

CORE DE FORCE Participant Starter Guide



A message from Joel and Jericho

Welcome to CORE DE FORCE! We're so excited that you're committing to your health and fitness for the next 30 days. If you follow the simple CORE DE FORCE Eating Plan and work out with us every day, you're going to see knockout results. As we begin, we want you to promise you'll give us 100% effort. Together we're going to help you blast away belly fat and transform your entire body with empowering mixed martial arts-inspired workouts. And don't worry—we'll be in your corner to motivate and support you every step of the way.

Here's one thing to keep in mind as you go through the program: **"You've got this!"** Because it doesn't matter where you start, how hard you can kick, or whether you can throw a perfect punch. You will get better each and every time you make a healthy food choice or keep moving nonstop through the entire workout. So stick with it, and remember that we—and your Challenge Group—will be cheering you on the whole way. Are you ready?

What are the commitments for the CORE DE FORCE Challenge Group?

- Workouts that are roughly 30–45 minutes a day
- Work out 6 days a week, with an active recovery on the 7th day
- Take photos and measurements on Day 1 and Day 30
- Follow the CORE DE FORCE Eating Plan included with the program
- Commit to 30 days
- Drink Shakeology® daily
- Track your workouts and Shakeology intake and interact with your Coach and Group through the My Challenge Tracker app or through a private Facebook group—whichever platform your Coach designates
- No equipment is needed