

Instructions – How to Use This Guide

In this guide, you'll find shareable social media posts—including tips, recipes, videos, and more—to help you manage your P90X Challenge group. These posts are arranged by week, but feel free to mix and match to suit the particular 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 the P90X, including recommendations on products and nutrition, to ensure your group's ultimate success.
3. Share this [message from Tony](#) with your challengers.
4. Post Week 0 topics to your group's wall.

NOTE REGARDING LINKS:

This P90X Challenge Group Guide contains links to products, tools, and resources on TeamBeachbody.com. To ensure you receive credit for any sales made through these links, simply insert your OWN Coach repID to the end of the URL: **?referringRepld=[yourID]**

As an example, let's say you're a Coach with the repID of 2422, and you're linking to the P90X Challenge Pack page. The link you'd want to paste into your social posts would read as follows:

<https://www.teambeachbody.com/checkout/-/bbcheckout/challengepack/p90x?referringRepld=2422>

VIDEOS:

Use Tony's weekly videos to help motivate and guide your Group through its journey. The easy access links below are also listed in the weekly posts of this guide.

Week 1: <http://youtu.be/h1GVmbhc2OM>

Week 2: http://youtu.be/j_FHJCQRSAw

Week 3: http://youtu.be/_8XXObLfO6o

Week 4: <http://youtu.be/RoGkyftpsw8>

Week 5: <http://youtu.be/rJwWL-QaODY>

Week 6: http://youtu.be/eFTK_Na0apU

Week 7: <http://youtu.be/7JGK5QHycNU>

Week 8: <http://youtu.be/PQBPXJqE4oc>

Week 9: <http://youtu.be/iiyU4J6hcvs>

Week 10: <http://youtu.be/ISIFjPxI5hI>

Week 11: http://youtu.be/jniJY_0hu8g

Week 12: <http://youtu.be/2pD-0iTal2g>

Week 13: <http://youtu.be/jIrdBH8NxiY>



P90X® Challenge Group Guide



Download all images in this Challenge Guide:

http://images.beachbody.com/tbb/images/challenge_group_guides/P90X/assets/assets.zip


Prep Week 0 (The Week Before Your Challenge Begins)

			WEEK 0
Day of Week	Topic	Facebook® (Copy and Paste)	Images (click link to download)
Day 1	Participant First Steps	<p>Welcome, everyone! 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. 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 we're all in it together!</p> <p>To introduce yourselves to one another, without feeling pressured to write a novel, here's a list of 7 simple questions. Copy and paste your answers to these in the "Comment" section!</p> <ol style="list-style-type: none">1. Name2. Where you live3. Occupation4. Favorite Shakeology® flavor5. One part of your body you'd like to work on the most6. What you usually have for breakfast <p>What food(s) you dislike</p>	 <p>NEVER GIVE UP ON A DREAM JUST BECAUSE OF THE TIME IT WILL TAKE TO ACCOMPLISH IT. THE TIME WILL PASS ANYWAY. -Earl Nightingale</p> <p>Download Now</p>
Day 2	Nutrition Tip	<p>P90X® comes with a simple-to-follow Nutrition Guide filled with tips on how to stick to a healthy eating plan that's tailored to your needs. Please follow your plan as closely as possible. Remember: FOOD IS FUEL! Your results are dependent upon how well you fuel your body.</p> <p>For additional meal ideas, visit the recipe section on Team Beachbody®: http://www.teambeachbody.com/eat-smart/recipes</p>	 <p>Download Now</p>

Day of Week	Topic	Facebook (Copy and Paste)	Images
Day 3	Getting Started	<p>To get started, take the following steps:</p> <ol style="list-style-type: none"> (1) Open your P90X® kit. (2) Review the materials, including the P90X Fitness and Nutrition Guides. (3) Watch the "How to Bring It" DVD. (4) Make sure you have all the tools you need to succeed, including dumbbells or resistance bands, as well as a way to do pull-ups. If you have a chin-up bar: http://TeamBeachbody.com/shop/-/shopping/Chinupbar, I recommend the adjustable Chin-Up Max to help you work your way up to doing more pull-ups: http://www.teambeachbody.com/shop/-/shopping/Chin-UpMax (5) I also suggest you try using P90X Results and Recovery Formula®, designed to maximize your muscle recovery, so you'll be ready to Bring It every day: http://www.teambeachbody.com/shop/-/shopping/P90XRRFTub And use E&E Energy and Endurance Formula® to help give you the added boost you need to push through your P90X workouts: http://www.teambeachbody.com/shop/-/shopping/EandETub. (6) To schedule and track your P90X workouts, purchase the P90X App for iPhone® or Android™ (7) Find P90X worksheets here: http://www.teambeachbody.com/get-fit/fitness-tools/workout-sheets (8) And finally, remember to take the Fit Test! 	

