



## Instructions – How to Use This Guide

In this guide, you will find shareable Facebook® posts, including tips, recipes, videos\*, and more, that correspond to each week of your LES MILLS PUMP 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) Set up Facebook group
- 2) Send out the Participant Guide to the Group
- 3) Post Week 0 topics to your Facebook group

### NOTE REGARDING LINKS:

This Weekly Coaching Guide contains links to products, tools, and resources on TeamBeachbody.com. To ensure you receive credit for any sales made through these links, simply append the following text shown in bold (inserting your OWN Coach repID) to the end of the URL, and paste the link into Facebook.

**?referringRepld=[yourID]**

*Example for Coach with repID of 2422 linking to LES MILLS PUMP page:*

<http://www.teambeachbody.com/shop/-/shopping/LMPumpBase?referringRepld=2422>

### TRAINER VIDEOS:

Here is a list of all the weekly videos from Joel and Jericho 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/lXzak-s\\_uWc](http://youtu.be/lXzak-s_uWc)

Week 8: <http://youtu.be/7v1aHrNaus>

Week 2: <http://youtu.be/Sxco8IGDxTs>

Week 9: <http://youtu.be/Z1RPqMp35x4>

Week 3: <http://youtu.be/GigUVKNAYcl>

Week 10: <http://youtu.be/sSuDPLwaACE>

Week 4: <http://youtu.be/mzOk1AgPPO8>

Week 11: <http://youtu.be/CSjf6SVwiFg>

Week 5: <http://youtu.be/LHOpxaid7XM>

Week 12: <http://youtu.be/l7N7qrC8yLg>

Week 6: <http://youtu.be/vuRqfFzULI4>

Week 13: <http://youtu.be/kpPE6pZJKvw>

Week 7: <http://youtu.be/0Zhvd80cHX8>

*\*All trainer videos are also available in the Video Library in the Coach Online Office.*

# LES MILLS PUMP Challenge Group

## Daily Coaching Guide



Download all images in this Challenge Guide:

[http://images.beachbody.com/tbb/images/challenge\\_group\\_guides/PUMP/assets/assets.zip](http://images.beachbody.com/tbb/images/challenge_group_guides/PUMP/assets/assets.zip)

### 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	Introduction	<p>Welcome, everyone!</p> <p>This is our Group's private Facebook® page, and throughout our journey I'll be posting healthy eating and fitness tips, Success Stories, inspirational thoughts and quotes, recipes, and more.</p> <p>But this Facebook page isn't just for me to post stuff, it's for you guys to ask questions, get answers, and connect with each other.</p> <p>This will be a journey, but the best part is that we're all in it together!</p> <p>Start here: Open your PUMP program, review the materials, and be sure to:</p> <ul style="list-style-type: none"><li>• Plan to start your challenge next week with the 7-Day Jump Start that is outlined in the Get Lean Nutrition Guide. This will get your transformation off and running.</li><li>• Watch the PUMP BASICS DVD to learn about the moves and proper form.</li><li>• Practice your moves with the 20-minute PUMP CHALLENGE workout.</li></ul>	
Day 2	"Before" Pictures and Measurements	<p>Don't forget to take your "before" pictures and measurements, and record them on your card that's included in the kit. Be sure to "like" this post after you've done it!</p>	

# LES MILLS PUMP Challenge Group

## Daily Coaching Guide



**WEEK 0**


Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 3	Schedule	Choose your daily Monday through Saturday workout schedule and block off those times on your calendar. We'll start on MM/DD and end on MM/DD. We can start on any day that works best for the Group.	
Day 4	Beachbody Challenge™ Contest	Log on to BeachbodyChallenge.com and sign up to take the Challenge. You'll get a free T-shirt at the end of the program and have a chance to win cash and prizes! Click "like" after you've signed up!	

# LES MILLS PUMP Challenge Group

## Daily Coaching Guide



**WEEK 0**

Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 5	Getting Started Tip	<p>Make sure you have a flat surface and enough room for your PUMP workouts. If you want to get greater range of motion on your chest press, I suggest our height-adjustable step that can be used like a weight bench. You can order one here: <a href="http://teambeachbody.com/shop/-/shopping/BBWorkoutStep">http://teambeachbody.com/shop/-/shopping/BBWorkoutStep</a></p>	 <p><a href="#">Download Now</a></p>
Day 6	SuperGym <sup>®</sup> Login	<p>Log in to SuperGym<sup>®</sup> on Team Beachbody<sup>®</sup> (<a href="http://www.teambeachbody.com/get-fit/supergym">http://www.teambeachbody.com/get-fit/supergym</a>), and auto-schedule your workouts for 90 days starting on MM/DD. You can also use SuperGym to log your measurements and daily workouts, too. Then it's easy to track the progress we're making!</p>	
Day 7	Get to Know You	<p>Let's introduce ourselves!</p> <p>No pressure—don't write a novel! Just briefly answer these 7 simple questions. Copy and paste in the comment section with your answers!</p> <ol style="list-style-type: none"> <li>1. Name</li> <li>2. Where you live</li> <li>3. Occupation</li> <li>4. What Shakeology<sup>®</sup> flavor you're drinking</li> <li>5. One part of your body you'd like to work on the most</li> <li>6. What you usually have for breakfast</li> <li>7. Why you chose LES MILLS PUMP</li> </ol>	

