



Instructions – How to Use This Guide

In this guide, you will find shareable social posts, including tips, recipes, videos,* and more, that correspond to each week of your Body Beast Challenge Group. These are suggested posts to help you manage your group, but feel free to mix them up to suit the needs of your Team.

Take these steps before your group starts:

1. Create a Challenge Group using the [My Challenge Tracker Coach Portal](#), and invite your participants to download the My Challenge Tracker App. Alternatively, you can set up a private Facebook® group.
2. Review the [Product Training Guide](#) for all the information you need to know about Body Beast, including recommendations on products and nutrition, to ensure your group's ultimate success.
3. Share this [message from Sagi](#) with your challengers.
4. Post Week 0 topics to your group's wall.

NOTE REGARDING LINKS:

This Challenge Group Guide contains links to products, tools, and resources on TeamBeachbody.com. To ensure credit for any sale made through these links, simply append the following text shown in bold (inserting your OWN repID) to the end of the URL: **?referringRepld=[yourID]**

Example for Coach with repID of 2422 linking to Body Beast Challenge Pack:

<http://www.teambeachbody.com/checkout/-/bbcheckout/challengepack/body-beast-shake?referringRepld=2422>

TRAINER VIDEOS:

Here is a list of all the weekly videos from Sagi to motivate and guide your Group through their journey. They are listed here so you have easy access to the links, but they are also listed in the weekly posts.

Week 1: <http://youtu.be/V3HL5mOyOJs>

Week 2: <http://youtu.be/1UK2Vp-cB0A>

Week 4: <http://youtu.be/52Tw053tj44>

Week 5: <http://youtu.be/wLSAJ3lwjb0>

Week 6: <http://youtu.be/axiu63-XTv8>

Week 7: <http://youtu.be/1JbJE4OR3oA>

Week 8: <http://youtu.be/kDZvskg2irA>

Week 9: <http://youtu.be/8bQNH-ja1d0>

Week 10: <http://youtu.be/PT-JtYxnx4>



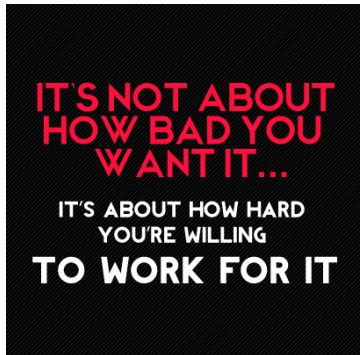
Week 11: http://youtu.be/1pRZuDKM_AM

Week 12: <http://youtu.be/hobJiFZrVVo>



Prep Week 0 (The Week Before Your Challenge Begins)

WEEK 0


Day of Week	Topic	Facebook® Post (Copy and Paste)	Images (click link to download)
Day 1	Group Introduction	<p>Hey! Welcome to our Body Beast® Challenge Group. This Group is private and only we can see what is posted in here. Over the next 90 days, I will be sharing eating and fitness tips, Success Stories, and motivation with you. I want this Group to be a place where you feel comfortable posting your successes, your challenges, your questions, and provide encouragement to one another. So let's get started on the right foot. Please take a second to introduce yourself. I'd like each of you to post your name, something about yourself, why you're here, and what you hope to get out of this Group. We're ALL in this together. BEAST UP!</p>	 <p>Download Now</p>
Day 2	Beachbody On Demand	<p>If you haven't already, log in to Beachbody On Demand, where you'll be able to stream your Body Beast workouts and access the nutrition guide, calendars, and other support documents!</p>	 <p>Download Now</p>
Day 3	Weekly Fitness Tip	<p>Make sure you are ready to get started on Day 1.</p> <p>1st – Download your FREE worksheets from TeamBeachbody.com. These are a must-have!</p> <p>2nd – Watch the BEAST BASICS video and check out the Book of Beast to select the training program that best meets your goals.</p> <p>3rd – Prepare your workout area. Make sure you have all the necessary space, equipment, and weights.</p> <p>4th – Safety is key for any extreme workout program! Sagi's Workout & Safety Tips in the Book of Beast will give you the basics of what you need to know prior to beginning your program.</p> <p>5th – Make sure to download your mobile app to take Body Beast with you to the gym or anywhere you travel. Follow the instructions in the email you received to gain access to the app on your smartphone or tablet.</p> <p>Worksheet link: http://images.beachbody.com/pdf/bodybeast/BEAST_worksheet.pdf</p>	 <p>Download Now</p>



WEEK 0

Day of Week	Topic	Facebook® Post (Copy and Paste)	Images (click link to download)
Day 4	Weekly Shakeology Tip	Depending on which Challenge Pack option you chose, you have either Shakeology® or Beachbody® Performance supplements, which should be used daily. Breakfast is a great time to start with your Shakeology—or you're free to incorporate it at any point in the day. Just make sure to account for it in your daily calorie totals.	
Day 5	Weekly Nutrition Tip	<p>Body Beast comes with one of the best meal plans in the Beachbody portfolio of products. Its nutrition plan is filled with recipes, tips, and a formula to help you determine your exact caloric needs. You ought to follow the plan as closely as possible. The better your nutrition, the better your results—and nutrition is key in Body Beast. The eating plan is usually the most complex part of any workout program, but once again Sagi makes it easy to understand. Start out with his 3 simple steps in the Book of Beast, and you'll have your diet down in no time!</p> <p>Nutrition Tip: Clear the cupboards, pantry, fridge, etc., of all unhealthy foods. If it's not aligned with your goals—toss it! Now is the time to stock your kitchen with the right foods to help you on your journey.</p>	<p>Download Now</p>
Day 6	Starting Body Beast Preparation	<p>Be sure to take your "before" photos and measurements today—you can't go back and do it later. You are about to start a great journey, so be sure to "like" this post after you've done it!</p> <p>And while you're at it, COMMIT NOW to the Beachbody Challenge for your chance to win cash and prizes: https://www.teambeachbody.com/beachbody-challenge/contest-info-and-contest-winners</p>	<p>Download Now</p>

Body Beast® Challenge Group Guide

Day 7	Weekly Success Story	<p>I thought you might like a little inspiration before getting started tomorrow. Chris B. lost 4 lbs. and dropped his body fat 4.9% with the help of Body Beast!</p> <p>Looking Good!</p>	 <p>Download Now</p>
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Block 1 BUILD – Week 1

HUGE BEAST – Workout Schedule

- Monday:** BUILD: Chest/Tris
- Tuesday:** BUILD: Legs
- Wednesday:** BUILD: Back/Bis
- Thursday:** BUILD: Shoulders
- Friday:** BEAST: Cardio, BEAST: Abs
OR BEAST: Total Body, BEAST: Abs
- Saturday:** REST
- Sunday:** BUILD: Chest/Tris
OR TEMPO: Chest/Tris

