

## Product Training Guide



### What is the Beachbody Ultimate Reset®?

The Beachbody Ultimate Reset® is a comprehensive, no-starvation, inner-body tune-up that offers much more than the typical cleanse and detox programs on the market. The Ultimate Reset not only helps you eliminate toxins and waste gently and naturally, but it also maximizes your cellular energy production, helping your body process food more efficiently and your systems run more smoothly.\* You'll replace the processed foods you've been eating with healthy foods. You'll eat cleanly—possibly for the first time in your life—and take supplements designed to help your body remove from your cells and organs toxins that you've been taking in for decades.

The Beachbody Ultimate Reset is a complete, three-phase, 21-day mind and body program that provides everything you need to:\*

- Reclaim your body's natural balance
- Release the harmful materials you may be storing within you
- Restore your system to its maximum health

Participants have experienced the following benefits:\*

- Flush toxins from organs
- Improved digestion
- Increased energy
- A more positive mood and better focus
- Weight loss (improved BMI)
- Lowered cholesterol
- Eliminated dependencies on sugar and caffeine
- Improved overall health

The Beachbody Ultimate Reset is a breakthrough program that will help you gently restore your body to its "original factory settings" so you can feel, look, and be healthier.

### Why Reset?

Our environment has become more and more toxic. Our bodies absorb pollution and harmful chemicals all our lives, along with the air we breathe, the food we eat, and the water we drink. These toxins can get stored in our bodies, clogging our cells and slowing down their natural functions.

According to the Centers for Disease Control, the average American has approximately 219 toxic chemicals stored in his body, primarily in fat cells. This toxic overload can help lead to premature aging, obesity, diabetes, heart disease, and cancer. In fact, the American Cancer Society® states that 75 to 80% of cancer deaths are linked to environmental factors like toxins.

It's not enough just to work out and eat right. At Beachbody®, we realized we had to take a break from the everyday and find a way to get those toxins out of our bodies. Along with getting in shape on the outside, we had to start getting healthy on the inside.\* We decided it was time for a Reset.



*"The Beachbody Ultimate Reset is a program designed to help your inside get into amazing shape, just like your outside."*

—Carl Daikeler  
CEO, Beachbody

### Check out these Reset results!†



*"Before the Reset, I was pre-diabetic, and I had no idea about that. My blood sugar level is within the normal range now, which is phenomenal!"†*

—Lilah R.



*"I used to feel chronically tired. Now I wake up, I jump out of bed—that's a complete change. And it feels really good!"†*

—Eric K.

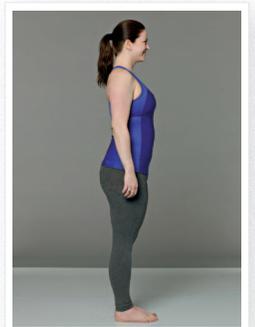


*"My cholesterol dropped 27 points, and I lost a total of 14 pounds. I put these pants on today, and—holy mackerel! I feel phenomenal!"†*

—Jennifer K.



Harmony M.  
Before



Harmony M.  
After† —lost 10 lbs.

†Results vary.

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### How does the Ultimate Reset work?\*

The Ultimate Reset is a 21-day program, but it's helpful to think of it in three distinct phases, each 1 week long:

- Phase One: RECLAIM your body, accessing its inner chemistry and preparing for change.
- Phase Two: RELEASE the toxic compounds that are stored within your tissues.
- Phase Three: RESTORE your metabolism to maximum efficiency.

After just 21 days, you should feel dramatically better physically, mentally, and emotionally. Will it be challenging? Sometimes. But just as Beachbody's workouts aren't the easiest fitness programs you can do, the Ultimate Reset may also require some extra effort. In return, it can deliver extraordinary results. And keep in mind that no matter how challenging you may find it, you'll have your Coach and the entire Team Beachbody® community in your corner to help you through.

