

Make sure you can answer your customers' questions about The Master's Hammer and Chisel. Check out these answers to our most frequently asked questions to become an expert on the program!

Q. What's included in The Master's Hammer and Chisel Base Kit?

- 12 workouts on 6 DVDs
- A set of 7 portion-control containers and a shaker cup
- The Master's Hammer and Chisel Program and Nutrition Guide
- Quick-Start Guide
- 60-Day Calendar
- 2 bonus workouts: 10 Min Ab Hammer and 10 Min Ab Chisel

Q. How does The Master's Hammer and Chisel differ from Body Beast®?

Body Beast is a bodybuilding program that focuses on muscular hypertrophy. The Master's Hammer and Chisel includes aspects of bodybuilding, but also focuses on improving endurance, power, agility, strength, balance, and range of motion to sculpt a tight, defined physique.

Q. How does The Master's Hammer and Chisel differ from 21 Day Fix EXTREME®?

21 Day Fix EXTREME is a shorter, goal-specific program, whereas The Master's Hammer and Chisel is a full 60-day program with slightly longer workouts. 21 Day Fix EXTREME focuses on getting you shredded, while The Master's Hammer and Chisel also helps you improve other aspects of your fitness, such as muscular endurance, power, strength, and agility. It's a whole new approach to getting you ripped.

Q. What equipment do you need for The Master's Hammer and Chisel?

- A few dumbbells of various weights appropriate to your strength and fitness level.
- A bench or stability ball.
- A chin-up bar or a resistance band and a door attachment.

Q. How does The Master's Hammer and Chisel nutrition plan compare to Body Beast, 21 Day Fix®, and 21 Day Fix EXTREME?

Like the nutrition plans in 21 Day Fix and 21 Day Fix EXTREME, The Master's Hammer and Chisel uses the portion-control container system. However, it is tailored to meet your specific goals and the nutritional demands that a challenging body-sculpting program like The Master's Hammer and Chisel requires.

Q. Can you customize The Master's Hammer and Chisel nutrition plan to meet your unique goals?

Yes! If you want to gear your nutrition toward building more muscle (a surplus), or toward shredding fat (a deficit), you can use the Nutrition Plan Quiz to recalculate your calories to help you reach your goals.

Q. How do the calorie charts for The Master’s Hammer and Chisel work?

The Nutrition Plan Quiz included in the program and nutrition guide will determine your appropriate calorie chart based on your goals. Like the calorie breakdowns in 21 Day Fix and 21 Day Fix EXTREME, the ones in The Master’s Hammer and Chisel Program and Nutrition Guide also include the number of color-coded, portion-control containers your bracket requires each day to meet your goals.

Q. How does the 60-day calendar work?

The Master’s Hammer and Chisel program is a 60-day rotation of hardcore strength training built on the three phases of SSP Training—Stabilization, Strength, and Power. Sagi and Autumn strategically structured these workouts to train in all three phases efficiently, so following the calendar is important.

Q. How does the Beachbody Performance™ line fit in to the program?

Because these workouts are so demanding, we highly recommend you consider adding Beachbody Performance supplements to your regimen to help support your energy, muscle-building, and recovery.* Instructions for incorporating Beachbody Performance into your nutrition regimen are included in The Master’s Hammer and Chisel Program and Nutrition Guide.

Q. Is there a Team Beachbody exclusive if customers order The Master’s Hammer and Chisel through me?

Yes! Customers who purchase The Master’s Hammer and Chisel through you will get a FREE bonus workout—The Master’s Cardio (a \$19.95 value)!

When Sagi and Autumn want tough, fat-chiseling cardio, The Master’s Cardio DVD includes their go-to moves. Short, but intense, this workout boosts aerobic capacity, power, and muscular endurance—without impacting your lean-muscle gains.

Q. Can I stream The Master’s Hammer and Chisel workouts?

Yes! If you purchase The Master’s Hammer and Chisel and become a Premium Team Beachbody Club member, you’ll get unlimited access to Beachbody® On Demand, where you can stream The Master’s Hammer and Chisel and hundreds of proven Beachbody workouts via any desktop, laptop, tablet, TV, or mobile device—wherever you have an internet connection. Just look for “Purchased Programs” in Beachbody On Demand to access The Master’s Hammer and Chisel.

Q. Is there a The Master’s Hammer and Chisel Challenge Pack?

Yes! It contains The Master’s Hammer and Chisel Base Kit, your first 30-day supply of Shakeology® Home Direct, and a FREE 30-day premium trial membership to the Team Beachbody Club where you can stream your workouts anywhere with Beachbody On Demand.**†

There is also The Master’s Hammer and Chisel Performance Pack that contains The Master’s Hammer and Chisel Base Kit, your first 30-day supply of Beachbody Performance Energize and Beachbody Performance Recover, and a FREE 30-day premium trial membership to the Team Beachbody Club where you can stream your workouts anywhere with Beachbody On Demand.††

Challenge Pack price: \$180

Performance Pack price: \$180

Here's how to direct prospects and customers to **YOUR** Challenge Pack page:

1. Insert your repID into the link below:

<http://www.teambeachbody.com/shop/-/shopping/themastershammerandchisel?referringRepld=yourID>

2. Copy and paste the link into an email to your customers.

Still have questions? Check out Team Beachbody Message Boards or reach out to Coach Relations.

*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.

**With Shakeology Home Direct, your customer will receive this item every 30 days, shipped directly to their door and billed to the credit card your customer uses in the amount of \$129.95 a month—only about \$4.33 a day!—plus \$2 Super Discount shipping. Your customer may cancel at any time to avoid future charges by calling Customer Service at 1 (800) 470-7870.

‡With Beachbody Performance on Home Direct, your customer will receive this item every 30 days, shipped directly to their door and billed to the credit card your customer uses today in the amount of \$109.95 a month, plus a Super Discount s&h fee of only \$4.00 per item. Your customer may cancel at any time to avoid future charges by calling Customer Service.

†After their first 30 days, your customer will be automatically billed to continue the Team Beachbody Premium Club membership at a cost of \$2.99 a week, billed \$38.87 per quarter in advance to the credit card your customer uses. Your customer can cancel at anytime to avoid future charges by calling Customer Service at 1 (800) 470-7870. Offer not valid for current paying Team Beachbody Club members.

All prices in USD. International pricing may vary.