LEAN BEAST – Workout Schedule


- Monday:** BUILD: Chest/Tris
- Tuesday:** BUILD: Legs
- Wednesday:** BUILD: Back/Bis
- Thursday:** BEAST: Cardio, BEAST: Abs
- Friday:** BUILD: Shoulders
- Saturday:** REST
- Sunday:** BUILD: Chest/Tris
OR TEMPO: Chest/Tris

WEEK 1

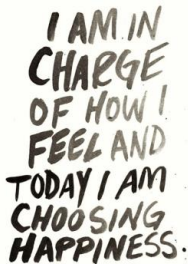
Day of Week	Topic	Facebook Post (Copy and Paste)	Images (click link to download)
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Body Beast® Challenge Group Guide

BODY

Day 1	Sagi Trainer Tip Video	<p>It's Day 1! Enjoy your first workout and check out Sagi's message for Week 1!</p> <p>http://youtu.be/V3HL5mOyOJs</p>	 <p>Download Now</p>
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WEEK 1

Day of Week	Topic	Facebook Post (Copy and Paste)	Images (click link to download)
Day 2	Weekly Motivation	<p>How did you do today with BUILD: Legs? I bet you were surprised at how great a leg workout you could get without a squat rack, right? Keep at it! You'll be seeing results in no time!</p> <p>Post a picture of something or someone that INSPIRES you to push forward toward your goals!</p>	 <p>Download Now</p>
Day 3	Weekly Fitness Tip	<p>Are there small behavioral changes that you could easily change to be healthier? Check out 15 Small Changes to See Big Results. What simple changes can you make to be healthier?</p> <p>http://www.beachbody.com/beachbodyblog/nutrition/make-15-small-changes-see-big-results</p>	

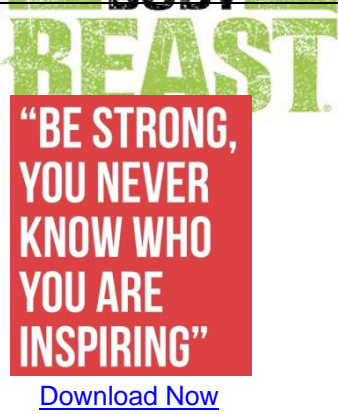
Body Beast® Challenge Group Guide

Day 4	Weekly Shakeology Tip	<p>What benefits have you noticed in your first week of drinking Shakeology? Or your Beast-O-Matic Shakes?</p> <p>Check out these Shakeology recipes and find a few favorites that help you look forward to your daily shake. A lot of these shakes have overlapping ingredients, so shop in bulk and freeze the extra quantities for later.</p>	<p>Download Now</p>
Day 5	Weekly Nutrition Tip	<p>The best way to lose weight and keep it off is to change your behavior, not just your diet.</p> <ul style="list-style-type: none"> • Want something sweet? Eat fruit instead of candy. • Tired? Hydrate yourself with water instead of jolting your nervous system with caffeine. • Hungry? Eat protein. It'll keep you full longer. <p>What are some healthy swaps you've been making recently?</p>	<p>Download Now</p>

WEEK 1

Day of Week	Topic	Facebook Post (Copy and Paste)	Images (click link to download)
Day 6	Rest Day	<p>Today is your rest day. No workouts today—be sure to rest your body. Get outside or enjoy time with friends and family. You can walk or stretch, but don't do a strenuous workout on your rest day. This is the time your body needs to rest and recover for the next workout. Pushing hard every day could lead to injury or pain.</p>	<p>Download Now</p>

Body Beast® Challenge Group Guide

Day 7	1st Week Tip	<p>Will Body Beast make me fat? If you lean out your diet, you can build muscle without gaining associated body fat. In fact, you should not gain too much associated body fat the way the program is laid out now. However, and this is important, you will build muscle MUCH faster with some extra fat reserves. That's because the body needs to use energy to recover from exercise, which is by far the most important factor in how quickly you build muscle (assuming you are training correctly, of course). When you try to keep your diet streamlined and your body fat low, you have very little margin for error and can easily go catabolic (that's when your body uses muscle for energy). This is why you will NEVER see a bodybuilder prep for competition (or anything) without gaining a little body fat first, and then shedding it prior to the competition.</p>	 <p>BODY BEAST</p> <p>“BE STRONG, YOU NEVER KNOW WHO YOU ARE INSPIRING”</p> <p>Download Now</p>
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Block 1 BUILD – Week 2

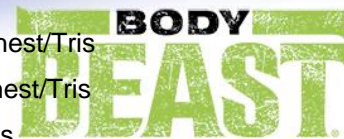
HUGE BEAST – Workout Schedule

Monday: BUILD: Legs
Tuesday: BUILD: Back/Bis
 OR TEMPO: Back/Bis
Wednesday: BUILD: Shoulders, BEAST: Abs
Thursday: REST
Friday: BUILD: Chest/Tris

LEAN BEAST – Workout Schedule

Monday: BUILD: Legs
Tuesday: BUILD: Back/Bis
 OR TEMPO: Back/Bis
Wednesday: BEAST: Cardio, BEAST: Abs
Thursday: BUILD: Shoulders
Friday: REST

Body Beast® Challenge Group Guide



OR TEMPO: Chest/Tris
Saturday: BUILD: Legs
Sunday: BUILD: Back/Bis
 OR TEMPO: Back/Bis

Saturday: BUILD: Chest/Tris
 OR TEMPO: Chest/Tris
Sunday: BUILD: Legs

WEEK 2

Day of Week	Topic	Facebook Post (Copy and Paste)	Images (click link to download)
Day 1	Sagi Trainer Tip Video	Watch what Sagi has to say as we start Week 2! http://youtu.be/1UK2Vp-cB0A	
Day 2	Weekly Motivation	Warning! Working out with me WILL make you even more awesome! As you are making fitness part of your routine, those real-life stresses may keep trying to creep back in. The answer isn't to skip your workout or have a cheat meal—it's to just get in and Push Play. Working out actually releases stress-reducing hormones and will encourage you to continue fueling your body with healthy food. Stay consistent, guys!	<p>WARNING</p> <p>Daily Exercise and Healthy Eating leads to Increased Awesomeness</p> <p>Download Now</p>