# LES MILLS PUMP Challenge Group

## Daily Coaching Guide



### Week 1

#### Schedule:

Day 1: PUMP CHALLENGE

Day 2: Rest

Day 3: PUMP CHALLENGE

Day 4: FLOW, Walk (45 minutes)

Day 5: PUMP CHALLENGE

Day 6: HARD CORE ABS, Walk (45 minutes)

Day 7: Rest

### WEEK 1

Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 1	Video	Get ready to rock Week 1 with this video from Joel and Jericho! <a href="http://youtu.be/lXzak-s_uWc">http://youtu.be/lXzak-s_uWc</a>	
Day 3	Fitness Tip	Here comes the PUMP CHALLENGE workout! Go slow and steady to start—you're creating a good foundation for the weeks to come. Remember this during the upcoming weeks:	<p><a href="#">Download Now</a></p>



### WEEK 1

Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 4	Nutrition Tip	Have you evaluated your caloric intake? When you're reading food labels at the grocery store, remember that the recommended daily values are based off of a daily diet of 2,000 or 2,500 calories. Make sure the values match your daily caloric needs.	
Day 5	Getting Started Tip	This first phase of PUMP is called Te Wero: The Challenge. You'll do shorter but challenging workouts to help boost your metabolism and stimulate weight loss. Don't worry, you're already getting a great workout—and they'll get longer soon enough!	
Day 6	Shakeology	Try this yummy Shakeology® recipe!	<p><b>VANILLA SHAKEOLOGY®</b> Just one shake a day helps keep the flab away.</p> <p>Give your blender a workout with this delicious recipe:</p> <p><b>PB &amp; J</b></p> <ul style="list-style-type: none"> <li>½ cup unsweetened almond milk</li> <li>½ cup water</li> <li>½ cup red grapes</li> <li>2 tsp. all-natural peanut butter</li> </ul> <p>shakeology</p> <p>Shakeology®. The Healthiest Meal of the Day®</p> <p><a href="#">Download Now</a></p>
Day 7	Motivation	I'm so proud of you for completing Week 1! I know it wasn't easy. Are you feeling great about committing to getting healthy and fit? Kia Kaha—Be Strong!	<p><b>DO NOT GIVE UP, THE BEGINNING IS ALWAYS THE HARDEST.</b></p> <p><a href="#">Download Now</a></p>

# LES MILLS PUMP Challenge Group

## Daily Coaching Guide



### Week 2

#### Schedule:

Day 1: PUMP AND BURN

Day 2: Walk (30 minutes)

Day 3: PUMP CHALLENGE, HARD CORE ABS


Day 4: FLOW

Day 5: PUMP AND BURN

Day 6: Rest

Day 7: HARD CORE ABS, Walk (45 minutes)

### WEEK 2

Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 1	Video	Joel and Jericho start Week 2 right, showing you proper form for the bench press: <a href="http://youtu.be/Sxco8IGDxTs">http://youtu.be/Sxco8IGDxTs</a>	
Day 2	Engagement Question	What are your goals with PUMP? Make them specific. Write them down and post them where you can see them. Even better—share them here, so we can cheer you on! Four tips on how to successfully set and achieve your goals:	<div style="border: 1px solid gray; padding: 5px;"> <ol style="list-style-type: none"> <li>1. BE REALISTIC with your goals</li> <li>2. WRITE DOWN your goals and be specific</li> <li>3. VISUALIZE your results</li> <li>4. REWARD yourself for success</li> </ol> <p style="text-align: center;"><a href="#">Download Now</a></p> </div>
Day 3	Nutrition Tip	Drink two glasses of water when you wake up. Fluids are important for healthy heart function and to keep blood pressure within the healthy range. Hydration in the body is important for transporting carbohydrates, vitamins, minerals, and other important nutrients and oxygen to the cells. Additionally, water acts as a lubricant for muscles and joints; it helps cushion joints and keeps muscles working properly.	 <p style="text-align: center;"><a href="#">Download Now</a></p>
Day 4	Fitness Tip	Keep working on your form. Review your PUMP basics, so you know exactly how to get the most from your efforts.	

