

## Product Training Guide



### What is Beachbody® On Demand?

Beachbody On Demand memberships provide streaming access to dozens of world-class Beachbody programs so members have the tools they need to conquer their health and fitness goals. Choose from hundreds of popular and proven Beachbody workouts, from programs including **21 Day Fix®**, **PiYo®**, **SHIFT SHOP™**, **80 Day Obsession™**, **Double Time™**, and **3 Week Yoga Retreat®**—plus get access to step-by-step program guides, program meal plans, workout calendars, expert advice, and more!

### How does Beachbody On Demand work?

Members can choose workouts by fitness level, exercise type, time, or Super Trainer, and stream them right to their web-enabled TV, laptop, tablet, or smartphone. They even get digital versions of the program guides, program meal plans, and workout calendars, so they can get on the path to great results right away. Beachbody On Demand is always being updated with new programs and exclusive content.



### How do I access Beachbody On Demand?

To access Beachbody On Demand on a laptop, tablet, or smartphone, go to [BeachbodyOnDemand.com](http://BeachbodyOnDemand.com). Members can also stream Beachbody On Demand through a TV using Apple TV, Roku, Amazon Fire TV, and Chromecast, or via the Beachbody On Demand app for iOS and Android. Apple Watch users can stream their workouts on their iPhone or iPad, and Apple Watch will project real-time heart rate and caloric burn on those screens.



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FEATURES AND BENEFITS	
Beachbody On Demand Membership Features	What's the Benefit?
Beachbody fitness programs	Streaming access to hundreds of world-class Beachbody workouts. Plus complete program materials, including fitness guides and workout calendars.
Nutritional tools and resources	Get customized program meal plans, plus access tons of delicious and easy-to-prepare recipes, meal prep tips, and our incredibly healthy cooking show.
Stream from multiple devices	Access Beachbody On Demand through your TV using Apple TV, Roku, Amazon Fire TV, and Chromecast, or download the Beachbody On Demand app for iOS and Android.
Free information and support	Get support from a personal Coach and tap into free fitness and nutrition advice on the Beachbody On Demand Blog and community boards.

### Membership Options:

For a comparison of Beachbody On Demand membership options, [click here](#).

### Suggested Supplements:

- Shakeology® helps provide your customers with the nutritional support they need to get the best results from their Beachbody On Demand program.\*
- Beachbody Performance™ supports your customers in reaching their fitness goals by helping improve endurance, stamina, focus, and recovery.\*
- Shakeology Boosts help your customers tailor their Shakeology to their specific needs. Focused Energy Boost delivers a wholesome boost of energy for mind and body. Power Greens Boost provides more phytonutrients in the diet. Digestive Health Boost helps support regularity and healthy digestion.\*

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RETAILING TIPS	
Who to target:	Why Beachbody On Demand?
People looking to jump-start their fitness and nutrition program for immediate results	Proven programs like 21 Day Fix and CORE DE FORCE are designed to make short-term health and fitness simple and achievable.
New moms who want to get back on track with a regular fitness routine	With Beachbody On Demand, your workouts are ready whenever you are. The Active Maternity series of pre- and postnatal workouts were specially created for new moms and moms-to-be. There is also a wide range of low-impact workouts to choose from.
Exercise enthusiasts looking to take their overall fitness and performance to a new level	Beachbody On Demand features world-famous fitness programs like P90X, INSANITY, and Body Beast—each one proven to deliver serious results right at home.
People searching for nutritional guidance and support to go along with their workouts	Beachbody On Demand allows members to choose a meal plan that fits their goals and their fitness program. And FIXATE—the cooking show available exclusively to Beachbody On Demand members—shows them how to prepare dozens of delicious, portion-controlled meals and snacks.
People who love the energy of dance and group workouts	From beginner workouts like YOUv2, Country Heat, and Brazil Butt Lift, to more advanced choreography like CIZE and TurboFire, there's a program to match every skill level that delivers great results.

\*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.

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