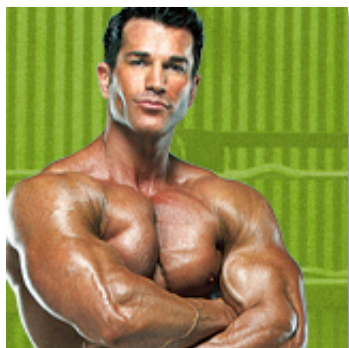


## Introduction to Body Beast®



### A message from Sagi

You made the smart decision and took a key step in building your dream physique and your confidence. By committing to your Challenge Group and Body Beast—not only will you build a head-turning physique in just 90 days, but you will also get healthy and achieve your fitness goals, all while Beasting Up daily with me. PLUS with Beachbody On Demand, you'll have instant access to stream your workouts anytime you're on the go!

Now, the next 90 days will be challenging, but it will be fun too. I am super-excited that we are going to spend the next 12 weeks together, because in that time many things will change for you . . . not just your body. This program and the friends you will make in it will be a very special experience. You will build a support system that will last well beyond the 90 days, and the more you put into that system, the more you will get out of it. Never lose sight that this program and this Challenge Group is all about getting YOU results. Now go Beast Up!

### What is the commitment for a Body Beast Challenge Group?

#### Time commitment:

- 35 to 55 minutes a day (6 days a week), 90 days total
- Use Beachbody On Demand anytime you need to workout on-the-go!

#### Supplements:

- Beachbody® Hardcore Base Shake
- Beachbody Fuel Shot
- Beachbody M.A.X. Creatine
- Beachbody Super Suma

#### Nutrition:

- Follow the Step-by-Step Nutrition Guide in the Book of Beast to fuel your body with the RIGHT foods.

#### Equipment needs:

- A few sets of dumbbells or resistance bands
- Workout bench (or stability ball)
- Chin-up bar (or resistance bands and door attachment kit)
- EZ Curl Bar with weight plates (optional for best results)
- Beachbody Jump Mat (optional)
- Chin-Up Max (optional)

#### Progress tracking:

- 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.
- Take photos and measurements on Days 1, 30, 60, and 90 and record your results on the Transformation Tracker in the Book of Beast.