# LES MILLS PUMP Challenge Group

## Daily Coaching Guide



**WEEK 2**

Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 5	Shakeology	<p>Need more energy before a workout? Try drinking Shakeology® 1 hour before. The protein and powerhouse superfoods like maca root help elevate your energy levels.</p>	
Day 7	Motivation	<p>It's Day 14 and you should be feeling the benefit of your efforts by now. Use your sense of accomplishment and be an inspiration for others. Share your enthusiasm. See if others will join you for a workout. And check out Jody's LES MILLS PUMP/Shakeology® transformation:</p>	



# LES MILLS PUMP Challenge Group

## Daily Coaching Guide



### Week 3

#### Schedule:

Day 1: PUMP AND BURN

Day 2: HARD CORE ABS, Walk (45 minutes)

Day 3: PUMP AND BURN

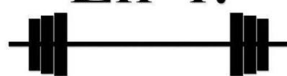
Day 4: FLOW, HARD CORE ABS

Day 5: Rest

Day 6: PUMP AND BURN

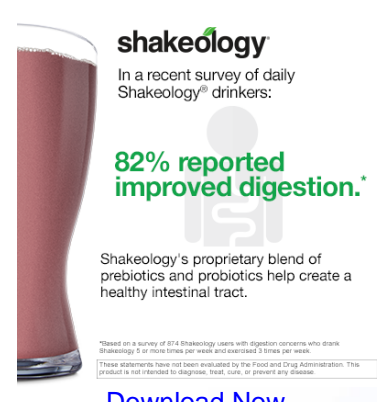

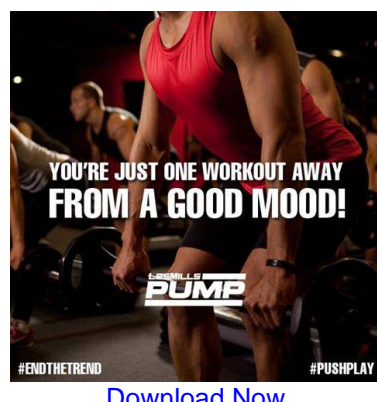
Day 7: HARD CORE ABS, Walk (45 minutes)

### WEEK 3

Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 1	Video	Joel and Jericho drive you to increase momentum in Week 3! <a href="http://youtu.be/GigUVKNAYcl">http://youtu.be/GigUVKNAYcl</a>	
Day 2	Fitness Tip	Did you know your muscles actually grow during rest, not training? Lifting stresses and breaks down muscle, causing it to produce thicker fibers when it rebuilds after your workout. Another reason why you should rest when you need it!	<p>LIVE, LOVE, LIFT.</p>  <p><a href="#">Download Now</a></p>
Day 3	Nutrition Tip	A recent study at the University of Minnesota found that people who started a weight loss program with higher levels of vitamin D lost more than those who weren't getting enough of the nutrient. In addition, vitamin D has also been shown to boost the effects of our satiety hormone leptin, which makes us feel full. So try supplementing 1,000 international units of vitamin D to enhance and accelerate your weight loss regimen!	
Day 4	Fitness Tip	Feeling sore? That's why doing the FLOW workout is so important. Stretching increases blood flow to the muscles, and can help improve flexibility. Plus, it can help reduce the soreness and keep you feeling ready to go!	



WEEK 3

Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 6	Shakeology	<p><b>Real talk:</b> Are you feeling digestive discomfort at this stage in the game? Try using ½ scoop of Shakeology®, twice daily—then slowly work up to 1 full scoop per serving.</p> <p><b>OR</b></p> <p><b>Are you having trouble "going"?</b> Make sure you drink lots of water. Plus, consider adding some healthy fats to your diet, like coconut oil, olive oil, or avocados. Keep with it! A survey from May 2013 shows that if you drink Shakeology every day, your digestion and regularity may improve!</p>	 
Day 7	Motivation	<p>Why it's important to make a plan: "Setting goals is the first step in turning the invisible into the visible."—Tony Robbins</p>	

# LES MILLS PUMP Challenge Group

## Daily Coaching Guide



### Week 4

#### Schedule:

Day 1: PUMP AND BURN

Day 2: Rest

Day 3: PUMP AND BURN


Day 4: HARD CORE ABS, Walk (45 minutes)

Day 5: PUMP AND BURN

Day 6: FLOW

Day 7: PUMP AND BURN

### WEEK 4

Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 1	Video	Can you believe you're already on Week 4 of your Challenge? By the way, note that there's an error in the fit guide. Switch Day 6 and Day 7. Get a boost from Joel and Jericho: <a href="http://youtu.be/mzOk1AgPPO8">http://youtu.be/mzOk1AgPPO8</a>	
Day 3	Fitness Tip	Are you feeling changes in your energy levels, or noticing that your clothes fit differently? Positive change in your body is about more than numbers on a scale.	
Day 4	Nutrition Tip	50% of your results are based on what you eat. Are you eating whole, clean food? If not, throw out the junk food and recommit to your healthy eating plan! As trainer Joel Freeman would say:	 <p><a href="#">Download Now</a></p>

