and they're so easy, anyone can do them.

Fitness experts **Gillian Marloth** and **Teigh McDonough** combined their knowledge of dance, strength training, and expressive movement to create YBB. Their engaging fusion of fun and fitness has helped shape some of Hollywood's best bodies. With their encouragement and friendly guidance, you'll dance, sweat, lose weight, and feel great, while getting flat abs and a firm, lifted booty.

Why is it effective?

All 5 workouts utilize **ABC Training** to give you a total ab & butt makeover. ABC training works your **Abs** with ab-sculpting yoga, tightens your **Booty** with booty-lifting ballet, and shreds away the pounds with fat-melting **Cardio**.

Without bulky equipment or machines, you'll use resistance training to build strength and get your groove on to dance away the pounds. You'll work at your own pace, learn to listen to your own body, and find out how to get that extra bit of burn—while having a blast. In addition to the physical benefits, YBB can help boost self-esteem, reduce stress, and invigorate your spirit.

YOGA BOOTY BALLET®

ab & butt makeover

What kind of results can I expect with YBB?

All kinds of people have lost weight and gained confidence through doing Yoga Booty Ballet. Check out these Success Stories for inspiration.*



Mary Ann B.

"I'm on a firm path to success thanks to Beachbody and Yoga Booty Ballet. I have become rejuvenated, and I feel so free! I have lost a total of 24 lbs. and two sizes."



Molly L.

"With Yoga Booty Ballet, I lost 85 pounds. It's amazing to feel like I'm sexy. I can turn heads. I set my goals, and I did it."

To see more YBB Success Stories, go to TeamBeachbody.com/connect/success-stories

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

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What makes YBB unique?

Gillian and Teigh drew on their wide-ranging experience in fitness, dance, and movement styles to develop the impressive cardio and sculpting workout you'll get with Yoga Booty Ballet® Ab & Butt Makeover.

Hatha yoga uses a system of stretches and full-body poses as a method for the purification of the body and mind. Ballet dancers work specific muscles to elongate and lean out their bodies, strengthen the core and improve balance, and gain precise control over their movements.

By uniting elements from these and other disciplines, YBB helps to tone your body, increase your flexibility, and give you a greater sense of well-being.

— RETAILING TIPS —

Who to target:	Why Yoga Booty Ballet?
Workout beginners	With playful dance routines and gentle resistance training, YBB eases the way into exercise.
Women and men who want to lose weight	YBB's combination of cardio, resistance training and balanced nutrition will help you burn fat and sculpt a lean body.
Women and men who want to tighten and tone	Ab exercises, resistance training, and yoga will help you firm and strengthen your muscles from head to toe.
People who like yoga, but want more cardio and movement	YBB builds on the principles of yoga while adding cardio and body sculpting.
People who enjoy dancing to get fit	YBB keeps you moving to great music, shaking your groove as you burn off the weight.

Equipment needs:

- YBB includes a weighted Sculpting Ball and a Sculpting Band for added resistance to maximize your results



Cross-selling suggestions

Your customers working out with YBB may be interested in these other Beachbody products.

Accessories:

- Yoga Monster Mat
- Weighted Gloves



Nutritionals:

- Shakeology® - Replacing one meal a day with Shakeology® is an easy way to control your calories while providing natural energy to fuel your workouts. Shakeology will also help you feel full longer, and reduce your cravings for junk foods.
- Activit®
- Total Health Women's Formula



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Product info

Retail price: \$39.90
 Club price: \$35.91
 Coach price: \$29.93
 Volume Points: 30
 SKU# YBBAbButt



More about Gillian and Teigh

Gillian Marloth Clark helps people achieve wellness through movement by focusing on the body, mind, and spirit. A favorite instructor at Crunch gyms in New York and Los Angeles, Clark developed Yoga Booty Ballet® in 1998 with friend and business partner Teigh McDonough. They now own Swerve, a movement studio in Los Angeles.

For more than 15 years, **Teigh McDonough** has studied everything from jazz, funk, hip-hop, ballet, and modern dance to kundalini, hatha, and power yoga. She has worked as a professional dancer, choreographer, fitness instructor, and personal trainer both in Chicago and California. Bringing her passion for movement, her dance expertise, and her charismatic teaching style to the classroom, she helps students transform themselves by “freeing the funky ballerina within.”

BASE KIT:	WHAT'S THE BENEFIT:
Workouts	
5 workouts on 5 DVDs	<ul style="list-style-type: none"> • Signature cardio will boost your metabolism, helping you burn calories and shed the pounds • Targeted sculpting will help lengthen your muscles, slim your hips, and shape your thighs • Resistance moves will tighten your abs and shrink your waist • Ballet will tone your legs and lift your booty
Resources	
Ab & Butt Makeover Guide	<ul style="list-style-type: none"> • Includes nutrition guide, workout calendar, and special tips from Gillian and Teigh
Sculpting Ball	<ul style="list-style-type: none"> • Weighted ball adds resistance to tone your lower body and target hard-to-reach areas like saddlebags
Sculpting Band	<ul style="list-style-type: none"> • Adding resistance helps lean out muscles for that sleek, long, and lean physique
7-Day Swimsuit Slimdown Plan	<ul style="list-style-type: none"> • Lose up to 7 pounds in just 7 days by following this plan
Hip Hop & Abs workout	<ul style="list-style-type: none"> • Cardio dance that will also flatten and tone your abs and core
10-Minute Booty Blaster	<ul style="list-style-type: none"> • A rapid-fire, targeted workout to lift and reshape your butt

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