WEEK 2

Day of Week	Topic	Facebook Post (Copy and Paste)	Images (click link to download)
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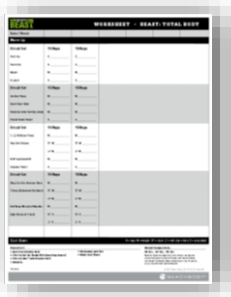

Body Beast® Challenge Group Guide

Day 3	Cast	<p>Meet Sean Lowe. You might recognize him from "The Bachelor," "Dancing with the Stars," or several of your Body Beast workouts. That's right, this celebrity is a Body Beast graduate! Hear what he has to say about his experience with Sagi and the Body Beast workout.</p> <p>http://youtu.be/wVnol0wrYtk</p>	 <p>Download Now</p>
Day 4	Weekly Shakeology Tip	<p>Awesome thought: You're getting tons of super-healthy ingredients every day without even thinking about it! Here's one of my favorites.</p>	 <p>Download Now</p>
Day 5	<p>Weekly Nutrition Tip</p> <p>Optional Cross-Selling Opportunity</p>	<p>If you're looking for a high-quality protein shake that will help your body build lean muscle while reducing muscle breakdown—the Beachbody Performance Recover is for you. In addition to 20 grams of protein and a blend of BCAAs (branched-chain amino acids), it also includes pomegranate juice that can help reduce delayed onset muscle soreness (DOMS) from intense workouts.</p> <p>Sagi says: When working toward my goal of shredding fat and chiseling my physique, it doesn't matter how hard I work out if what I put in my mouth is junk. That's why I've committed 100% to eating healthily—and so should you.</p> <p>Has anyone tried Performance Recover? How is it working for you?</p>	 <p>Download Now</p>

WEEK 2

Body Beast® Challenge Group Guide



Day of Week	Topic	Facebook Post (Copy and Paste)	Images (click link to download)
Day 6	Weekly Body Beast Tip	<p>Make sure you're keeping track of your weight and reps on your workout sheets. This will help make your workouts more streamlined, and also help you keep track as you increase the weight each week. BEAST UP!</p> <p>Worksheet link: http://images.beachbody.com/pdf/bodybeast/BEAST_worksheet.pdf</p>	 <p style="text-align: center;">Download Now</p>
Day 7	Weekly Success Story	<p>That's right, Body Beast is great for women!</p> <p>Shanda N. lost 24 pounds in 90 days with Body Beast!</p> <p>"I truly feel amazing! I have so much energy now. I chose Body Beast because I wanted to lose weight, but I also wanted to have some muscle definition. I was able to achieve both. Body Beast got me in the best shape of my life!"—Shanda N.</p>	 <p style="text-align: center;">Download Now</p>

Block 1 BUILD – Week 3

HUGE BEAST – Workout Schedule

Monday: BUILD: Shoulders, BEAST: Abs

Tuesday: REST

Wednesday: BUILD: Chest/Tris

OR TEMPO: Chest/Tris

Thursday: BUILD: Legs

Friday: BUILD: Back/Bis

OR TEMPO: Back/Bis

Saturday: BUILD: Shoulders, BEAST: Abs

Sunday: BEAST: Cardio, BEAST: Abs

OR BEAST: Total Body, Beast: Abs

LEAN BEAST – Workout Schedule

Monday: BUILD: Back/Bis

OR TEMPO: Back/Bis

Tuesday: BEAST: Cardio, BEAST: Abs

Wednesday: BUILD: Shoulders

Thursday: REST

Friday: BUILD: Chest/Tris


OR TEMPO: Chest/Tris

Saturday: BUILD: Legs

Sunday: BUILD: Back/Bis


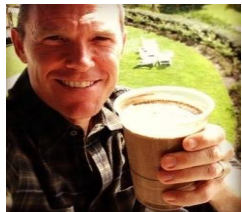

OR TEMPO: Back/Bis

WEEK 3

Day of Week	Topic	Facebook Post (Copy and Paste)	Images (click link to download)
Day 1	Sagi Trainer Tip Video	FORM TIP: If your program has weights, make sure you keep your hands in line with your forearms when lifting. Avoid bending your hands back at your wrists. This will help you prevent muscle strain and injury!	 Download Now
Day 2	Weekly Motivation	<p>Challenge of the day!</p> <p>Complete this. Before we started this challenge I felt (1) _____.</p> <p>(2) These first few weeks have been _____.</p> <p>(3) This week I am really proud of myself for _____.</p> <p>(4) I promise myself that this weekend I will _____.</p> <p>(5) Next week I am going to _____.</p>	



WEEK 3

Day of Week	Topic	Facebook Post (Copy and Paste)	Images (click link to download)
Day 3	Weekly Fitness Tip	<p>Feeling sore? That's an outcome to be expected from working out hard with any new program and new exercises. Here are a few things you can do to help:</p> <ol style="list-style-type: none"> 1. During your workout, while you're resting in between sets, continually stretch the muscle groups you are working. Stay on your feet and shake out your limbs to stay loose. This will help the circulation to your muscles. 2. Take extra time to stretch after your workouts. If you're still feeling "tight" after the cooldown, continue to stretch for an additional 3 to 5 minutes. You'll be surprised what a difference those few extra minutes will make the next day. 3. Have a good post-workout drink ready to consume within 30 minutes of finishing your workout. Beachbody Performance Recover and Recharge supplements are perfect for this. <p>If you still have excess soreness, you can try ibuprofen and alternating hot and cold packs.</p>	 <p>Download Now</p>
Day 4	Weekly Shakeology Tip	<p>CEO Carl Daikeler displays the easy part of staying healthy—enjoying Shakeology every day—even when he's on the road.</p> <p>Carl mixes up 1 scoop of Chocolate Vegan Shakeology, almond butter, water, almond or coconut milk, 1 banana, and ice. Delish!</p>	 <p>Download Now</p>
Day 5	Weekly Nutrition Tip	<p>Eat whole, natural foods that were on the earth 1,000 years ago, like produce, clean fresh meats, whole fruit, vegetables, and seeds. Choosing fresh, healthy, organic, local foods sounds great—but what if you're on a budget? We understand. Fortunately, there are plenty of ways to eat well and actually save money in the process. Here are 8 tips for how to shop on a budget!</p> <p>http://www.teambeachbody.com/about/newsletters/-/nli/288</p>	 <p>Download Now</p>