# LES MILLS PUMP Challenge Group

## Daily Coaching Guide



**WEEK 4**

Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 5	Motivation	There's no time like the present! "What you do today can improve all your tomorrows."—Ralph Marston	<p><b>WELL ITS NOT GOING TO LIFT ITSELF</b></p> <p><a href="#">Download Now</a></p>
Day 6	Shakeology	<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)</p> <p>1 scoop Chocolate Shakeology®</p> <p>1/8 tsp. mint extract</p> <p>1 cup water</p> <p>1 cup ice</p>	<p><a href="#">Download Now</a></p>
Day 7	Fitness Tip	<p>Feeling comfortable with PUMP AND BURN? If you're ready for the next level, try adding some extra weight. Pushing your body's limits is how you'll gain strength, build muscle, and lose weight. Check out Kayla's LES MILLS PUMP transformation!</p>	<p><b>Kayla G. WON \$500!</b></p> <p><small>"I could have used having a baby as an excuse for not being where I want to be. Luckily, I decided that I wanted more for myself (and for my family)! I want to be an example to my son and show him the greatest gift of all—a happy and healthy mom!"</small></p> <p><b>BEACHBODY CHALLENGE</b></p> <p><a href="#">Download Now</a></p>

# LES MILLS PUMP Challenge Group

## Daily Coaching Guide




### Week 5

#### Schedule:

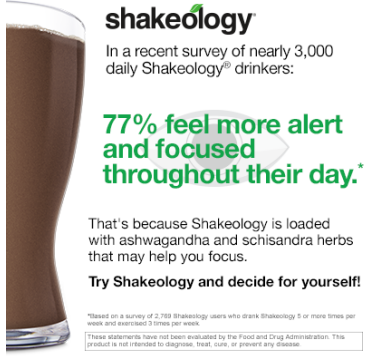

- Day 1: PUMP AND SHRED
- Day 2: HARD CORE ABS, Walk (45 minutes)
- Day 3: PUMP AND BURN
- Day 4: FLOW, HARD CORE ABS
- Day 5: Rest
- Day 6: PUMP AND SHRED
- Day 7: HARD CORE ABS, Walk (45 minutes)

## WEEK 5

Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 1	Video	Joel and Jericho show you how to kick it up a notch in Week 5! <a href="http://youtu.be/LHOpxaid7XM">http://youtu.be/LHOpxaid7XM</a>	
Day 2	Fitness Tip	You're up to 45-minute workouts! Do you feel the difference in your strength? Your FLOW workouts are crucial now, since they help your tight muscles to release and recover.	
Day 3	Nutrition Tip	Postworkout recovery tip: Eat a fruit snack within 30 minutes of finishing your workout. Your body needs the sugar to replace the glycogen in the muscles so you'll have energy the next day.	 <p style="text-align: center;"><a href="#">Download Now</a></p>
Day 4	Motivation	Track your progress by taking your Day 30 photos and measurements. Share your results! You'll get support from fellow Challenge members—and be able to give it back!	



**WEEK 5**

Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 6	Shakeology	Stay on track with Shakeology®, the Healthiest Meal of the Day®! What benefits have you noticed in your first month of drinking Shakeology? Here is one of my favorites:	
Day 7	Motivation	Every day, every workout, makes a difference. "There are no shortcuts to any place worth going."—Beverly Sills	

# LES MILLS PUMP Challenge Group

## Daily Coaching Guide



### Week 6

#### Schedule:

Day 1: PUMP AND SHRED

Day 2: HARD CORE ABS, Walk (45 minutes)

Day 3: PUMP AND SHRED

Day 4: FLOW, HARD CORE ABS

Day 5: Walk (45 minutes)

Day 6: PUMP AND SHRED


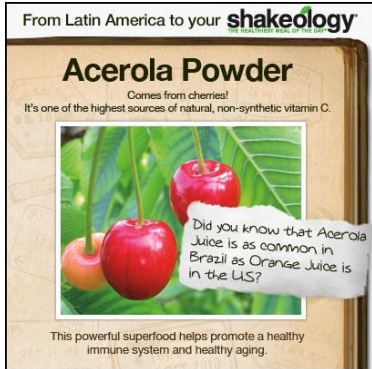

Day 7: Rest

### WEEK 6

Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 1	Video	Joel and Jericho introduce you to Phase 2 of PUMP! <a href="http://youtu.be/vuRqfFzULI4">http://youtu.be/vuRqfFzULI4</a>	
Day 2	Fitness Tip	This week starts Phase 2—Panoni: The Change. You'll focus on changing your shape by building and sculpting the muscles that will help you "lean out" your look. Can you already see them starting to show?	
Day 3	Nutrition Tip	Keep your fat-burning metabolism amped in Phase 2 by adding 200 calories of protein daily. Check your Get Lean Guide for your tasty options.	