Once you complete your 21-day program, you'll have a "transitioning back" period, during which you'll be guided back into life after the Ultimate Reset. You'll get advice on food and exercise, along with helpful tips on how to maintain—and continue to build on—the great work you've accomplished.

### Meet the creators of the Beachbody Ultimate Reset.



Isabelle Daikeler



Darin Olien

After creating the breakthrough nutritional supplement Shakeology®, **Isabelle Daikeler**, health and fitness expert, and **Darin Olien**, superfood ingredient hunter, took on the mission of creating this healthy cleansing program. They searched around the world for just the right minerals, vitamins, and other natural ingredients. Now, in the Beachbody Ultimate Reset, they've combined the unique supplements they've created with a specially designed meal plan to help provide your body with some of the healthiest nutrients on Earth.

#### — RETAILING TIPS —

Who can benefit from the Ultimate Reset?	Why choose the Ultimate Reset?*
People who want more energy and mental clarity	The Ultimate Reset helps restore your body's natural vitality and energy levels, helping to end dependence on sugar and caffeine.
People having trouble with their digestion and/or elimination	The Ultimate Reset helps restore your internal system to its "factory settings," helping to improve and regulate your body's digestive processes and enhancing nutrient absorption.
Overweight people	The Ultimate Reset helps replace foods that aren't optimal with detoxifying supplements and a vegetarian-based meal plan to help jump-start your healthy weight loss, so you can see dramatic results in just 21 days.
People looking to take better care of themselves	The Ultimate Reset helps you tune in to your body's natural state of health, helping you release toxins while you learn what you really need to know to feel great.
People who want to reduce the likelihood of disease, and work at improving their overall well-being	The Ultimate Reset helps you take a break from chemical additives and hard-to-digest foods like processed foods, red meat, and dairy, helping return your body to its "factory settings" and begin to improve your well-being.
Elite athletes who need to take a break so their bodies can begin to recover	The Ultimate Reset helps your muscles begin to repair and your body begin to heal, helping you work toward restoring your body's natural energy levels and helping you prime for better performance.

#### Did you know?

- Approximately 1,000 new chemicals are put into commercial usage each year.  
Source: Environmental Protection Agency (EPA), *A Comparative Evaluation of GC/MS Data Analysis Processing*, project summary page.
- Nearly 80,000 chemicals are on the market in the United States.  
Source: President's Cancer Panel, 2008–2009 Annual Report, *Reducing Environmental Cancer Risks: What We Can Do Now*, page 5.
- More than 3,000 chemicals are used in the U.S. food supply.  
Source: FDA.gov, "Everything Added to Food in the United States (EAFUS)," Nov. 2011.

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### What's in the Beachbody Ultimate Reset Complete Kit?

Complete Kit	
Six Ultimate Reset Supplements uniquely formulated to help restore your body to optimal health:*	Alkalinize, Optimize, Soothe, Mineralize, Detox, Revitalize
Program & Nutrition Guide	<ul style="list-style-type: none"> <li>Includes detailed step-by-step instructions for your 21-day Reset journey.</li> <li>A 3-week eating plan with recipes, cooking tips, shopping lists, and more.</li> <li>Reset in a crunch-modified meal plan if you're short on time.</li> <li>Approved vegan Shakeology recipes.</li> </ul>
Two DVDs: <ul style="list-style-type: none"> <li><i>Reset Your Health!</i></li> <li><i>Cooking Class!</i></li> </ul>	<ul style="list-style-type: none"> <li>Gives you a complete program overview, instructions to get started, and Success Stories to help motivate you.</li> <li>Provides an overview of the foods recommended in your Reset, including sample meal-preparation videos.</li> </ul>
Ultimate Reset Caddy	Specially designed to help you conveniently carry each day's supplements with you—at home, at work, or on the go.
Ultimate Reset Bracelet	Wearing this natural fiber bracelet will help remind you of the positive decision you've made and your commitment to your body's health.
Ultimate Reset support from your Team Beachbody Coach, fellow Reset participants, and Challenge Groups	Access to unprecedented exclusive UltimateReset.com content. <ul style="list-style-type: none"> <li>Day-by-day online support:               <ul style="list-style-type: none"> <li>Food-preparation videos for each day's meals</li> <li>Daily cleanse tips, recipes, and shopping lists</li> <li>Personal experiences from fellow participants</li> </ul> </li> <li>Mobile-enabled website content</li> </ul>



