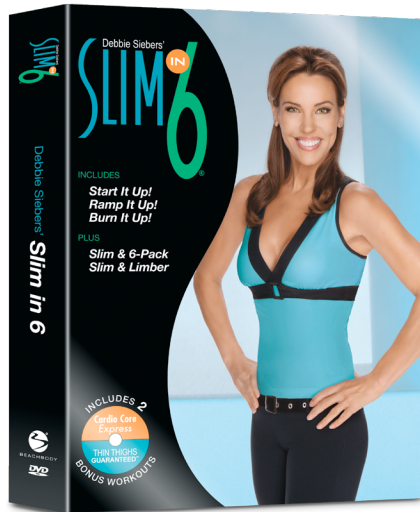


Product Training Guide



What is it?

Slim in 6® is an in-home workout program that helps you melt away fat and sculpt a leaner, sexier body in just 6 weeks.

An easy-to-follow blend of fat-burning cardio and sculpting moves, Slim in 6 can work for just about anyone, even people who've never pursued a regular exercise plan. Debbie Siebers' combination of cardio, calisthenics, and weight-bearing exercise will burn calories and tone your abs, thighs, and buns without creating bulky muscles.

Thousands of people have already lost up to 25 pounds in 6 weeks using this proven, highly effective program.

Slim in 6 is one of the longest-running fitness infomercials in history and one of the top-selling fitness products of all time.

Why is it effective?

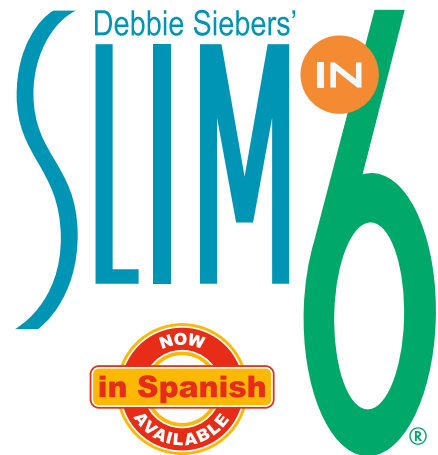
Slim Training® combines cardio with light resistance moves to create fast weight loss and body-shaping results. You're taken through three phases of intensity, so you gradually increase your strength, endurance, and energy. And because you train the same muscles 6 days a week, your body becomes lean and toned rather than bulky.

Fitness instructor **Debbie Siebers** created Slim in 6 in response to her own frustration with weight control and body image. Knowing what it's like to struggle with these challenges, she offers empathy and encouragement to program participants.

The **Step-by-Step Nutrition Guide** makes it easy to choose the right foods for healthy weight loss.

The **6-Day Express™ Diet Plan** jump-starts your weight-loss results, guiding you through exactly what you should eat to shed fat quickly. During this period, you can lose up to six pounds in just 6 days.

The **Slim Training Band** included with each program helps you burn more calories and tone muscles faster, without having to deal with weights.



What kind of results can people get with Slim in 6?

To ensure that Slim in 6 is still delivering great results, a test group followed the 6-Day Slimdown and Express Diet plan.



Jaymee D. BEFORE AFTER*



Eileen M. BEFORE AFTER*

*Results vary. Exercise and proper diet are necessary to achieve and maintain weight loss and muscle definition. The Success Stories shown here may have completed more than one round of Slim in 6.

Product Training Guide

What makes Slim in 6 unique?

People get frustrated with many weight-loss and fitness programs because they take a long time to start producing results. But Slim in 6 promises a leaner, firmer body in just 6 weeks. Many users notice visible changes even sooner.



Debbie's Slim Training technique helps you get long and lean by reducing body fat and toning muscle. You won't get the big, bulky muscles that come from doing many sets with heavy weights. Debbie keeps the resistance light, building strength without bulk. She incorporates regular stretches like those used in dance and yoga, which also help trim and reduce.

