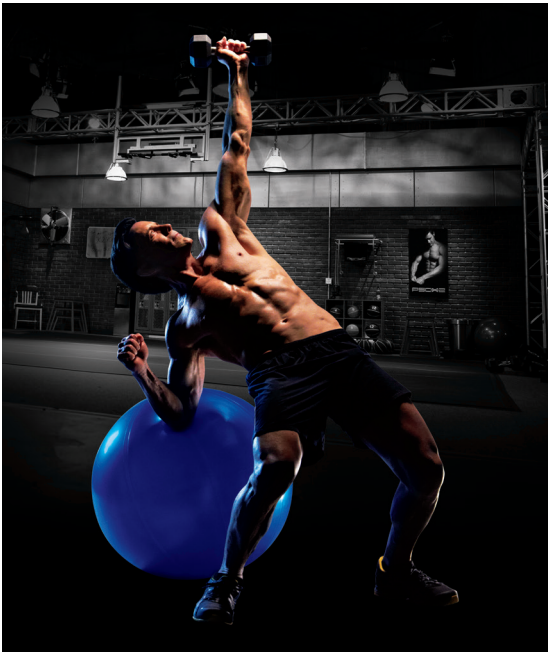


Product Training Guide



P90X2®

GET READY FOR THE NEXT REVOLUTION

What is P90X2®?

The follow-up to the #1-selling extreme home fitness program in the world has arrived. P90X2 is the result of 2 years of research and development conducted by a team of leading experts in fitness. These 12 breakthrough new workouts continue the evolution that P90X® began. P90X2 is an elite fitness program designed for fit people, like people who have finished P90X, to take them from fit to agile, from strong to powerful, from good to great—and even incredible.

This is no ordinary sequel.

- P90X2 is a complete 90-day program with cutting-edge workouts grounded in the latest breakthroughs in exercise science.
- P90X2 is better training than many pro athletes get, with more power, speed, agility, strength, and intensity in every workout.
- P90X2 is the next wave in applied science for body transformation.

P90X2's 12 new workouts will help you train like an athlete —ultimately, it will help your body to become stronger and more agile in almost every activity you undertake. And it'll help you get into amazing shape. The **Fuel Your Performance Nutrition Guide** includes several customizable options, including new **Vegan** and **Grain-Free** options. And of course, master trainer Tony Horton is back to inspire you to Bring It!® again.

Your Network exclusive P90X2 bonus: Two FREE P90X ONE on ONE® Workouts, chosen specifically for P90X2.

P90X ONE on ONE 4 Legs

Tony forces you to work the most powerful muscles in your body while standing on one leg! You'll see the benefits as you build strength, stamina, and balance.

P90X ONE on ONE Upper Body Balance

Forget your preconceived notions of an upper body workout. You'll need to involve every fiber of muscle . . . all the way down to your quads.

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Why is P90X2 so effective?

The Muscle Confusion™ remains, but P90X2 is going to challenge your muscles and energy systems with movements, intervals, complexes, and the science of Post-Activation Potentiation (P.A.P.). This will not only force your body to fight to get stronger and more efficient, but it will also work your muscles in more intricate and subtle ways than many other fitness programs.

What makes P90X2 unique?

P90X2 is divided into three phases: foundation, strength, and performance. By first strengthening your muscular and skeletal systems, you'll have a platform to get stronger. By increasing your strength, similar to the way you did in P90X, you will have laid the groundwork for improving performance. And mastering performance will help you move and look more like an athlete. This is state-of-the-art functional fitness and performance enhancement that was previously only available to world-class competitive athletes.

With P90X2, you and your customers can:

- Achieve peak performance. P90X2 features the influence of Harvard-trained Dr. Marcus Elliot, one of the most sought-after authorities in the world of sports science.
- Work out 5 days a week. Higher intensity requires more recovery. And with P90X2, you'll need it.
- Customize their training. Each training phase and recovery period can be tailored to their specific needs.
- Eat right. The Fuel Your Performance Nutrition Guide contains a versatile nutrition plan that includes Grain-Free and Vegan options.
- Buy it on Blu-ray! A Beachbody® first: P90X2 is available on Blu-ray, so they can enjoy the best quality high-definition experience.

