

Q. How is P90X2 different from P90X®?

A. Consider P90X2® the next wave in applied science for body transformation. Like P90X®, it's a complete 90-day program, but with all-new, cutting-edge workouts based on a breakthrough sports training technique called **Muscle Integration**. The key is instability. With P90X2, you'll do resistance moves on one foot, a ball, or some other unstable platform. Because your body is forced to maintain stability as you lift, more muscles are engaged with each movement. You'll fire your abs, glutes, hamstrings—and an entire chain of muscles you may not even know how to pronounce—delivering the same results pro athletes pay thousands of dollars for.

Q. What's included in P90X2?

A. P90X2 Base Kit:

- 12 workouts on 13 DVDs or 4 Blu-ray™ discs
- P90X2 Fitness Guide
- P90X2 Nutrition Guide
- P90X2 Workout Calendar

P90X2 Deluxe Kit:

- Includes everything in the P90X2 Base Kit, plus:
- 2 Additional Extreme P90X2 Workouts
- 1 Foam Roller
- 1 55cm PREMIUM Stability Ball
- 2 8-lb Medicine Balls

P90X2 Ultimate Kit:

- Includes everything in the P90X2 Base Kit, plus:
- 2 Additional Extreme P90X2 Workouts
- 1 RumbleRoller™
- 1 55cm PREMIUM Stability Ball
- 2 8-lb Medicine Balls
- Tony Horton's PowerStands®

Q. Is there a Coach / Team Beachbody® exclusive offer for P90X2?

A. Yes, you get two FREE DVD workouts, P90X ONE on ONE®: 4 Legs, and P90X One on One: Upper Body Balance, when you order from your Coach or Team Beachbody.

Q. What types of exercises are in the program?

A. All of the workouts fall into one or more of three training phases, each with a very distinct focus.

Phase One is focused on your foundation with the goal of creating a solid attachment to the ground. Includes X2 Core, which works your core using instability; X2 Balance + Power, which incorporates strength and explosive movements; and more. **Phase Two** focuses on strength with workouts like Plycide, combining explosive movements with mind and coordination drills, and Chest + Back + Balance, the mega pump of P90X Chest & Back with the addition of unstable platforms. **Phase Three** focuses on performance. You can look forward to P.A.P. (Post-Activation Potentiation) Lower and P.A.P. Upper, two separate workouts using a cutting-edge training technique used by some of the fittest athletes on the planet—a series of repeated movements or “complexes” that will absolutely destroy you.

Q. What equipment do I need?

A. All you need to do P90X2 is a couple of dumbbells or resistance bands, a place to do pull-ups, and about an hour a day. Additional equipment that is used optionally in P90X2 but strongly recommended is a foam roller or RumbleRoller, a PREMIUM stability ball, and two medicine balls. The additional equipment is available as part of the Deluxe and Ultimate Kits. The equipment is also sold separately.

Q. What if I want a less strenuous program?

A. You don't need to have completed P90X to begin P90X2, but it's recommended. If you're not at the “X” level of fitness yet, P90X2 offers modified variations of every exercise which will allow you to ease into the program at your own pace. However, even with modifications, P90X2 is an advanced training program. So, if you decide you aren't ready to tackle P90X2 yet but still want to get in great shape fast, we recommend starting with a less extreme program, such as 10-Minute Trainer® or Power 90®. From there, you can work your way up to P90X and P90X2. Beachbody® offers a wide variety of incredible fitness programs for all levels and goals, so you're sure to find the one that's right for you.

Q. I subscribed to P90X ONE on ONE Volume 3. How do I place my order?

A. Call customer service at 1 (800) 470-7870. Tell the service representative that you purchased the complete ONE on ONE Volume 3 and you'll be given further details on ordering P90X2.

Q. Will Coaches get commission for the 50% off orders from the P90X ONE on ONE Volume 3 discount offer?

A. Yes, Coaches will get the standard commission for the 50% off orders.

Q. Will Coaches get volume points for the 50% off orders from the P90X ONE on ONE Volume 3 discount offer?

A. Yes, Coaches will get volume points for the 50% off orders.

Q. Is the 50% off offer applicable to all of the P90X2 kits?

A. Yes, the 50% off offer is applicable to the Base Kit price (DVD and Blu-ray), as well as the Base Kit portion of the total price of the Deluxe and Ultimate Kits (DVD and Blu-ray).

Q. When will my (and my customers') credit card be charged?

A. As soon as the product ships, your credit card will be charged.

Q. How should my customers order P90X2?

A. They can order through you. Send them to your personalized Coach Web site and have them click on the right-rail banner! Your Coach Rep ID will carry over.

RumbleRoller is a trademark of Ronald Johnson.