### WEEK 6

Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 4	Motivation	Are there clothes you can wear now that you couldn't when you started? Feeling ready to give away the "fat pants"? Pick out an outfit you'll look great in by Week 12. Check out Christopher's amazing PUMP results:	 <p><b>Christopher E. lost 55 lbs. and WON \$500!</b></p> <p><small>"Les Mills Pump helped me lose 22 inches and 55 pounds! I have always wanted to join the military, but was unable to because of my weight. Beachbody has kickstarted the weight loss process. I still have some more weight to lose, but Beachbody will help me get there."</small></p> <p><b>BEACHBODY CHALLENGE</b></p> <p><a href="#">Download Now</a></p>
Day 5	Shakeology	<b>Awesome thought:</b> When you drink Shakeology® daily, you're getting superfoods and minerals that health nuts like Shakeology creator Darin Olien spend their lives searching for! Here's a really cool ingredient:	 <p>From Latin America to your <b>shakeology</b></p> <p><b>Acerola Powder</b></p> <p>Comes from cherries! It's one of the highest sources of natural, non-synthetic vitamin C.</p> <p>Did you know that Acerola Juice is as common in Brazil as Orange Juice is in the US?</p> <p>This powerful superfood helps promote a healthy immune system and healthy aging.</p> <p><a href="#">Download Now</a></p>
Day 6	Fitness Tip	Want to pump up your cardio? Try the Ultimate Cross-Training Kit: <a href="http://teambeachbody.com/shop/-/shopping/LMPDlxUpgrade">http://teambeachbody.com/shop/-/shopping/LMPDlxUpgrade</a> . Don't be afraid to step it up!	 <p><b>LES MILLS PUMP</b></p> <p>LES MILLS PUMP CROSS TRAINING DELUXE PACKAGE</p> <p><a href="#">Download Now</a></p>





### Week 7

#### Schedule:

Day 1: PUMP AND BURN, HARD CORE ABS

Day 2: Rest

Day 3: PUMP REVOLUTION


Day 4: HARD CORE ABS, Walk (60 minutes)

Day 5: PUMP AND SHRED

Day 6: FLOW, HARD CORE ABS



Day 7: Walk (60 minutes)

### WEEK 7

Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 1	Video	Joel and Jericho share their Week 7 excitement! <a href="http://youtu.be/0Zhvd80cHX8">http://youtu.be/0Zhvd80cHX8</a>	
Day 3	Fitness Tip	PUMP works all your muscles to get your entire body strong and lean. Today your first PUMP REVOLUTION workout includes triceps, biceps, and intense lunges, for a full 55 minutes! We're not leaving the abs out, either.	
Day 4	Nutrition Tip	Steaming vegetables preserves more nutrients than boiling them. When you boil veggies, many of their nutrients leach into the water. And the longer they're boiled, the less nutritious they become. I like to lightly steam my vegetables for just a few minutes so they're still bright and crisp. What are your favorite steamed veggies?	 <a href="#">Download Now</a>



### WEEK 7

Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 5	Fitness Tip	Pick up the pace with SPORTS ATTACK, a high-energy cardio workout that will help burn fat fast. You can get it in the PUMP upgrade at <a href="http://teambeachbody.com/shop/-/shopping/LMPDlxUpgrade">http://teambeachbody.com/shop/-/shopping/LMPDlxUpgrade</a> . Want more info? Comment below!	 <p><b>LES MILLS SPORTS ATTACK</b> Fire up your fat burners. These intense sports drills will challenge you to train like an elite athlete. (30 minutes)</p> <p><a href="#">Download Now</a></p>
Day 6	Shakeology	<p>This is one of my favorites! Try this delicious Tropical Strawberry Shakeology® recipe:</p> <p>Mojito (166 calories) 1 scoop vegan Tropical Strawberry Shakeology 1 Tbsp. fresh lime juice 1 cup water</p>	 <p><a href="#">Download Now</a></p>
Day 7	Motivation	"We do not stop exercising because we grow old; we grow old because we stop exercising."—Dr. Kenneth Cooper. What's your favorite motivational quote?	

