

Power 90® In-Home Boot Camp

Total body transformation in 90 days!

This incredible 90-day in-home boot camp makes weight loss and total body transformation achievable for everyone, in as little as 30 minutes a day. Power 90 is a revolutionary

90-day regimen that includes fun, easy-to-follow workouts designed to help people lose fat and inches while strengthening and toning muscles. Tony Horton's upbeat and unique training style will keep you motivated through advanced, targeted workouts with innovative moves to help you get maximum body sculpting and muscle definition.



THE BEACHBODY® DIFFERENCE

Tony's Sectional Progression™ training technique is the secret behind Power 90; each movement targets a specific zone for maximum fat-burning and toning results in as little as 30 minutes a day.

DID YOU KNOW?

Simply follow Tony's schedule in the fitness and nutrition guides. It takes just about 30 minutes a day to get **lean** and transform your body. Maximize your results with our heart rate monitor and Beachbody's Performance Formula to increase your energy and help you work out **harder** and recover **faster**.†

UNIQUE FEATURES & USAGE

- 12-week program includes **cardio, weight training, and abdominal workouts**
- **Simple eating plan** to help burn the fat and maximize results
- 6-day diet and exercise plan for **accelerated weight loss results**
- Tony's **FREE Power Sculpting Band** for **just the right resistance in every move**
- **90-day calendar** to track your progress
- **Program Guide and Transformation Tracker™** include tips on how to achieve your specific goals and track your results so there's no guesswork
- **Success measurement card** and **tape measure** to help you stay motivated
- **24/7** peer and professional **online support and motivation**

*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.

† This product is only available to residents of the United States and its territories.

Consult your physician before beginning any exercise program or using any supplement or meal replacement product.