

Product Training Guide



What is CIZE®?

CIZE is a dance program for everyone and makes exercise something to look forward to! Professional choreographer and trainer Shaun T breaks down dance courses step-by-step, move-by-move, so that anyone can dance their way to fit in just 4 weeks.

Why is CIZE effective?

CIZE may be the end of exercise®—but it's not the end of hard work! CIZE keeps you moving the whole time by constantly introducing new moves that give you cardio training, strengthen your core, and tone every muscle—all at once! You'll be so in the zone mastering the moves, you'll forget you're working out—and getting in the best shape of your life! The more you get into it, the more you get out of it!

Plus, as the courses progress, they get more challenging. And that means more moving, more sweating, and more calories burned!

Can I stream my CIZE workouts?

Yes! If you are a Beachbody On Demand member, you can stream CIZE and hundreds of Beachbody workouts. Access Beachbody On Demand via any TV, desktop, laptop, tablet, or mobile device—wherever you have an internet connection.

What makes CIZE unique?

In CIZE, anyone can hit the floor and dance on Day 1 and get fit in just 4 weeks. Each CIZE course breaks down a professionally choreographed dance routine step-by-step then puts the sequences together so you can perform the whole dance to a song from the CIZE music playlist. The routines get more challenging mentally and physically as the courses progress. But mastering the routines is so much fun, you forget you're actually working out!

Shaun T is your personal choreographer

Shaun T has danced for the biggest names in the music industry and knows a thing or two about busting a move. Now, he's going back to his dancing roots—and sharing that passion with YOU. He'll be there every step of the way, guiding you through simple sequences that lead up to one seriously impressive dance routine that will get you moving—and into incredible shape!



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— RETAILING TIPS —

Who to target:	Why CIZE?
Those who want to get in shape and want to have fun doing it	If you're tired of squats, lunges, push-ups, and boring cardio, then this program is for you. We teach you the hottest choreographed dance routines to make losing weight and getting fit an incredible, exhilarating experience!
Those who want to learn how to dance	Can you tap your foot to the beat while you listen to music? Do you ever sing along to your favorite song? Then you can absolutely learn how to dance—and get in shape—by following Shaun T as he breaks down each routine into simple, doable steps.
Those with dance experience	Shaun T went back to his roots as a backup dancer to create these dance courses. The choreography will challenge you—and teach you new moves along the way!
Families	Ever watch shows with your family and see dancers in music videos or television shows and say, "I wish I could do that?" Well now you can—together! Just stick with Shaun—he'll teach you and your family the moves you see on TV. Plus, you'll get down to the hottest music originally recorded by artists like Ariana Grande, Timbaland, Bruno Mars, and more!

Cross-selling suggestions**

Help your customers take the work out of working out by recommending these additional products:

- 1-lb. Weighted Wristbands: These add resistance to every move to help tone muscles and burn even more calories during each dance course. These are also available in the Deluxe Kit.
- Exclusive CIZE Apparel: Your customers can buy the actual apparel featured in the CIZE dance workouts.
- Portion Fix® with Containers: The Eat Up! Meal Plan in the Base Kit already introduces your customers to how the Portion Fix containers work. Eating this way will help them reach their weight-loss goals faster. Or, they can get the Portion Fix containers in the CIZE Deluxe Kit.
- Shakeology® helps provide your customers with the nutrition they need to get their best results from CIZE.*
- 3-Day Refresh® program to jump-start their transformations.



**All products, flavors, and configurations may not be available in your market.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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WHAT'S INCLUDED:	WHAT'S THE BENEFIT?
Dance Courses	
6 Dance Courses	You'll get 6 calorie-scorching dance courses, each with new moves and new music. As the program progresses, the routines get more challenging. By the end of the program, you'll be totally confident in your dance skills and sexy body!
Tools	
Get Started Guide	This step-by-step guide tells you everything you need to know to get started on the right foot. You'll even learn how to accurately track your body transformation and what to do to get your best results!
Eat Up! Guide	Whether you choose to follow the delicious, simple-to-prepare recipes or prefer to eat your favorite foods in the right portions, you can finally eat the foods you want and still lose weight! It's not about dieting, starvation, or deprivation. It's about healthy eating, portion control, and long-term success.
Beginner Calendar	Use this calendar when you want to go at your own pace. After each workout, you can even rate your dance skills, "backup dancer," "front and center," or "ready for my music video" to track your progress!
Bonus Gifts	
8 Count Abs	Strong abs and core are at the heart of every great dancer—and sexy body! You'll find this ab-targeting sequence at the end of each disc. Work your abs on the floor, then end the 8 minutes Cizing It Up with an ab sequence choreographed to the song HEADSPRUNG, originally recorded by LL Cool J.
Weekend Survival Guide	Don't let the weekend ruin all your hard work from the week. We give you the tools to stay on track, even when you're eating out! Learn the DO's and DON'Ts of a night out on the town, so you can go out and have fun without sabotaging your results!
Advanced Calendar	Follow this calendar if you're in need of a bit more structure so you know which workouts to do on which days to keep progressing.
Deluxe Kit**	
You get everything in the CIZE Base Kit, plus two fast-paced, calorie-crushing dance routines, weighted wristbands to tone up faster, LOSE IT! Guide with weight-loss tips, Deluxe weight-loss calendar, and portion-control containers to get your eating on track for your hottest and healthiest body ever.	

CHALLENGE PACKS**

Challenge Packs are the all-in-one solution that can help you achieve the best possible transformation.

Annual Beachbody On Demand & Shakeology Challenge Pack†

- Annual Membership to Beachbody On Demand includes streaming access to CIZE, plus dozens of other world-class Beachbody programs. Your membership also includes access to Beachbody's cooking show—FIXATE®.
- Downloadable digital copies of program materials.
- Your first 30-day supply of Shakeology—the most delicious, nutrient-dense superfood protein supplement shake on the planet—so whether you drink it to help support your fitness program or just to support your health, Shakeology is Your Daily Dose of Dense Nutrition®. Combine your favorite fitness program with the power of Shakeology's ultra-premium nutrition—delivered on our monthly subscription program which you can cancel at any time.
- Portion Fix—an easy-to-follow system with seven color-coded containers, a Shakeology shaker cup, and nutrition guide that tells you how much to eat to lose weight.

CIZE & Shakeology Challenge Pack:†

- CIZE Base Kit—DVDs and printed materials.
- Your first 30-day supply of Shakeology.
- 30-day free trial membership to Beachbody On Demand.

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†Challenge Packs and Beachbody On Demand memberships contain subscriptions and memberships which automatically renew. Please consult your country-specific price list in the Coach Office for full details.

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