P90X® Challenge Group Guide

WEEK 0

Day of Week	Topic	Facebook (Copy and Paste)	Images
Day 4	Shakeology	<p>Every Challenge Pack comes with Shakeology®, which is best used daily. Breakfast is a great time to have your Shakeology, but feel free to incorporate it at any point in the day.</p> <p>Check out Kristin's Shakeology success and results story:</p> <p>http://www.teambeachbody.com/showcase/-/bcp/75265974001/1?referringRepld=1</p>	 <p>Download Now</p>
Day 5	Goal Setting	<p>Let people close to you know about your health and nutrition goals—their awareness will help you achieve the results you're looking for!</p> <p>Four tips for how to successfully set and achieve your goals:</p>	<ol style="list-style-type: none"> 1. BE REALISTIC with your goals 2. WRITE DOWN your goals and be specific 3. VISUALIZE your results 4. REWARD yourself for success <p>Download Now</p>
Day 6	"Before" Pictures and Measurements	<p>1-2-3 . . . Smile! Be sure to take your "before" photos and measurements today so that, as your body transforms, you can measure your changes against where you began. We know not everyone likes to document things about themselves that they wish to change—but trust us, do it now, and you'll be thankful later. Plus, you'll need your "before" and "after" info to enter <u>the Beachbody Challenge™</u>, <u>get your FREE shirt, and have a chance to win serious cash and prizes!</u></p> <p>Here's a quick video with tips on how to take your prize-worthy "before" shots:</p> <p>http://www.teambeachbody.com/showcase/-/bcp/85185579001/1?referringRepld=1</p> <p>We also encourage you to "Like" this post after you've taken your photos and measurements!</p>	
Day 7	Team Beachbody Club Details	<p>If you haven't yet received your program and are wondering, "What do these workouts look like?" or "What am I going to be eating for the next few weeks?" check out the Team Beachbody Club. Once you enroll and log in, you'll be able to access Beachbody On Demand, where you can stream all your workouts and check out your program materials (including your meal guide) in one place. It's super-convenient (I use it to do my workouts [insert place]) and it shows you what's in store throughout your program.</p> <p>Click here to log in: http://club.teambeachbody.com/login/ (Subscription fees apply. See website for full details.)</p>	

P90X® Challenge Group Guide



Week 1

Schedule:

Day 1: Chest & Back, Ab Ripper X

Day 2: Plyometrics

Day 3: Shoulders & Arms, Ab Ripper X


Day 4: Yoga X

Day 5: Legs & Back, Ab Ripper X

Day 6: Kenpo X

Day 7: Rest or X Stretch


WEEK 1

Day of Week	Topic	Facebook (Copy and Paste)	Images
Day 1	Video	It's Day 1—let's start it off right! Check out this week's video from Tony to get the ball rolling: http://youtu.be/h1GVmbhc2OM	
Day 2	Motivation	I hope you enjoyed your first workout, drank your Shakeology®, and let the transformation begin! For this first week, don't worry if the workouts seem difficult or hard to follow, just do your best and forget the rest!	 Download Now
Day 3	Fitness Tip	At this early stage, it's not how many reps you've done; it's about doing each move correctly and not sacrificing your form. If you find yourself struggling, the best thing you can do is modify.	
Day 4	Shakeology	Ever wonder where the incredible Shakeology® ingredients come from? Check out this video, which never fails to inspire me! http://tbbcoa.ch/18lCtqv	