# LES MILLS PUMP Challenge Group

## Daily Coaching Guide



### Week 8

#### Schedule:

Day 1: PUMP EXTREME

Day 2: HARD CORE ABS, Walk (45 minutes)

Day 3: PUMP AND SHRED


Day 4: Rest

Day 5: FLOW, HARD CORE ABS

Day 6: PUMP EXTREME

Day 7: Walk (60 minutes)

### WEEK 8

Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 1	Video	Jericho gives you the skinny on what it means to get lean, plus shows you proper form for Mac Raises: <a href="http://youtu.be/7v1aHrNaus">http://youtu.be/7v1aHrNaus</a>	
Day 2	Fitness Tip	No more short workouts—the real burn is here! Give your best with every rep, fast and slow, and feel THE REP EFFECT® working to shape your strong, sleek new body.  See what Leah did with THE REP EFFECT®! "I feel amazing! I am stronger and fitter than I was even in high school. I am so beyond thrilled with my first round of LES MILLS PUMP results and recommend this program to everyone."	 <p style="text-align: center;"><a href="#">Download Now</a></p>
Day 3	Nutrition Tip	Plenty of healthy snacks have lots of crunch and flavor. Bell pepper strips, fresh string beans, even air-popped popcorn taste great and won't land on your waist. Check your Get Lean Guide for other satisfying suggestions.	

# LES MILLS PUMP Challenge Group

## Daily Coaching Guide



WEEK 8

Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 5	Motivation	"If you train hard, you'll not only be hard, you'll be hard to beat."—Herschel Walker	
Day 6	Shakeology	<b>Fun fact:</b> Instead of going to a juice chain and getting a wheat grass shot for \$3, just drink Shakeology®—it's already in there. Even better, the wheat grass used in Shakeology is harvest in a very immature stage (freshly sprouted) so it's gluten free.	
Day 7	Fitness Tip	Up your cardio and scorch more fat by mixing in STEP, COMBAT, or SPORTS ATTACK instead of your long walk. You want to reveal the sexy muscles you're building! Like this post if you feel like this:	<p><b>YES IM GUILTY!</b> <b>I JUST KILLED MY WORKOUT</b> <a href="#">Download Now</a></p>

# LES MILLS PUMP Challenge Group

## Daily Coaching Guide



### Week 9

#### Schedule:

Day 1: PUMP REVOLUTION

Day 2: Rest

Day 3: PUMP EXTREME

Day 4: FLOW, HARD CORE ABS

Day 5: Rest

Day 6: PUMP REVOLUTION

Day 7: Walk (60 minutes)

## WEEK 9



Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 1	Video	Enjoy some praise from Joel and Jericho—after 8 weeks, you've earned it! <a href="http://youtu.be/Z1RPqMp35x4">http://youtu.be/Z1RPqMp35x4</a>	
Day 3	Fitness Tip	Are you getting enough sleep? 7 or 8 hours of proper sleep is proven to be related to improved health and weight loss.	

# LES MILLS PUMP Challenge Group

## Daily Coaching Guide



WEEK 9

Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 4	Nutrition Tip	Remember to eat clean, healthy food with ingredients you can pronounce. NO diet soda, diet sport drinks, energy drinks, or any kind of sugar-free junk. While it has little to no calories, this stuff can mess with you hormonally, making weight loss more difficult.	
Day 5	Motivation	Take your Day 60 photos and measurements to see how your effort is reshaping your body. You did that! I love these inspiring words from an unstoppable Olympian: "When anyone tells me I can't do anything, I'm just not listening anymore."—Florence Griffith-Joyner	 <p><a href="#">Download Now</a></p>
Day 6	Fitness Tip	Some of my clients have found E&E Energy and Endurance® Preworkout Formula helps them push harder in their workouts. Any E&E lovers out there? <a href="http://teambeachbody.com/shop/-/shopping/EandETub">http://teambeachbody.com/shop/-/shopping/EandETub</a>	 <p><a href="#">Download Now</a></p>
Day 7	Shakeology	Recipe swap! Tell the group your favorite Shakeology® recipe.	

# LES MILLS PUMP Challenge Group

## Daily Coaching Guide



### Week 10

#### Schedule:

Day 1: PUMP EXTREME

Day 2: FLOW

Day 3: Rest

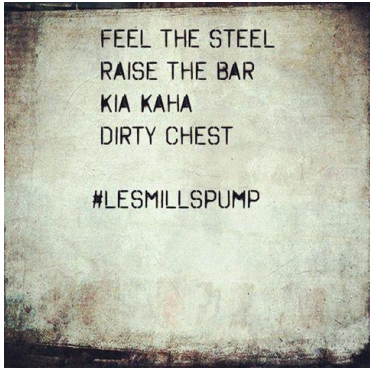
Day 4: PUMP REVOLUTION

Day 5: FLOW, HARD CORE ABS

Day 6: PUMP EXTREME

Day 7: Walk (60 minutes)

