

Product Training Guide

BEACHBODY PERFORMANCE™



WHAT IS BEACHBODY PERFORMANCE™?

It's a performance-enhancing supplement system specifically designed to meet the demands of Beachbody's world-class workouts. Now, you don't have to let anything hold you back from getting the results you want. Beachbody Performance helps you overcome your fitness obstacles, whether it's low energy, lack of focus, dehydration, exercise-induced muscle soreness, slow recovery, or poor workout performance. With Beachbody Performance, you can push yourself harder and last longer, which means you can get better results from your workouts—faster.*

WHAT MAKES BEACHBODY PERFORMANCE THE BEST?

Beachbody® is committed to getting results. So when we set out to create workout supplements, we knew they had to outperform anything else on the market. Just as we revolutionized superfood nutrition with Shakeology®, we are determined to revolutionize your workout performance—and help you get the best health and fitness transformation of your life.

Beachbody Performance is the best because it's:

- Developed by Harvard-trained scientists using cutting-edge sports science and nutrition research.
- Formulated with ingredients at clinically effective levels scientifically shown to make a difference in energy, focus, stamina, strength, and recovery.
- No gimmicky ingredients without proof that they work. Beachbody Performance is backed by evidence-based ingredients shown to help improve performance and recovery.
- No artificial colors, flavors, sweeteners, or preservatives.

HOW DOES BEACHBODY PERFORMANCE WORK?

It's an all-in-one system that can be used together or easily customized depending on your fitness goals or needs.

There are 5 unique formulas—Energize, Hydrate, Recover, Recharge, and Creatine. Each serves a specific purpose, and when used as a system they work together to help you get:*

- More energy and endurance
- Better focus to push harder
- Less exercise-induced muscle soreness
- Faster recovery times

THE SCIENCE BEHIND BEACHBODY PERFORMANCE

Rooted in cutting-edge sports science, exercise physiology, and nutrition research, Beachbody Performance supplements feature key ingredients that are supported by the latest peer-reviewed science, athlete input, and top players in the field of exercise physiology and nutrition. The development team is led by Dr. Nima Alamdari, PhD, a Harvard-trained exercise physiology/nutrition scientist and Beachbody's Director of Scientific Affairs. The team's work was rigorously reviewed by key members of Beachbody's Scientific Advisory Board, including Dr. Marcus Elliott, MD, a Harvard-trained physician and founder of the world's leading athlete performance training center Peak Performance Project (P3), and Dr. Francis Stephens, PhD, a worldleader in exercise physiology and performance nutrition research.

Beachbody's Scientific Advisory Board comprises top international authorities in fitness, nutrition, botanical science, herbal integrated medicine, and product safety.

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THE BEACHBODY PERFORMANCE PRODUCTS

ENERGIZE Pre-Workout Formula

Struggling with low energy, no motivation, or lack of focus? Take Energize before workouts for more energy and endurance.

ENERGIZE is formulated with key ingredients to help:*

- Boost energy and endurance
- Improve exercise performance
- Sharpen focus and reaction time
- Increase muscle power output
- Delay exercise-induced muscle fatigue

KEY INGREDIENTS:	BENEFITS:*
Beta-alanine	An amino acid that helps buffer lactic acid buildup to improve performance and delay exercise-induced muscle fatigue.
Low-dose caffeine (from green tea)	Low-dose caffeine has been shown to be ergogenic, which means it enhances performance, improves reaction time and focus, and reduces exercise-induced fatigue. Studies show that it can give you both a mental and physical boost.
Quercetin	A plant-based nutrient and powerful performance enhancer, shown to improve endurance and delay exercise-induced muscle fatigue.

HOW TO USE ENERGIZE PRE-WORKOUT FORMULA

Simply mix with water according to the label instructions, and drink within 30 minutes before you begin exercising.

Important notes about ENERGIZE:

- The vibrant yellow color of Energize comes naturally from quercetin, a phytonutrient found in many fruits and vegetables. A strong yellow color indicates higher levels and higher purity. Our quercetin is the best in the industry, so it's brighter than other products that contain inferior quality or lower levels of quercetin. This color is natural; there's nothing artificial about it!
- Energize contains beta-alanine, which can create a mild tingling or itching sensation on the skin for some people. This response is perfectly normal and is not cause for alarm. Most people don't notice it once they start working out, and with continued use the sensation gradually subsides.