WEEK 3

Day of Week	Topic	Facebook Post (Copy and Paste)	Images (click link to download)
Day 6	Weekly Tip	<p>"Like" if you turned on BEAST MODE today!</p> <p>Got any Body Beast questions? Everyone does. Send them my way and together we can help find a solution that works for you.</p>	<p>CLICK SHARE BEACHBODY</p> <p>Download Now</p>
Day 7	Weekly Success Story	<p>Caleb T. was so scrawny, his friends used to call him "string bean." But then he activated BEAST MODE and gained 13 lbs. of solid muscle mass with Body Beast. He entered his results and won \$1,000 USD in the Beachbody Challenge! Take the Challenge and transform your life today: http://bit.ly/boDyBeast</p> <p>"My results took me from skinny, scrawny, and soft to thick, beefy, and hard. Perhaps these words are too vivid or not the best descriptors, but I feel awesome now. I feel like I can bench press my house, gracefully take a mule kick to the abs, and rip the seams of my shirts if I flex too hard. What am I most proud of? The weight I gained in muscle."</p>	<p>Download Now</p>



Block 2 BULK – Week 1

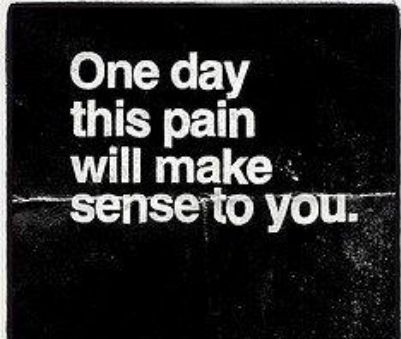
HUGE BEAST – Workout Schedule

Monday: BULK: Chest
Tuesday: BULK: Legs
Wednesday: BULK: Back
Thursday: BULK: Arms, BEAST: Abs
Friday: BULK: Shoulders
Saturday: REST
Sunday: BULK: Chest

LEAN BEAST – Workout Schedule

Monday: BULK: Chest
Tuesday: BULK: Legs
Wednesday: BULK: Arms
Thursday: BEAST: Cardio, BEAST: Abs
Friday: BULK: Back
Saturday: BULK: Shoulders
Sunday: REST

WEEK 4

Day of Week	Topic	Facebook Post (Copy and Paste)	Images (click link to download)
Day 1	Sagi Trainer Tip Video	<p>Congrats! You've made it through the BUILD phase. Take a look at this video from Sagi as you start Week 1 of BULK.</p> <p>You Lean Beasters, don't be scared of the word BULK. Your workout program is tailored to put on lean, strong muscle.</p> <p>http://youtu.be/52Tw053tj44</p>	 <p>Download Now</p>



WEEK 4

Day of Week	Topic	Facebook Post (Copy and Paste)	Images (click link to download)
Day 2	Weekly Motivation	<p>Today was rough for you. You were tired, sore, wanted to skip. But you didn't and you'll be stronger for it! You're almost there, don't give up now! LET'S GOOOOOO!</p> <p>How to Get Through Your Toughest Workout: http://www.teambeachbody.com/about/newsletters/-/nli/292</p>	<p>Download Now</p>
Day 3	Weekly Fitness Tip	<p>New workout today! BULK: Arms. Ready for the gun show? Everyone, post some pictures of your guns!</p>	<p>Download Now</p>
Day 4	Weekly Shakeology Tip	<p>If you've been keeping up with your daily Shakeology routine, you should be experiencing positive changes. Do you feel more energized?</p>	<p>Download Now</p>



Block 2 BULK – Week 2

HUGE BEAST – Workout Schedule

Monday: BULK: Legs
Tuesday: BULK: Back
Wednesday: BULK: Arms, BEAST: Abs
Thursday: BULK: Shoulders
Friday: REST
Saturday: BULK: Chest
Sunday: BULK: Legs

LEAN BEAST – Workout Schedule



Monday: BULK: Chest
Tuesday: BULK: Legs
Wednesday: BULK: Arms
Thursday: BEAST: Cardio, BEAST: Abs
Friday: BULK: Back
Saturday: BULK: Shoulders
Sunday: REST

WEEK 5

Day of Week	Topic	Facebook Post (Copy and Paste)	Images (click link to download)
Day 1	Sagi Trainer Tip Video	You're 5 weeks in. See what Sagi has to say about this week! http://youtu.be/wLSAJ3lwjb0	 Download Now




WEEK 5

Day of Week	Topic	Facebook Post (Copy and Paste)	Images (click link to download)
Day 2	Weekly Motivation	<p>Your legs are the biggest muscle group in your body. You feel tired more quickly when doing a big leg workout because it takes a lot of oxygen for those big muscle groups to get all those reps done.</p> <p>"Like" if you are powering through Leg Day this week!</p>	 <p>Download Now</p>
Day 3	Weekly Fitness Tip	<p>Are rest days and recovery periods important? Find out from Beachbody Fitness and Nutrition expert, Steve Edwards:</p> <p>http://steveedwardsfitness.com/importance-rest-days-recovery-periods/</p>	 <p>Download Now</p>
Day 4	Weekly Shakeology Tip	<p>Fun Fact: Need more energy all day? Try drinking Shakeology for breakfast. It sets the tone for the rest of the day. Getting the right amount of protein and nutrients first thing in the morning provides steady energy all day and (bonus!) will help reduce afternoon cravings.</p> <p>This recipe is oh-so-simple, yet oh-soooooo tasty. Tastes like mint chocolate chip ice cream!</p> <p>Frozen Mint Chocolate (163 calories) 1 scoop Chocolate Shakeology 1/8 tsp. mint extract 1 cup water 1 cup ice</p>	



WEEK 5

Day of Week	Topic	Facebook Post (Copy and Paste)	Images (click link to download)
Day 5	Weekly Nutrition Tip	<p>How to eat like a Beast—on a budget:</p> <ol style="list-style-type: none"> 1. Buy in bulk. You can find rice, potatoes, beans, oats, nuts, and protein foods in bulk for pennies on the dollar. You can freeze protein foods like chicken breasts for later use, or make Beast-sized recipes and freeze them in individual servings to be reheated later. 2. Avoid ready-made prepackaged meals. This contributes not only to your good health, but also to your wallet, because you're basically paying for the packaging and processing. 3. Buy your fruits and veggies in season. They'll be cheaper, more nutritious, and tastier. Frozen produce is another tasty, healthy alternative; it tends to be inexpensive, and flash freezing maintains the nutritional value of fruits and veggies better than stamping them "fresh," then shipping them across the world. 4. Always use a grocery list. Also, avoid shopping on an empty stomach if you're prone to unhealthy impulse buying. 5. Keep an eye out for sales. Plus, take advantage of coupons, and buy generic when the ingredients are the same as the brand-name product. 	 <p>Download Now</p>
Day 6	Weekly Tip	<p>Should I work my set to failure or should I get all my reps in? Select your weights so that you achieve failure toward the end of the set. Then complete the set with either lighter weights or no weights at all.</p>	
Day 7	Weekly Success Story (OUR TEAM)	<p>Who is willing to share their experiences and successes so far? This is a great chance to reflect on how well you have already done and understand the opportunities you still have to improve. Readjust and set new goals for yourself, now that you have a realistic picture of what you can do.</p> <p>I thought I'd start off with my own Success Story. [Coach, insert YOUR Success Story and your "Why" for becoming a Coach.]</p>	<p>[Coach should insert their own image to go along with their story]</p>