Equipment needs:

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.

Cross-selling suggestions

Your customers working out with P90X2 may be interested in these other Beachbody products.

Accessories:

- Premium stability balls (55 cm or 65 cm)
- Medicine balls (4, 8, and 12 lbs.)
- Foam roller
- Tony Horton's PowerStands®
- P90X® Chin-Up Bar
- P90X® Chin-Up Max
- B-LINES® Resistance Bands
- Beachbody® Jump Mat

Resources:

- P90X2® Power Your Performance Fitness Guide
- P90X2® Fuel Your Performance Nutrition Guide
- P90X2® "How to Bring It Again" video
- P90X2® Workout Calendar

Nutritionals:

- Shakeology®

RETAILING TIPS

Who to target:	Why P90X2?
P90X grads	P90X2 is the graduate course in Muscle Confusion. This is the latest take on applied science geared toward performance.
Graduates of other extreme fitness programs	Tony Horton will help you look, feel, and move better than you ever imagined possible.
Athletes looking to improve performance	P90X2 provides intense cross training to develop strength, endurance, power, agility, and speed.
Former athletes wanting to get back in shape	P90X2 offers the challenge that will bring back your competitive spirit and help you regain your peak muscular physique.



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BASE KIT:		WHAT ARE THE BENEFITS?
Workouts		
X2 Core	<ul style="list-style-type: none"> • X2 Core is about using instability to help create core strength and improve your movement patterns. 	
Plyocide	<ul style="list-style-type: none"> • Plyocide combines traditional explosive movements and coordination drills to help increase your speed, power, and endurance. 	
X2 Recovery + Mobility	<ul style="list-style-type: none"> • X2 Recovery + Mobility enhances recovery, forcing your body to realign by using a myofascial release technique called foam rolling. 	
X2 Total Body	<ul style="list-style-type: none"> • X2 Total Body combines resistance and instability in compound movements to ensure that your body uses the correct muscles in the given movement. 	
X2 Yoga	<ul style="list-style-type: none"> • X2 Yoga will help increase isometric power, improve your range of motion, and build vital stabilizer muscle strength. 	
X2 Balance + Power	<ul style="list-style-type: none"> • X2 Balance + Power will teach you to transmit your core engagement to other parts of your body, improving your alignment and stability. 	
Chest + Back + Balance	<ul style="list-style-type: none"> • Chest + Back + Balance uses the same level of amazing resistance you found in P90X Chest & Back, with an added balance component that helps make your strength gains astonishing. 	
X2 Shoulders + Arms	<ul style="list-style-type: none"> • X2 Shoulders + Arms will help keep shoulders and arms strong and in balance, and looking great in sleeveless shirts. 	
Base + Back	<ul style="list-style-type: none"> • Base + Back is a pull-up and plyo profusion that'll leave you swimming in sweat. 	
P.A.P. Lower	<ul style="list-style-type: none"> • P.A.P. Lower uses Complex Training to increase your power and explosive strength, helping to reduce your chance of getting injured. 	
P.A.P. Upper	<ul style="list-style-type: none"> • P.A.P. Upper uses Post-Activation Potentiation, a cutting-edge technique that translates to improved athletic performance. 	
X2 Ab Ripper	<ul style="list-style-type: none"> • X2 Ab Ripper takes you through a series of some of the most effective core movements ever, changing your concept of what an ab workout should be. 	
Additional Workouts*		
X2 Chest + Shoulders + Tris	<ul style="list-style-type: none"> • X2 Chest + Shoulders + Tris uses creative forms of instability to make your pushing muscles function better than ever before. 	
V Sculpt	<ul style="list-style-type: none"> • V Sculpt works the back and biceps, from an athletic stance, to create strength gains applicable to real-world movements. 	



Maximize the opportunity

The long-awaited arrival of P90X2 presents endless possibilities for your business. Take advantage of these revolutionary tools we've created to help you seize the moment.

Downloadable tools are available in your **Coach Office**.

*Sold separately.

PowerStands is a registered trademark of Tony Horton.

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