### Cross-selling suggestions

Your customers can enhance their Reset results with these Beachbody products

#### • Shakeology

During the Reset: Customers looking for a convenient, Reset-friendly meal substitute can now enjoy Tropical Strawberry and Chocolate Vegan, which have been specifically formulated to fit the Ultimate Reset regimen.

Post-Reset: Help your customers maintain the benefits of the Reset with the essential nutrients in this delicious, patent-pending formula.

#### • Dry Brush

Customers can support their Reset and help their skin detox by brushing it with our natural-bristle dry brush before bathing. Dry brushing opens the pores and removes dead skin cells, plus helps stimulate nerve endings, improve circulation, and activate the lymphatic system.

#### • Tai Cheng® Workout Program

Customers may engage in light exercise like the Tai Cheng® workout program while doing the Ultimate Reset. Tai Cheng is a combination of no-impact and gentle moves that uses a natural approach to help increase range of motion and fitness. In addition, Tai Cheng helps relieve stress, aches, and pains; strengthens the core; and improves balance.

### Product Info

	Complete Kit	Refill Kit	Dual Kit	Maintenance Kit
<b>Retail</b>	\$229.95	\$199.95	\$399.95	\$99.95
<b>Club</b>	\$206.96	\$179.96	\$359.96	\$89.96
<b>Coach</b>	\$172.46	\$149.96	\$299.96	\$74.96
<b>PV</b>	170	150	299	75
<b>TV</b>	135	120	240	60

Complete Kit, Dual Kit, and Refill Kit are all available in 1x Deluxe HD, or Ultimate HD options.

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### What the Beachbody Ultimate Reset is NOT:

- A starvation diet (you'll eat three filling, healthy meals every day)
- An abrupt cleanse that's hard on the body (the supplements work together gradually to gently shift your body's internal settings)\*
- A laxative-based, colon-focused cleanse, which fails to truly detoxify the whole body (you won't be running to the bathroom every hour!)

### How is the Beachbody Ultimate Reset different from other cleanse programs?

The Ultimate Reset isn't a crash diet or a processed-food meal replacement. It's an integrated, whole-body reset solution—a step-by-step program that lets you have real food along with the specially formulated supplements that are included. It also teaches you to engage in conscious living techniques that help you detoxify and restore your body. You'll not only help return your metabolism to optimal function, you'll learn conscious self-care behaviors that can help you maintain better health, even after your Reset.\*



### Coach Tools

Beachbody provides all the tools you need to help your customers get healthier with the Ultimate Reset. The following are available in your Coach Online Office:

#### Challenge Group Guide

- Weekly Coaching Guide
- Coach Starter Guide
- Participant Starter Guide

#### Toolkit

- Website banner, FAQ, eCard, 5-Step Invitation Process, Sample social media posts, Sample email, Talking Points, Training webinar, Promo video, Coach banners

COMPETITIVE COMPARISON				
	Beachbody Ultimate Reset	Dr. Junger's Clean Program™	Isagenix® Cleansing & Fat Burning System	USANA® RESET Weight Management Program
Cleanse Duration	21 days	21 days	30 days	5 days
Includes Supplements	x	x	x	x
Includes Shakes and Bars	Optional	x	x	x
Meal Plan and Cooking DVD	x			
Consume at Least 1,500 Calories a Day	x			
Body and Mind Detox	x			
Clinically Tested Results	x			
Mobility	x			
Portability	x			
Support: Online Participant Portal	x			
Support: Coach/Peer	x	x	x	x