Block 2 BULK – Week 3


HUGE BEAST – Workout Schedule

Monday: BULK: Back
Tuesday: BULK: Arms, BEAST: Abs
Wednesday: BULK: Shoulders
Thursday: REST
Friday: BULK: Chest
Saturday: BULK: Legs
Sunday: BULK: Back

LEAN BEAST – Workout Schedule



Monday: BULK: Chest
Tuesday: BULK: Legs
Wednesday: BULK: Arms
Thursday: BEAST: Cardio, BEAST: Abs
Friday: BULK: Back
Saturday: BULK: Shoulders
Sunday: REST

WEEK 6

Day of Week	Topic	Facebook Post (Copy and Paste)	Images (click link to download)
Day 1	Sagi Trainer Tip Video	Week 6! Check out this week's video from Sagi. http://youtu.be/axiu63-XTv8	 Download Now





WEEK 6

Day of Week	Topic	Facebook Post (Copy and Paste)	Images (click link to download)
Day 2	Weekly Motivation	<p>As we work through this week, some words of wisdom from Sagi:</p> <p>It's easy to think of valid and legitimate reasons NOT to Beast Up on any given day. We get tired, overworked, stressed, we travel too much, and under-sleep. Some people quit. What about the people who don't quit? Why are some folks successful and others aren't? The answer is that the successful, committed, and motivated people have tricks. They've found a way to do it anyway. Here are some tips:</p> <ol style="list-style-type: none"> 1. Stop beating yourself up if you miss a workout! It's OK. Start Beasting again where you left off. No big deal. 2. Don't freak out if you don't see results in the first 30 to 50 days. Depending on body type, some people see results sooner, others later. Keep pushing and do not stop...they will come. 3. On your most exhausting, overwhelming, lackluster days, stick the DVD in the player and see what happens. Be fully committed to having a lousy workout. Any workout, no matter how bad it is, is always better than NO workout at all. Make sure you keep proper form! 4. Make sure to check off your workouts as you do them. That's accomplishment in action. Every check is one step closer to your goals. 5. I want you to write this on your calendar: THE JOY OF DISCIPLINE OR THE PAIN OF REGRET, WHICH WILL IT BE TODAY? <p>Beast Up! Sagi</p>	 <p>Download Now</p>
Day 3	Weekly Fitness Tip	<p>Form is one of the most important things to consider when exercising. Don't be afraid to watch yourself in a mirror, with a video camera, or even in a Skype session with another member of the group. Not using proper form can lead to injury and muscular imbalances. So stick to good form and get ready for great results.</p>	 <p>Download Now</p>



WEEK 6

Day of Week	Topic	Facebook Post (Copy and Paste)	Images (click link to download)
Day 4	Weekly Shake Tip	<p>"Like" if you've tried out some of the Beast-O-Matic shake recipes. Haven't had one yet? Try this!</p> <p>Jaguar: 1 cup plain Greek yogurt 1 banana ¾ cup blueberries 1 kiwi ½ cup pineapple juice 1½ tsp. peanut butter ½ cup water 1 cup ice</p> <p>http://www.teambeachbody.com/connect/message-boards/-/message_boards/message/206132316</p>	
Day 5	Weekly Nutrition Tip	<p>Did you know: You're usually "full" waaaaay before you know it.</p> <p>That's because it takes awhile for the nutrients in the food you just ate to enter your bloodstream, circulate to the nerve centers in your brain that regulate appetite, and alert you that you're full. So...</p>	 <p>Download Now</p>
Day 6	Weekly Tip	<p>Make sure you cool down. Cooling down lowers the heart rate and helps guarantee adequate circulation to the heart, brain, and muscles. It also gives you time to consider what to eat next. Don't skip it.</p>	
Day 7	Weekly Success Story	<p>Heather D. met her goal of gaining muscle and strength.</p> <p>"I can't believe the gains I saw in my shoulders. They look sexy and strong all at the same time. I was thin, almost too thin, before I started Body Beast, now I look like I've always wanted to."</p>	 <p>Download Now</p>



lock 2 BULK – Week 4



HUGE BEAST – Workout Schedule

Monday: BULK: Arms, BEAST: Abs
Tuesday: BULK: Shoulders
Wednesday: REST
Thursday: BULK: Chest
Friday: BULK: Legs
Saturday: BULK: Back
Sunday: BULK: Arms, BEAST: Abs

LEAN BEAST – Workout Schedule


Monday: BULK: Chest
Tuesday: BULK: Legs
Wednesday: BULK: Arms
Thursday: BEAST: Cardio, BEAST: Abs
Friday: BULK: Back
Saturday: BULK: Shoulders
Sunday: REST

WEEK 7

Day of Week	Topic	Facebook Post (Copy and Paste)	Images (click link to download)
Day 1	Sagi Trainer Tip Video	You just finished Week 6, so you're halfway there! Keep pushing! Take a look at this week's video! http://youtu.be/1JbJE4OR3oA	
Day 2	Weekly Motivation	Where do you work out? Post a picture of you and your Body Beast workout space and share with the Group!	 Download Now
Day 3	Weekly Fitness Tip	If you think you've hit a "plateau," remember it's only a temporary roadblock. Just keep moving forward with your new healthy lifestyle, keep focused on your "Why," and you will break through.	 Download Now