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HYDRATE During-Workout Formula

Even mild dehydration can cause a dramatic reduction in power performance. Typical sports drinks have too much sugar and artificial ingredients that can dehydrate you. And water alone doesn't effectively hydrate during exercise or replace what you lose through sweat. Hydrate gives you an ideal balance of carbohydrates, water, and electrolytes in an optimal concentration for better absorption.

HYDRATE is formulated with key ingredients to help:*

- Improve exercise performance
- Improve endurance
- Support hydration during exercise
- Replace electrolytes lost during exercise
- Increase fluid absorption during exercise

KEY INGREDIENTS:	BENEFITS:*
Hydration blend	A balanced combination of sodium, potassium, magnesium, and calcium helps maintain the body's ideal fluid balance and replace key electrolytes, so you can last longer and feel better, even through the toughest workout.
Quercetin	A plant-based nutrient and powerful performance enhancer, shown to help improve endurance and delay fatigue.
Low-dose carbohydrates (from natural sugars)	Encourage rapid hydration and delay muscle fatigue, without overloading the body with sugar that can actually dehydrate you.

HOW TO USE HYDRATE DURING-WORKOUT FORMULA

Simply mix with water according to the label instructions, and drink during exercise.

Important notes about HYDRATE:

- The vibrant yellow color of Hydrate comes naturally from quercetin, a phytonutrient found in many fruits and vegetables. A strong yellow color indicates higher levels and higher purity. Our quercetin is the best in the industry, so it's brighter than other products that contain inferior quality or lower levels of quercetin. This color is natural; there's nothing artificial about it!

**BEACHBODY
PERFORMANCE™****HYDRATE**

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RECOVER Post-Workout Formula

When you're too sore from your workouts, it's much harder to be consistent with your program. Recover takes advantage of the critical post-workout window to help combat exercise-induced muscle soreness, speed muscle recovery, support muscle growth, and improve strength recovery.

RECOVER is formulated with key ingredients to help:*

- Speed muscle recovery
- Combat exercise-induced muscle soreness
- Reduce muscle breakdown
- Promote lean-muscle growth
- Improve adaptation to exercise
- Improve muscle strength recovery
- Support muscle glycogen recovery

KEY INGREDIENTS:	BENEFITS:*
Pomegranate extract	This powerful ellagitannin-rich extract is scientifically shown to promote faster muscle recovery while helping to manage exercise-induced muscle soreness. It's a recovery-enhancing ingredient that helps muscle strength recovery, especially after intense workouts.
20 grams of time-released protein	Fast-, intermediate-, and slow-release proteins ensure a sustained supply of nutrients to improve muscle recovery and promote muscle growth.
Branched-chain amino acids (BCAAs)	An ideal 2:1:1 ratio of leucine, isoleucine, and valine, branched-chain amino acids that are unique for their ability to help promote muscle synthesis and support rebuilding.

HOW TO USE RECOVER POST-WORKOUT FORMULA

Simply mix with water according to the label instructions, and drink within 30 minutes after exercise.



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RECHARGE Nighttime Recovery Formula

Recharge is specially formulated with key ingredients to help accelerate recovery, combat exercise-induced muscle soreness, and promote new muscle growth while you sleep. Its ingredients have been shown to boost your body's ability to fight off delayed onset muscle soreness (DOMS) and promote lean-muscle growth.

RECHARGE is formulated with key ingredients to help:*

- Support overnight muscle recovery
- Combat exercise-induced muscle soreness
- Reduce muscle breakdown
- Promote lean-muscle synthesis
- Improve overnight adaptation to exercise

KEY INGREDIENTS:	BENEFITS:*
Tart cherry	This anthocyanin-rich tart cherry extract is shown to help reduce exercise-induced muscle soreness and improve recovery after intense exercise, both for endurance and resistance training. Anthocyanins are phytonutrients being investigated as a natural alternative to anti-inflammatory NSAIDs (like ibuprofen) in athletic recovery situations.
20 grams of slow-release micellar casein protein	This slow-release protein is shown to help boost overnight recovery by promoting muscle synthesis and helping reduce muscle breakdown. It provides hours of muscle recovery support and repair for hardworking muscles.
Branched-chain amino acids (BCAAs)	An ideal 2:1:1 ratio of leucine, isoleucine, and valine, branched-chain amino acids are unique in their ability to help promote muscle synthesis and support rebuilding.

HOW TO USE RECHARGE NIGHTTIME RECOVERY FORMULA

Simply mix with water according to the label instructions, and drink within 1 hour of going to sleep.

A note about RECHARGE:

- This high-protein, delicious-tasting formula can help satisfy those late-night munchies. RECHARGE tastes great and is better for you than vanilla ice cream!