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

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### The six supplements and what they do:

SUPPLEMENT	BENEFIT*
<b>Alkalinize</b>	<ul style="list-style-type: none"> <li>• Helps maintain alkalinity</li> <li>• A super-green mixture of grasses, including wheatgrass, alfalfa, kamut, and barley, that helps neutralize excess acid and maintain alkalinity, bringing your body back into a healthy pH balance and helping to support your immune system</li> <li>• <i>Alkalinize</i> comes in a convenient single daily-dose packet and is taken throughout all 3 phases of the Ultimate Reset program</li> </ul>
<b>Soothe</b>	<ul style="list-style-type: none"> <li>• Helps to enhance digestive health and support the reduction of inflammation</li> <li>• First supplement to combine two incredible botanicals: aloe vera and curcumin</li> <li>• Aloe vera is a succulent plant long used in traditional healing to relieve minor cuts, burns, and insect bites. It's also a known antioxidant, which when taken internally helps support the body's natural anti-inflammatory response, and soothingly cleanses the entire intestinal tract. Curcumin, a household remedy in India that's long been a staple in ayurvedic medicine, is a natural extract of the spice turmeric. Like aloe vera, curcumin promotes the body's natural anti-inflammatory response. Other benefits include its ability to help eliminate free radicals.</li> <li>• <i>Soothe</i> capsules are taken daily throughout all 3 phases of the Ultimate Reset program</li> </ul>
<b>Mineralize</b>	<ul style="list-style-type: none"> <li>• Adds natural minerals needed by the body</li> <li>• Natural Himalayan salt includes up to 84 minerals and trace elements, such as calcium, magnesium, potassium, copper, and iron. Natural salt can help restore the essential minerals that are vital to your life processes, including building strong bones, enabling nervous system function, aiding in the absorption of nutrients through the digestive tract, and even helping to prevent muscle cramps.</li> <li>• <i>Mineralize</i> is taken throughout each phase of the program and may be used as a seasoning with your meals</li> </ul>
<b>Detox</b>	<ul style="list-style-type: none"> <li>• Helps remove toxins and waste in the colon</li> <li>• This colon-cleansing powder is a blend made from organic sources like camu-camu, chia seed, ginger root, and flaxseed, along with natural spices like turmeric and garlic. <i>Detox</i> helps promote the regularity of bowel movements and gastrointestinal well-being, without forcing your body to react the way most laxatives do. And unlike other cleanses on the market, <i>Detox</i> is a gentle colon cleanse that won't keep you parked next to the bathroom.</li> <li>• Each single dose of <i>Detox</i> comes premeasured in its own sealed packet. You'll take this supplement during Week 2 of the program.</li> </ul>
<b>Revitalize</b>	<ul style="list-style-type: none"> <li>• Helps revitalize beneficial flora in the digestive tract</li> <li>• Our pre- and probiotics help restore beneficial flora to your digestive tract. They're sometimes called "friendly" or "good" bacteria, because they help break down carbohydrates, control the growth of harmful bacteria, and promote a healthy immune system.</li> <li>• <i>Revitalize</i> capsules are taken daily throughout Phase 3 of the Ultimate Reset program</li> </ul>
<b>Optimize</b>	<ul style="list-style-type: none"> <li>• Promotes healthy metabolism and effective body functions</li> <li>• Our proprietary blend of systemic enzymes also contains added camu-camu, which helps promote an optimal immune system and helps manage your body's natural inflammatory response. Reducing inflammation naturally is the first line of defense against diseases triggered by inflammatory symptoms.</li> <li>• <i>Optimize</i> capsules are taken throughout all 3 phases of the Ultimate Reset program</li> </ul>

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

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### Supplement Fact Boxes

#### Alkalinize

Supplement Facts		
Serving Size: 1 packet (2.4 g) Servings Per Container: 1		
	Amount Per Serving	% Daily Value**
<b>PROPRIETARY ALKALINITY BLEND:</b>	2,425 mg	†
Organic Alfalfa Grass ( <i>Medicago sativa</i> ) Juice Powder, Organic Kamut Grass ( <i>Triticum turanicum</i> ) Juice Powder, Organic Barley Grass ( <i>Hordeum vulgare</i> ) Juice Powder, Organic Wheat Grass ( <i>Triticum aestivum</i> ) Juice Powder, Apple Cider Vinegar ( <i>Malus pumila</i> ) Powder.		
**Percent Daily Values are based on a 2,000-calorie diet. †Daily Value (DV) not established.		