WEEK 7

Day of Week	Topic	Facebook Post (Copy and Paste)	Images (click link to download)
Day 4	Weekly Shakeology Tip	<p>Has Shakeology increased your energy level and helped you Push Play?</p> <p>This is one of my favorites! Try this delicious Tropical Strawberry Vegan Shakeology recipe:</p> <p>Mojito (166 calories) 1 scoop Tropical Strawberry Vegan Shakeology 1 Tbsp. fresh lime juice 1 cup water</p>	
Day 5	Weekly Nutrition Tip	<p>"Like" if you're ready to try some quinoa!</p> <p>Never tried quinoa? It's a rich source of protein that's delicious in salads like this.</p> <p>Prepare ¼ cup of quinoa according to package directions. (This will make about 1 cup of cooked quinoa). Roast whatever vegetables you have on hand. Typical choices are broccoli, cauliflower, zucchini, onions, carrots, and asparagus. Just chop them into similar-sized pieces, drizzle with olive oil and a little salt, spread in a single layer on a cookie sheet, and roast in a 400-degree oven for 20 to 30 minutes, stirring once or twice. Chop a handful of flat-leaf parsley (about ¼ cup). Make a dressing. Whisk 2 Tbsp. of olive oil with 2 Tbsp. of lemon juice.</p> <p>Mix all ingredients together, and refrigerate for an hour to let the flavors blend. Add more lemon juice, if desired, for a brighter flavor.</p>	
Day 6	Weekly Tip	<p>Don't skip the warm-up.</p> <p>Warming up lets you gradually increase your heart rate, blood pressure, oxygen consumption, and the elasticity and heat of the active muscles. It can help you prevent injury and give you greater mobility. It also helps you get your mind ready for what's to come.</p>	
Day 7	Weekly Success Story	<p>Reed F. gained 14 lbs. with Body Beast.</p> <p>"Body Beast has definitely put me into the best shape of my life. I feel a sense of accomplishment and inner pride for staying committed to the program and achieving great results."—Reed F.</p>	 <p>Download Now</p>



Block 2 BULK – Week 5

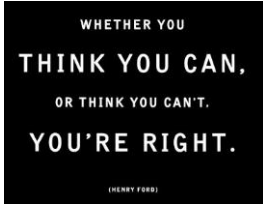
HUGE BEAST – Workout Schedule

Monday: BULK: Shoulders
Tuesday: REST
Wednesday: BULK: Chest
Thursday: BULK: Legs
Friday: BULK: Back
Saturday: BULK: Arms, BEAST: Abs
Sunday: BULK: Shoulders

LEAN BEAST – Workout Schedule



Monday: BULK: Chest
Tuesday: BULK: Legs
Wednesday: BULK: Arms
Thursday: BEAST: Cardio, BEAST: Abs
Friday: BULK: Back
Saturday: BULK: Shoulders
Sunday: REST

WEEK 8

Day of Week	Topic	Facebook Post (Copy and Paste)	Images (click link to download)
Day 1	Sagi Trainer Tip Video	See what Sagi has to say about BULK Week 5. http://youtu.be/kDZvskg2irA	
Day 2	Weekly Motivation	Don't ever skip a leg day. Let's get BEASTIE!	
Day 3	Weekly Fitness Tip	Keep giving yourself positive affirmations. Go into the workouts ready to push yourself and get the max from the time you spend doing Body Beast. That intensity could be the difference between meeting your goals or falling short. Need encouragement with something? Share. And we'll be there to help you reach your goals.	 <p>Download Now</p>



WEEK 8

Day of Week	Topic	Facebook Post (Copy and Paste)	Images (click link to download)
Day 4	Weekly Shakeology Tip	Recipe Swap! Share your favorite Shakeology recipes—including any you personally created. Here are some of my favorite ingredients. What are yours?	
Day 5	Weekly Tip	Today is "Flex Friday"! Everybody, post a picture of yourself flexing!	[coach insert a picture of yourself flexing]
Day 6	Weekly Nutrition Tip	<p>A quick note on alcohol and caffeine.</p> <p>If you have to ask if it's OK, odds are you're going to drink coffee or booze whether we approve or not. Frankly, the occasional cup/mug/glass probably isn't going to hurt anything. Of course, that means no more than one or two standard alcoholic drinks a day. It also means plain tea or coffee, completely free of sugars, artificial sweeteners, or creamers. That said, Sagi doesn't touch the stuff, so if you truly want to exercise the Beast way, you'll take a break. Both alcohol and caffeine are highly addictive substances. If you can't take a few months off and focus on eating super-cleanly, you might have a problem.</p>	 <p>Download Now</p>
Day 7	Weekly Success Story	<p>Natalie M. lost 2.5 inches in 90 days with Body Beast.</p> <p>"I feel even more empowered than before...with full confidence that I can tackle whatever I put my mind to." —Natalie M.</p>	 <p>Download Now</p>



(HUGE) Block 2 BULK – Week 6

HUGE BEAST – Workout Schedule

Monday: REST
Tuesday: BULK: Chest
Wednesday: BULK: Legs
Thursday: BULK: Back
Friday: BULK: Arms, BEAST: Abs
Saturday: BULK: Shoulders
Sunday: REST

(LEAN) Block 3 BEAST – Week 1

LEAN BEAST – Workout Schedule

Monday: BUILD: Chest/Tris
 OR TEMPO: Chest/Tris
Tuesday: BULK: Legs
Wednesday: BUILD: Back/Bis
 OR TEMPO: Back/Bis
Thursday: BEAST: Cardio, BEAST: Abs
Friday: BUILD: Shoulders
Saturday: REST
Sunday: BEAST: Cardio, BEAST: Abs
 OR BEAST: Total Body, BEAST: Abs

WEEK 9

Day of Week	Topic	Facebook Post (Copy and Paste)	Images (click link to download)
Day 1	Sagi Trainer Tip Video	<p>It's transition time—BEAST phase for the Lean Beasts. For the HUGE Beasters, BEAST UP in your last week of the BULK phase!</p> <p>And check out Sagi's message for you all. http://youtu.be/8bQNH-ja1d0</p>	<p>Download Now</p>
Day 2	Weekly Motivation	Excuses? Ain't no BEAST got time for that. BEAST UP!	<p>Download Now</p>

Body Beast® Challenge Group Guide



WEEK 9

Day of Week	Topic	Facebook Post (Copy and Paste)	Images (click link to download)
Day 3	Weekly Fitness Tip	<p>Fun is an important part of a successful exercise program. The more fun you have, the more likely you are to stick to the program. Make sure whatever you do next is something you enjoy.</p> <p>"Like" if you're in BEAST MODE today and lovin' it!</p>	<p>Download Now</p>
Day 4	Weekly Shakeology Tip	<p>What junk food have you stopped craving since drinking Shakeology?</p> <p>Here's a delicious Shakeology recipe that's sure to get your morning off to a great start:</p> <p>Sweet Almond Sunrise (198 calories) 1 scoop Tropical Strawberry Vegan Shakeology 1 Tbsp. nonfat plain yogurt 1 tsp. honey 1 cup almond milk Ice (to taste)</p>	<p>Download Now</p>
Day 5	Weekly Nutrition Tip	<p>Think of food as fuel. When you start looking at food as energy for your body, it's amazing how quickly your food choices change. Can a bag of chips or a few cookies provide your body with the nutrients it needs to power through work or a workout? Sources say NO!</p>	<p>Download Now</p>
Day 6	Weekly Tip	<p>By now I bet a lot of people are commenting on your new look. And it feels pretty darn good, doesn't it? Well, if you've ever thought about "paying it forward" and helping out those whose shoes you once walked in, perhaps you're getting the notion to become a Team Beachbody® Coach.</p> <p>Anyone out there inspired to become a Coach just yet? I'm sure you have a ton of questions about what's involved—so send them my way.</p>	