Unlike the "extreme" Beachbody® programs, which require a certain amount of physical conditioning just to get started, Slim in 6 is suitable for anyone who wants to lose weight. You don't even need to know a lot about exercise. Just put the discs in your DVD player, Push Play, and follow Debbie's clear instructions.

— RETAILING TIPS —

Who to target:	Why Slim in 6?
People who want to lose weight and get toned	Slim in 6 is proven to help you take off pounds and reshape your body. It's already worked for tens of thousands of people.
Fitness beginners and those who are nervous about starting a fitness program	The workouts are easy to learn, and almost anyone in good health can do them. Debbie Siebers has an encouraging, friendly style that takes the worry out of exercise.
People who want to lose weight fast	The program is intended to work quickly, and the 6-Day Express Diet Plan helps you shed pounds in less than a week.
Women who want to be slim and shapely, not big and buff	The workouts are specially designed to create a slim body and toned muscles, not bulky ones.
People who've failed at weight loss in the past	Slim in 6 combines a sequential exercise plan with easy-to-follow meal choices and lots of motivation, so success comes naturally.
Spanish speakers	Slim in 6 is now available with a Spanish audio track.

Equipment needs

Slim in 6® comes with a free Slim Training Band to get you started. All you need is some space, water, and a towel.

Cross-selling suggestions

As you get stronger, add more of a challenge with:

- B-LINES® Resistance Bands
- 3, 5, and 8 lb. dumbbell set



To cushion your movement, add:

- Beachbody® Yoga Mat



Healthy weight loss supplements:

- Shakeology® – is a superfood protein shake that comes in delicious whey and vegan flavors. It helps provide your customers with the nutrition they need to get their best results from Slim in 6.

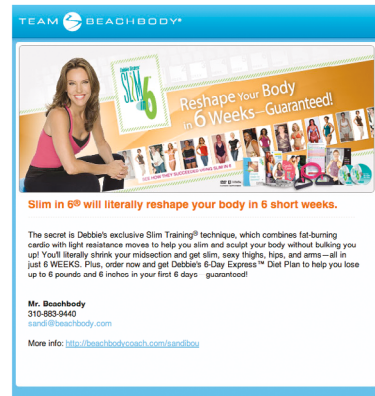


Maintenance:

If you've achieved success with Slim in 6, **Slim Series®** and **Slim Series Express** are natural follow-up programs that can help maintain your results.



Product Training Guide



eCard

Downloadable tools are available in your **Coach Online Office**. Customizable, high-quality print pieces are available for purchase in the **Coach Resource Center**.

BASE KIT: WHAT'S THE BENEFIT?	
Workouts	
Disc 1: Start It Up!	<ul style="list-style-type: none"> Teaches the moves at a moderate pace
Disc 2: Ramp It Up!	<ul style="list-style-type: none"> Builds strength and stamina, melting fat with a faster pace, new exercises, and more reps
Disc 3: Burn It Up!	<ul style="list-style-type: none"> Gets you moving at an even higher intensity to burn calories and reshape your body
Slim & 6-Pack (On all 3 DVDs)	<ul style="list-style-type: none"> Works your abs with advanced moves to get them flat and toned
Slim & Limber (On all 3 DVDs)	<ul style="list-style-type: none"> Stretches and refreshes your muscles to increase flexibility
Resources	
Simple Steps to Success	<ul style="list-style-type: none"> Helps you get the best results from the program
Step-by-Step Nutrition Guide	<ul style="list-style-type: none"> Helps you make the right food choices for healthy weight loss
Pink Resistance Band, Soft Handles, B-LINES Safety Guide	<ul style="list-style-type: none"> Easy-to-use, portable resistance band improves toning and fat-loss results without requiring weights
Motivational Calendar	<ul style="list-style-type: none"> Stay motivated by tracking your workouts day by day
6-Day Express Diet Plan	<ul style="list-style-type: none"> Jump-start your weight loss and start changing your body
Slim in 6 Quickstart Guide	<ul style="list-style-type: none"> Shows you where and how to begin

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