### WEEK 10

Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 1	Video	Let Joel and Jericho cheer you into the home stretch! <a href="http://youtu.be/sSuDPLwaACE">http://youtu.be/sSuDPLwaACE</a>	
Day 2	Fitness Tip	The end is in sight! Only a few weeks until the Challenge is complete—can you push yourself harder until then? Kia Kaha—Be Strong! A few PUMP sayings to keep you going:	 <a href="#">Download Now</a>
Day 4	Nutrition Tip	Do you want to shed more inches? Or are you ready to maintain the body you've already sculpted? The choice is yours. Check your Get Lean Guide and pick your path.	
Day 5	Engagement Question	What's your favorite PUMP song? Got a playlist that keeps your muscles pumping? Share your best workout grooves here.	



### WEEK 10

Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 6	<p>Kicking Cravings</p> <p>Engagement Question</p>	<p>By now you should be feeling reduced cravings for junk food. That's because the nutrients in Shakeology® feed your body with the stuff it needs, and its 15+ grams of protein help you stay satisfied!</p> <p>What foods has Shakeology helped you stopped craving?</p>	<p><b>shakeology</b></p> <p>In a recent survey of nearly 3,000 daily Shakeology® drinkers:</p> <p><b>81% feel it helped reduce their cravings for junk food.*</b></p> <p>You won't feel deprived, because every delicious shake tastes like a sinful treat.</p> <p><small>*Based on a survey of 2,789 Shakeology users who drank Shakeology 5 or more times per week and exercised 3 times per week.</small></p> <p><small>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.</small></p> <p><a href="#">Download Now</a></p>
Day 7	Motivation	<p>Check your original program goals. Are you still on track? "Each of us has a fire in our hearts for something. It's our goal in life to find it and keep it lit."—Mary Lou Retton</p> <p>Trevis wanted to get fit and make a positive change in his life. He chose LES MILLS PUMP, and after finishing the program, he felt great about his lean, strong body transformation. Trevis reached his goals—and so can you!</p>	<p>BEFORE      AFTER</p> <p>TREVIS U.</p> <p><b>PUMP</b></p> <p><a href="#">Download Now</a></p>



# LES MILLS PUMP Challenge Group

## Daily Coaching Guide



### Week 11

#### Schedule:

Day 1: PUMP REVOLUTION

Day 2: Walk (60 minutes)

Day 3: Rest

Day 4: PUMP EXTREME

Day 5: FLOW

Day 6: Walk (60 minutes)


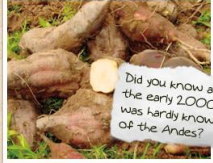
Day 7: PUMP REVOLUTION

### WEEK 11

Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 1	Video	Joel and Jericho tell you how to push it, and demo the perfect plank! <a href="http://youtu.be/CSjf6SVwiFg">http://youtu.be/CSjf6SVwiFg</a>	
Day 2	Fitness Tip	With only two weeks to go, you are looking and feeling better—what will you do next to keep up the great work? There are many great choices, so let me know if I can help you pick the right program to meet your ongoing goals. If you'd like to stick with the Les Mills® group, try LES MILLS COMBAT!	<p style="text-align: center;"><a href="#">Download Now</a></p>
Day 4	Nutrition Tip	You've been eating well for the last 11 weeks. Are you feeling better because of it? Share the lifestyle changes you'll be making permanently.	



**WEEK 11**

Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 5	Motivation	<p>Are you staying excited about your progress? Use the power of positive affirmations to pump yourself up, and you'll be ready to focus and get the max out your LES MILLS PUMP workouts. That intensity could be the difference between meeting your goals and falling short.</p> <p>PUMP is calling . . . are you going to answer?</p>	 <p><a href="#">Download Now</a></p>
Day 6	Shakeology	<p>Ever heard of Yacon Root? You're drinking it every day!</p>	<p>From Latin America to your <b>shakeology</b></p> <p><b>Yacon</b> It's texture and flavor is similar to yicama, except its sweeter!</p>  <p><i>Did you know as late as the early 2000s, Yacon was hardly known outside of the Andes?</i></p> <p>Yacon is rich in prebiotics and is known to help support digestion, colon health, and healthy immune function.</p> <p><a href="#">Download Now</a></p>
Day 7	Motivation	<p>Stay committed to your goals—only two weeks left!</p>	

# LES MILLS PUMP Challenge Group

## Daily Coaching Guide




### Week 12

#### Schedule:

- Day 1: Walk (60 minutes)
- Day 2: PUMP EXTREME
- Day 3: FLOW
- Day 4: Rest
- Day 5: PUMP REVOLUTION
- Day 6: Walk (60 minutes)
- Day 7: PUMP EXTREME

## WEEK 12

Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 1	Video	Week 12's message: Push it even harder! <a href="http://youtu.be/l7N7qrC8yLg">http://youtu.be/l7N7qrC8yLg</a>	
Day 2	Motivation	Fun is an important part of a successful exercise program—the more fun you have, the more likely you are to stick with it. Who's having fun and feeling strong with PUMP?	 <p style="text-align: center;"><a href="#">Download Now</a></p>
Day 3	Nutrition Tip	Are you eating enough fiber? Fiber contains zero calories and promotes regularity. You should have at least 25 grams in your daily diet.	