WEEK 9

Day of Week	Topic	Facebook Post (Copy and Paste)	Images (click link to download)
Day 7	Rest Day	<p>You might feel like this when you're pumped and ready to BEAST UP, but always make sure you take advantage of your rest days. They give your muscles vitally needed time to recover and re-energize, so you can turn up the intensity the next day.</p>	<p>Download Now</p>



(HUGE) Block 3 BEAST – Week 1

HUGE BEAST – Workout Schedule



Monday: BUILD: Chest/Tris
OR TEMPO: Chest/Tris
Tuesday: BULK: Legs
Wednesday: BUILD: Back/Bis
OR TEMPO: Back/Bis
Thursday: BEAST: Cardio, BEAST: Abs
Friday: REST
Saturday: BULK: Arms
Sunday: BUILD: Shoulders

(LEAN) Block 3 BEAST – Week 2

LEAN BEAST – Workout Schedule

Monday: BULK: Chest
Tuesday: BUILD: Legs
Wednesday: BULK: Shoulders
Thursday: BULK: Back
Friday: BULK: Arms
Saturday: BEAST: Cardio, BEAST: Abs
Sunday: REST

WEEK 10

Day of Week	Topic	Facebook Post (Copy and Paste)	Images (click link to download)
Day 1	Sagi Trainer Tip Video	<p>Everyone's in the BEAST phase now. Time to cut down and get that killer physique. Keep Pushing Play every day!</p> <p>Here's Sagi's next message for you. http://youtu.be/PT-JtYxnx4</p>	 <p>Download Now</p>
Day 2	Weekly Motivation	<p>True BEASTs don't skip Leg Day! Make it count. BEAST UP!</p>	 <p>Download Now</p>
Day 3	Weekly Nutrition Tip	<p>After you've succeeded at the BUILD and BULK blocks, you'll be ready to sculpt your body into the ripped form you've always dreamed of. You'll need to recalculate your body fat and the amount of calories you now need to consume (revisit the calorie calculator in the Book of Beast). In this phase, the ratios of the nutrients will change, as will your schedule for consuming each type of macronutrient throughout the day.</p>	



WEEK 10

Day of Week	Topic	Facebook Post (Copy and Paste)	Images (click link to download)
Day 4	Weekly Shakeology Tip	<p>Most people are drawn to fast food, well, because it's fast, food. Here's a better, quicker solution: Shakeology. Burgers, pizza, and burritos are a fast, familiar way to stack up empty, toxic calories. On the other hand, Shakeology is a fast, delicious way to stack up vital nutrients, including antioxidants, phytonutrients, a full spectrum of vitamins and minerals, prebiotics and enzymes for better digestive health, and 15 grams of protein, all in a mere 140 calories.</p> <p>The BEAST block in particular is a great time to use Shakeology, because you're cutting calories but don't want to cut out nutrition. While we have included it in the plan in the Liquid Portions list, if you want to use Shakeology to cover a wider swath of portions, one full serving will satisfy the following portions: 1 scoop Shakeology = 2 protein portions + 1 fruit portion</p> <p>Almond Paradise 1 cup unsweetened almond milk 1 Tbsp. natural almond butter 1 scoop Tropical Strawberry Vegan Shakeology 1 cup ice</p> <p>½ Starch, 1 Fruit, 2 Protein, 2 Fat</p>	 <p>Download Now</p>
Day 5	Weekly Fitness Tip	Think about the workouts that were hardest for you in Week 1. With which move have you seen your biggest improvement at this point?	
Day 6	Meet the Cast	Meet Edwin from Houston and hear about his experience with Sagi and the Body Beast workout. http://youtu.be/oOoc1GTWDnM	 <p>Download Now</p>
Day 7	Success Story	<p>Frank M. did other programs prior to Beast, but didn't get the results he wanted. After a couple rounds of Beast, Frank lost 7 pounds and gained 2 inches!</p> <p>"My goal was to get ripped. I just wanted that body that when you walked around in the gym or the beach, people were wondering what you did to get like that. I can't explain how easy it is. Just do it the way it's designed and follow the nutrition plan and you will become a Beast, guaranteed."</p>	 <p>Download Now</p>



(HUGE) Block 3 BEAST – Week 2

HUGE BEAST – Workout Schedule


Monday: BULK: Chest
Tuesday: BUILD: Legs
Wednesday: BEAST: Cardio, BEAST: Abs
 OR BEAST: Total Body, BEAST: Abs
Thursday: REST
Friday: BULK: Back
Saturday: BULK: Arms, BEAST: Abs
Sunday: BEAST: Cardio

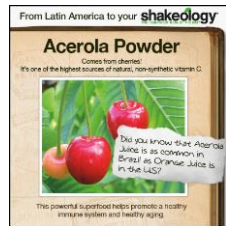
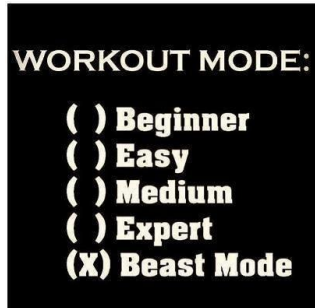


(LEAN) Block 3 BEAST – Week 3

LEAN BEAST – Workout Schedule

Monday: BUILD: Chest/Tris
 OR TEMPO: Chest/Tris
Tuesday: BULK: Legs
Wednesday: BUILD: Back/Bis
 OR TEMPO: Back/Bis
Thursday: BEAST: Cardio, BEAST: Abs
Friday: BUILD: Shoulders
Saturday: REST
Sunday: BEAST: Cardio, BEAST: Abs
 OR BEAST: Total Body, BEAST: Abs

WEEK 11



Day of Week	Topic	Facebook Post (Copy and Paste)	Images (click link to download)
Day 1	Sagi Trainer Tip Video	Check out this video as you push into Week 11...almost there! http://youtu.be/1pRZuDkM_AM	
Day 2	Weekly Motivation	You're coming down to the final few weeks. Time to pump it up. Squeeze out every last rep. Add 5 more lbs. Don't quit, make it count. Whatever it takes!	
Day 3	Weekly Nutrition Tip	Are you drinking your 3 glasses of water every morning and 3 quarts total every day? We're in the cutting phase—less food, more cardio, so you're going to need that water to stay hydrated. It can also help curb cravings, if you're having any with the lower calorie intake. Drink up while you BEAST UP.	 Download Now