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CREATINE

Whether you're looking to pack on extra muscle or push intense exercise to the max, Creatine can help you get there. Creatine monohydrate is one of the most scientifically effective ingredients to help boost strength and power, improve high-intensity performance, and enhance the effects of resistance training.

Creatine monohydrate can help:*

- Improve high-intensity exercise performance
- Improve muscle strength and power
- Enhance the effects of resistance training
- Enhance muscle glycogen recovery

KEY INGREDIENT:	BENEFIT:*
Pure Creatine monohydrate	Scientifically shown to help boost muscle strength, power, and high-intensity performance. Creatine monohydrate is the purest, safest, and most effective form of creatine in the world.

HOW TO USE CREATINE

Simply mix Creatine with prepared Beachbody Performance Recover Formula or juice according to the label instructions, and drink within 30 minutes after exercise.

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CREATINE



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—RETAILING TIPS—

WHO TO TARGET:	WHY BEACHBODY PERFORMANCE?
Advanced exercisers and fitness enthusiasts. People who like extreme workouts such as P90X®, INSANITY®, and Body Beast®	You know that the harder you can work, the better your results will be. You're serious about getting the best transformation possible, and you want to take advantage of any opportunity to perform better during intense workouts. These high-quality supplements can help you push your limits with better energy and maximize your recovery for incredible results, faster than you ever imagined.
Fitness beginners	You're ready to commit to a regular exercise regimen and you'll do whatever you need to get results. Beachbody Performance can help boost your energy, improve endurance, reduce muscle soreness from exercise, and recover faster so you're more likely to stay consistent with your fitness program.
Current and former athletes	Looking to gain an edge over the competition? Get back to your former glory? Beachbody Performance can help you get back in the game and perform better so you can reach for new personal bests. All the formulas have been NSF-Certified, free of banned substances and safe for collegiate and professional athletes.
People who are curious about supplements or are overwhelmed by all the choices available in stores	Beachbody Performance is the one-stop shop for your supplement needs. You don't have to be confused by various product claims or try to pick the best from each brand. Beachbody has done the research for you, and selected only the best ingredients that are scientifically shown to work. Because it's Beachbody, a name you can trust, you know it's going to be safe and effective.

USING BEACHBODY PERFORMANCE™ AND SHAKEOLOGY®

Beachbody Performance is targeted performance nutrition that you'll use to maximize your workout performance and recovery. **Shakeology** is essential superfood nutrition that feeds your body vital nutrients for overall health and wellness. Both can help you get maximum results from your workouts and healthy lifestyle.

Here's an example of how your customers can use both Beachbody Performance and Shakeology:

If they work out in the morning, they should drink Recover (mixed with water only) immediately after their workout.

Then, about an hour later or whenever they get hungry, they can drink Shakeology for breakfast (and make whatever shake recipe they normally make). Any additional vitamins or supplements your customers may take should be taken with Shakeology and not with Recover.



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WHAT PROBLEMS CAN BEACHBODY PERFORMANCE HELP YOU WITH?*	
PROBLEM:	SOLUTION:
<ul style="list-style-type: none"> • Low energy • Lack of motivation • Lack of focus 	<p>Use ENERGIZE before workouts, with key ingredients to help boost energy, intensify your focus, improve your reaction time, and help delay exercise-induced muscle fatigue.</p>
<p>During Exercise:</p> <ul style="list-style-type: none"> • Getting too tired • Hitting a wall • Poor endurance 	<p>The HYDRATE formula works better than water or sugary sports drinks to maximize fluid absorption and replace the electrolytes you lose through sweat. It boosts hydration with the right combination of carbohydrates, electrolytes, and water, and it helps improve endurance and delay exercise-induced fatigue so you can make it through your workout.</p>
<ul style="list-style-type: none"> • Too sore to exercise • Feeling wiped out after workouts 	<p>RECOVER is our most sophisticated post-workout supplement yet. It uses 3 kinds of protein (fast, intermediate, and slow) and key phytonutrients to help reduce exercise-induced muscle soreness, support muscle recovery, improve strength recovery, and support your body's rebuilding process during the critical post-workout recovery window.</p>
<ul style="list-style-type: none"> • Slow to recover • Stiffness and soreness last too long • Want to maximize muscle growth and minimize muscle breakdown 	<p>RECHARGE is specially formulated to help accelerate recovery while you sleep. Slow-release protein, amino acids, and powerful phytonutrients help combat muscle breakdown, promote muscle synthesis, and reduce exercise-induced muscle soreness. Wake up feeling recharged for your next workout.</p>
<ul style="list-style-type: none"> • Plateaued strength and power • Muscle gains too slow • Limited performance during high-intensity cardio and strength workouts 	<p>Take CREATINE to help hammer out more reps, gain explosive power and speed, and improve recovery. It's scientifically shown to help boost muscle strength and power, improve high-intensity performance, and enhance the effects of resistance training. And Beachbody Performance Creatine is the purest, safest, and most effective form in the world.</p>