# LES MILLS PUMP Challenge Group

## Daily Coaching Guide



**WEEK 12**

Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 5	Motivation	<p>You're so close to achieving your goals! "Focus, discipline, hard work, goal setting, and, of course, the thrill of finally achieving your goals. These are all lessons in life."—Kristi Yamaguchi</p> <p>Watch the incredible story of Jessica W., a kindergarten teacher who lost 74 pounds with LES MILLS PUMP and Shakeology® and won over \$100,000 in the Beachbody Challenge™!  <a href="http://beachbodysocial.com/L3Y">http://beachbodysocial.com/L3Y</a></p>	
Day 6	Shakeology	<p>What whole foods would you have to eat to get all the nutrients in Shakeology®?  <a href="http://www.youtube.com/watch?v=8cDjR6vaGig&amp;list=UUKMBDgXDMqw4wQ-OzHEhIQ&amp;index=34&amp;feature=plcp">http://www.youtube.com/watch?v=8cDjR6vaGig&amp;list=UUKMBDgXDMqw4wQ-OzHEhIQ&amp;index=34&amp;feature=plcp</a></p>	
Day 7	Fitness Tip	<p>Has anyone tried Results and Recovery Formula®? If so, do you find it helps you recover from a tough PUMP workout? <a href="http://teambeachbody.com/shop/-/shopping/P90XRRFTub">http://teambeachbody.com/shop/-/shopping/P90XRRFTub</a></p>	 <p><a href="#">Download Now</a></p>

# LES MILLS PUMP Challenge Group

## Daily Coaching Guide



### Week 13

#### Schedule:

Day 1: FLOW, HARD CORE ABS

Day 2: PUMP REVOLUTION

Day 3: Rest

Day 4: Walk (60 minutes)

Day 5: Rest

Day 6: PUMP EXTREME

### WEEK 13



Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 1	Success Story	You've made it to the final week! Get your props from Joel and Jericho: <a href="http://youtu.be/kpPE6pZJKvw">http://youtu.be/kpPE6pZJKvw</a> Also, get ready to take your Day 90 photos at the end of the week. It's time to show off your results! And remember to wear the same clothes you have been wearing in your previous photos.	
Day 2	Nutrition Tip	Remember those goals you set at the beginning of the program—did you achieve them? How is your life different today? Make sure to send in your photos and results to the Beachbody Challenge™ for a chance to win cash and prizes—why not? You have done the work!	
Day 3	Coach Lead Generation	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 someone else get results like yours, perhaps becoming a Team Beachbody® Coach is right for you. Anyone out there inspired to become a Coach? I'm sure you have a ton of questions about what's involved—so send them my way.	

# LES MILLS PUMP Challenge Group

## Daily Coaching Guide



**WEEK 13**

Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 4	Health Tip/ Benefits	You CAN keep the weight off! Studies show that people who eat breakfast every day are less likely to regain the weight they recently lost. And by eating a protein-rich breakfast (like Shakeology®), you'll feel full longer, plus you won't have the urge to snack throughout the day.	 <p><b>shakeology</b></p> <p>In a recent survey of nearly 3,000 daily Shakeology® drinkers:</p> <p><b>81% said Shakeology kept them full until their next meal.*</b></p> <p>And since you feel fuller longer, you're less likely to snack on junk food!</p> <p><b>Try Shakeology and decide for yourself!</b></p> <p><small>*Based on a survey of 2,769 Shakeology users who drank Shakeology 5 or more times per week and exercised 3 times per week.</small></p> <p><small>†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.</small></p> <p><a href="#">Download Now</a></p>
Day 5	Shakeology	"Like" this post if you've been successful with Shakeology® because it's a convenient meal you have ready instead of reaching for junk food.	
Day 6	Fitness	Congrats on the fitness and nutrition changes you have made during PUMP. How do you plan to maintain the awesome results you have achieved? If you haven't already, please take your Day 90 photos! Send in your Success Story to <a href="http://BeachbodyChallengeContest.com">BeachbodyChallengeContest.com</a> and get a free LEAN, STRONG & UNSTOPPABLE T-shirt!	 <p><a href="#">Download Now</a></p>