Day of Week	Topic	Facebook Post (Copy and Paste)	Images (click link to download)
Day 4	Weekly Shakeology Tip	<p>Every day, you're taking superfoods and minerals that health fanatics like Darin Olien spend their lives pursuing! Here's a really cool ingredient:</p> <p>Try this yummy Shakeology recipe! Creamy Cantaloupe 1 scoop Tropical Strawberry Vegan Shakeology 1 cup rice milk ½ cup cantaloupe chunks</p>	 <p>Download Now</p>
Day 5	Weekly Fitness Tip	<p>"Many of life's failures are people who did not realize how close they were to success when they gave up." —Thomas Edison</p> <p>You are almost there!</p>	 <p>Download Now</p>
Day 6	Meet the Cast	<p>Meet Brian and hear what he has to say about his experience with Sagi and the Body Beast workout. http://youtu.be/loGwLYWKiaQ</p>	 <p>Download Now</p>
Day 7	Success Story	<p>Check out the results Mark M. has gotten with Body Beast. He lost 48 lbs.!</p> <p>"Before Body Beast I had low self-esteem, but since then Body Beast has not only changed me physically but emotionally as well!"—Mark M.</p>	 <p>Download Now</p>



(HUGE) Block 3 BEAST – Week 3	(LEAN) Block 3 BEAST – Week 4
<p>HUGE BEAST – Workout Schedule</p> <p>Monday: BUILD: Chest/Tris OR TEMPO: Chest/Tris</p> <p>Tuesday: BULK: Legs</p> <p>Wednesday: BEAST: Cardio, BEAST: Abs</p> <p>Thursday: REST</p> <p>Friday: BUILD: Back/Bis OR TEMPO: Back/Bis</p> <p>Saturday: BULK: Shoulders</p> <p>Sunday: BEAST: Cardio, BEAST: Abs OR BEAST: Total Body, BEAST: Abs</p>	<p>LEAN BEAST – Workout Schedule</p> <p>Monday: BULK: Chest</p> <p>Tuesday: BUILD: Legs</p> <p>Wednesday: BULK: Shoulders</p> <p>Thursday: BULK: Back</p> <p>Friday: BULK: Arms</p> <p>Saturday: BEAST: Cardio, BEAST: Abs</p> <p>Sunday: REST</p>

WEEK 12



Day of Week	Topic	Facebook Post (Copy and Paste)	Images (click link to download)
Day 1	Sagi Trainer Tip Video	<p>You're in the homestretch! Last week—no excuses—110% effort...Make every set and every rep count to the fullest. Finish like a BEAST!</p> <p>Check out Sagi's final personal message for you. http://youtu.be/hobJfZrVV0</p>	 <p style="text-align: center;">Download Now</p>
Day 2	Weekly Motivation	<p>Sagi lives by this quote: "Success is not counted by how high you climb, but by how many people you brought with you."</p> <p>LAST LEG DAY! Don't skip it. Do it for yourself, and have someone do it with you for added motivation.</p> <p>"Like" this post after you've conquered your last Body Beast Leg day!</p>	 <p style="text-align: center;">Download Now</p>

Day of Week	Topic	Facebook Post (Copy and Paste)	Images (click link to download)
Day 3	Weekly Nutrition Tip	Like baseball great Yogi Berra said, "It ain't over until it's over." You may be in the homestretch, but it's important to keep at it and finish strong.	 Download Now
Day 4	Weekly Shakeology Tip	Wanted to share one last great Shakeology recipe. Enjoy! Almond Dream <ul style="list-style-type: none"> • 1 scoop Tropical Strawberry Vegan Shakeology • 1 Tbsp. almond butter • 1 cup almond milk 	
Day 5	Weekly Fitness Tip	"The only way of finding the limits of the possible is by going beyond them into the impossible." —Arthur C. Clarke You are almost there!	 Download Now
Day 6	Weekly Motivation	"The difference between the impossible and the possible lies in a person's determination."—Tommy Lasorda	
Day 7	Last Day	LAST day! One last time. Whatever it takes. BEAST UP!	 Download Now



Reflect Week 13



Reflect Week

Day of Week	Topic	Facebook Post (Copy and Paste)	Images (click link to download)
Day 1	The Beachbody Challenge Contest	<p>We made it! So proud of each and every one of you. HUGE CONGRATS!</p> <p>Just a couple of housekeeping items. Don't forget to take your Day 90 photos and measurements and submit your story to the Beachbody Challenge at this link, so you can get your FREE Body Beast tank and a chance to win cash and prizes! http://www.BeachbodyChallengeContest.com</p>	 <p>George T. WON \$500!</p> <p>Download Now</p>
Day 2	Engagement	<p>How do you feel about finishing Body Beast? Take a moment to congratulate yourself and look back on your accomplishment. Think about how far you have come and start setting new goals for what you want to accomplish next.</p> <p>Who accomplished their goals in this 90-day challenge?</p>	 <p>Download Now</p>
Day 3	Engagement	<p>Does anyone have results or photos they want to share? Post them!</p> <p>What was your favorite thing about the program?</p>	
Day 4	Engagement	<p>What lifestyle changes, whether fitness or nutrition, are you going to keep as you go forward? Which new ones do you want to incorporate?</p> <p>And don't forget, this is NOT the end. This is just the beginning of a life of living healthy, loving life, and daily exercise.</p>	

Body Beast® Challenge Group Guide



Reflect Week

Day of Week	Topic	Facebook Post (Copy and Paste)	Images (click link to download)
Day 5	Engagement	How about one last FLEX Friday? I want everyone to submit their best photo showing off those hard-earned results!	 Download Now
Day 6	Engagement	What are you doing differently now that you've transformed your body? Have you gone shopping for new clothes? Have you been going out to more social events? Have you persuaded others to start living a healthier life, too? http://instagram.com/p/dU7kY-Rqw9/#	<p>EXERCISE DAILY EAT HEALTHY WORK HARD STAY STRONG</p> Download Now
Day 7	Fitness Tip	Do some of you worry that what you worked so hard to achieve might not last? We all have those thoughts—but don't fear. Here's an awesome article full of tips to help you maintain your results: http://www.teambeachbody.com/about/newsletters/-/nli/286#280868250	 Download Now