#### Detox

Supplement Facts		
Serving Size: 1 packet (9.5 g) Servings Per Container: 1		
	Amount Per Serving	% Daily Value**
Milk Thistle Extract	140 mg	†
<b>PROPRIETARY BLEND:</b>	8,620 mg	†
Organic Chia Seed ( <i>Salvia hispanica</i> ), Organic Flax Seed Powder ( <i>Linum usitatissimum</i> ), Camu-Camu ( <i>Myrciaria dubia</i> ) Fruit Powder Extract, Cat's Claw ( <i>Uncaria tomentosa</i> ) Bark Powder, Pau de Arco ( <i>Tabebuia avellanedae</i> ) Bark Powder, Chanca Peidra ( <i>Phyllanthus amarus</i> ) Powder, Organic Whole Turmeric ( <i>Curcuma longa</i> ) Root Powder, Organic Slippery Elm ( <i>Ulmus rubra</i> ) Bark Powder, Organic Ginger ( <i>Zingiber officinale</i> ) Root Powder, Organic Peppermint ( <i>Mentha piperita</i> ) Leaf Powder, Citrus Bioflavonoids, Organic Garlic ( <i>Allium sativum</i> ) Bulb Powder.		
**Percent Daily Values are based on a 2,000-calorie diet. †Daily Value (DV) not established.		

**OTHER INGREDIENTS:** Organic lemon fruit powder, Natural lemon flavor, Xanthan gum, Stevia leaf extract.

#### Soothe

Supplement Facts		
Serving Size: 2 capsules Servings Per Container: 21		
	Amount Per Serving	% Daily Value**
Total Curcumins	100 mg	†
Aloe, Freeze-Dried Powder	225 mg	†
**Percent Daily Values are based on a 2,000-calorie diet. †Daily Value (DV) not established.		

**OTHER INGREDIENTS:** Vegetable Cellulose, Silica.

#### Revitalize

Supplement Facts		
Serving Size: 2 capsules Servings Per Container: 21		
	Amount Per Serving	% Daily Value**
<b>PROPRIETARY PREBIOTIC AND PROBIOTIC BLEND:</b>	1,250 mg	†
Bacillus Coagulans (min. 10 billion CFU at time of manufacturing), Inulin.		
**Percent Daily Values are based on a 2,000-calorie diet. †Daily Value (DV) not established.		

**OTHER INGREDIENTS:** Vegetable Cellulose.

#### Optimize

Supplement Facts		
Serving Size: 2 capsules Servings Per Container: 63		
	Amount Per Serving	% Daily Value**
<b>PROPRIETARY DIGESTIVE BLEND:</b>	1,000 mg	†
Protease, Serratiopeptidase, Papain, Bromelain, Amylase, Lipase, Rutin, Amla, Maltodextrin, Methyl Sufonal Methane, Camu-Camu ( <i>Myrciaria dubia</i> ) Fruit Extract.		
**Percent Daily Values are based on a 2,000-calorie diet. †Daily Value (DV) not established.		

**OTHER INGREDIENTS:** Vegetable Cellulose.

#### Mineralize

Supplement Facts		
Serving Size: 1 pinch (0.8 g) Servings Per Container: 63		
	Amount Per Serving	% Daily Value**
Himalayan Salt	832 mg	0%
**Percent Daily Values are based on a 2,000-calorie diet.		