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HOW TO USE BEACHBODY PERFORMANCE SUPPLEMENTS WITH BEACHBODY FITNESS PROGRAMS AND NUTRITION PLANS

For the most part, the Beachbody Performance supplements can be taken above and beyond the food recommended in Beachbody fitness program nutrition plans (including those nutrition plans using containers such as 21 Day Fix®). This is because these are “targeted calories” consumed at specific times and therefore utilized more effectively than calories consumed in the general diet.

The calories in Recover and Recharge are predominately coming from time-released, high-quality proteins. Research has shown that ingesting around 20 grams of high-quality protein increases muscle protein synthesis (muscle building)—which is an energy-consuming process. What’s more, research has shown when ingesting high-quality protein *specifically* after exercise, muscle protein synthesis is increased even further.

All this protein synthesis means Recover and Recharge help speed muscle recovery and build more muscle. In the long-term, this means a faster metabolism and increased performance during exercise, which help burn calories and aid weight maintenance.

Energize and Hydrate contribute a small amount of functional carbohydrates and a low level of calories—4 g (15 calories) and 10 g (40 calories) per serving, respectively—which are utilized by working muscles. In addition, the carbohydrates in Hydrate are needed to enhance hydration during exercise—improving the quality of your workouts.

Because of the varied intensity and duration of the various Beachbody programs, different workouts call for different Beachbody Performance stacks. You’ll find the right stack for you on the Beachbody Performance product recommender at MyBeachbodyPerformance.com. Again, these supplements work *in addition* to the calories (or containers) allowed in Beachbody nutrition plans, with the exception of three Beachbody programs where performance-based supplements have been built in: Body Beast, P90X, and P90X2®. Here’s how to integrate Beachbody Performance into these programs.

Body Beast	<p>REMOVE: Beachbody Base Shake and Fuel Shot from your portion chart</p> <p>ADD: Energize, Hydrate (two scoops), Recover, and Recharge at the times recommended on the product labels</p>
P90X + P90X2	<p>Remove: Results and Recovery Formula® (one supplement)</p> <p>Replace with: Recover and Hydrate (two supplements)</p> <p>Remove: P90X Peak Performance Bar (one supplement)</p> <p>Replace with: Recharge and Energize (two supplements)</p> <p>Energize and Recharge are added beyond plan blocks</p>

P90X®

P90X2®

P90X3®

INSANITY®

INSANITY
MAX:30™

BODY
BEAST

21 day
FIX
EXTREME®

FOCUS
T25®

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BEACHBODY PERFORMANCE STACKS

To help your customers get even better results while saving more money, we've bundled our most popular items into Performance Stacks. These make it simple to personalize a performance solution geared toward your customers' specific goals at a substantial discount over buying items individually.

PERFORMANCE STACK

(Save \$9.95 over buying each item separately)

The **Performance Stack** includes two formulas—Energize and Recover—with ingredients shown to help:*

- Boost your energy
- Sharpen your focus and reaction time
- Delay exercise-induced muscle fatigue
- Speed muscle recovery
- Combat exercise-induced muscle soreness

ADVANCED PERFORMANCE STACK

(Save \$24.85 over buying each item separately)

The **Advanced Performance Stack** includes 4 formulas for a lean, defined body—Energize, Hydrate, Recover, and Recharge. This stack contains ingredients shown to help:*

- Boost your energy
- Sharpen your focus and reaction time
- Improve your performance
- Delay exercise-induced muscle fatigue
- Hydrate your body
- Improve your endurance
- Speed muscle recovery
- Reduce exercise-induced muscle soreness
- Combat muscle breakdown
- Promote lean-muscle synthesis
- Improve overnight muscle recovery
- Wake up ready and primed to take on your next workout

PRODUCT INFORMATION:‡



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ULTIMATE PERFORMANCE STACK

(Save \$29.80 over buying each item separately)

The **Ultimate Performance Stack** includes 5 formulas for truly epic muscle-building results—Energize, Hydrate, Recover, Recharge, and Creatine. This stack can help take your physique to the next level with ingredients shown to help:*

- Boost your energy
- Sharpen your focus and reaction time
- Improve your performance
- Delay exercise-induced muscle fatigue
- Hydrate your body
- Improve your endurance
- Speed muscle recovery
- Reduce exercise-induced muscle soreness
- Combat muscle breakdown
- Promote lean-muscle synthesis
- Improve overnight muscle recovery
- Wake up ready and primed to take on your next workout
- Improve high-intensity performance
- Improve muscle adaptations to intense training
- Enhance the effects of resistance training
- Improve muscle strength and power

PRODUCT INFORMATION:‡



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SUPPLEMENT FACTS		
Serving Size 1 level scoop (6 g) Servings Per Container 40		
	AMOUNT PER SERVING	% DV†
Calories	15	
Total Carbohydrate	4 g	1%
Sugars	2 g	**
Calcium (as calcium citrate)	5 mg	1%
Magnesium (as magnesium citrate)	20 mg	5%
Sodium (as sodium citrate and chloride)	115 mg	5%
Potassium (as potassium citrate)	40 mg	1%
PERFORMANCE/ANTI-MUSCLE FATIGUE BLEND		
Beta-alanine	800 mg	**
Quercetin (<i>Uncaria elliptica</i>) leaf extract	500 mg	**
Green tea (<i>Camellia sinensis</i>) leaf extract (provides 100 mg of natural caffeine)	200 mg	**

†Percent Daily Values are based on a 2,000 calorie diet.
 **% Daily Value (DV) not established.



SUPPLEMENT FACTS		
Serving Size 1 level scoop (11.5 g) Servings Per Container 40		
	AMOUNT PER SERVING	% DV†
Calories	40	
Total Carbohydrate	10 g	3%
Sugars	9 g	**
HYDRATION BLEND		
Calcium (as calcium citrate)	10 mg	1%
Magnesium (as magnesium citrate)	40 mg	10%
Sodium (as sodium citrate)	230 mg	10%
Potassium (as potassium citrate)	80 mg	2%
Quercetin (<i>Uncaria elliptica</i>) leaf extract	250 mg	**

†Percent Daily Values are based on a 2,000 calorie diet.
 **% Daily Value (DV) not established.



SUPPLEMENT FACTS		
Serving Size 1 level scoop (35.5 g) Servings Per Container 20		
	AMOUNT PER SERVING	% DV†
Calories	130	
Calories from Fat	10	
Total Fat	1 g	2%
Cholesterol	5 mg	2%
Sodium	300 mg	13%
Potassium	420 mg	12%
Total Carbohydrate	10 g	3%
Sugars	6 g	**
Protein	20 g	40%
MUSCLE RECOVERY BLEND		
[Whey protein isolate, Pea protein isolate, Micellar casein, Branched-chain amino acids (BCAAs); L-leucine, Valine, Isoleucine (2:1:1), L-glutamine]	23 g	**
Pomegranate (<i>Punica granatum</i> L.) extract	650 mg	**

†Percent Daily Values are based on a 2,000 calorie diet.
 **% Daily Value (DV) not established.



SUPPLEMENT FACTS		
Serving Size 1 level scoop (28.5 g) Servings Per Container 20		
	AMOUNT PER SERVING	% DV†
Calories	100	
Cholesterol	10 mg	3%
Sodium	80 mg	3%
Total Carbohydrate	6 g	2%
Sugars	5 g	**
Protein	20 g	40%
OVERNIGHT MUSCLE RECOVERY BLEND		
[Micellar casein, Branched-chain amino acids (BCAAs); L-leucine, Valine, Isoleucine (2:1:1), L-glutamine]	23 g	**
Tart cherry (<i>Prunus cerasus</i>) powder	480 mg	**

†Percent Daily Values are based on a 2,000 calorie diet.
 **% Daily Value (DV) not established.



SUPPLEMENT FACTS		
Serving Size 1 level scoop (5 g) Servings Per Container 40		
	AMOUNT PER SERVING	% DV†
Creatine monohydrate	5 g	**

†Percent Daily Values are based on a 2,000 calorie diet.
 **% Daily Value (DV) not established.

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

Consult your physician and follow all safety instructions before beginning any exercise program or using any supplement or meal replacement product, especially if you are pregnant, breast feeding, or have any unique or special medical conditions. Keep out of reach of children.

†All prices in USD. Canadian and International pricing may vary.

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