P90X® Challenge Group Guide



WEEK 1



Day of Week	Topic	Facebook (Copy and Paste)	Images
Day 5	Success Story	<p>The first time Tommy M. did a P90X® workout, he couldn't do 20% of what he was watching them do on-screen. But he followed Tony's advice to "Do your best and forget the rest," and just did whatever he was capable of. In his first 90 days, Tommy lost 47 lbs.!</p> <p>Follow Tommy's lead—just do the best you can and BRING IT!®</p> <p>http://www.youtube.com/watch?v=BCvh2Ux7-P8&list=PLCB9918B656F53C00&index=11&feature=plpp_video</p>	
Day 6	Upsell	<p>Anyone else a neat freak? Get one of these awesome Shakeology® containers and you'll never look back.</p> <p><i>"I got so tired of unsealing and resealing the Shakeology bag and getting my hand dirty. Then I got this!"</i></p> <p>http://teambeachbody.com/shop/-/shopping/ShkStorageCan</p>	 <p>Download Now</p>

P90X® Challenge Group Guide




Week 2 Schedule

- Day 1: Chest & Back, Ab Ripper X
- Day 2: Plyometrics
- Day 3: Shoulders & Arms, Ab Ripper X
- Day 4: Yoga X
- Day 5: Legs & Back, Ab Ripper X
- Day 6: Kenpo X
- Day 7: Rest or X Stretch

WEEK 2			
Day of Week	Topic	Facebook (Copy and Paste)	Images
Day 1	Video	Check out this week's video from Tony: http://youtu.be/j_FHJCQRSAw	
Day 2	Nutrition	<i>"If you always put limits on what you can do, physical or anything else, it'll spread over into the rest of your life. It'll spread into your work, into your morality, into your entire being. There are no limits. There are plateaus, but you must not stay there, you must go beyond them. If it kills you, it kills you. A man must constantly exceed his level."</i> —Bruce Lee	 Download Now
Day 3	Shakeology	If you keep up with your daily Shakeology® routine, you should experience some positive changes. Do you feel more energized yet?	 Download Now

WEEK 2

Day of Week	Topic	Facebook (Copy and Paste)	Images
Day 4	Fitness Tip	"Yoga is the fountain of youth, there's no question about it." —Tony Horton Do Yoga X today! It will help with your muscle soreness.	
Day 5	Nutrition Tip	Forget everything you learned about just eating breakfast, lunch, and dinner. That's because eating only 3 times per day ISN'T the best way to fuel your body. Instead, eat 5 times per day (3 meals and 2 snacks)—that way your blood sugar will remain stable instead of peaking and crashing.	
Day 6	Motivation	WEEK 2 is almost done! It's your last workout of the week! So if you woke up this morning and forgot the answer to the simple question, "Should I Work Out Today?", here's a hint on what the correct answer is:	 <p>Download Now</p>
Day 7	Check In	Two weeks are done! Now that we're two weeks in, you should start feeling a bit more energetic and confident that you can get through 90 days! What's your favorite workout so far?	



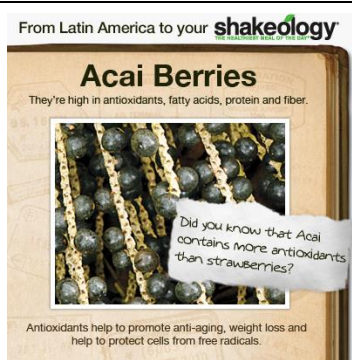
P90X® Challenge Group Guide




Week 3 Schedule

Day 1: Chest & Back, Ab Ripper X
 Day 2: Plyometrics
 Day 3: Shoulders & Arms, Ab Ripper X
 Day 4: Yoga X
 Day 5: Legs & Back, Ab Ripper X
 Day 6: Kenpo X
 Day 7: Rest or X Stretch

WEEK 3

Day of Week	Topic	Facebook (Copy and Paste)	Images
Day 1	Video	Check out this week's video from Tony: http://youtu.be/_8XXObLfO6o	
Day 2	Motivation	Remind yourself of this very important note as you continue to tackle challenges: You're all making great progress!	 Download Now
Day 3	Nutrition Tip	Food for thought: One of the biggest reasons we get fat is because we overeat. And we overeat because we're hungry. And we're hungry because our bellies don't tell our brains that we're full for about 20 to 30 minutes after we're stuffed	 Download Now
Day 4	Shakeology	Awesome thought: You're getting tons of health-nut ingredients every day without even thinking about it! Here's one of my favorites:	 Download Now

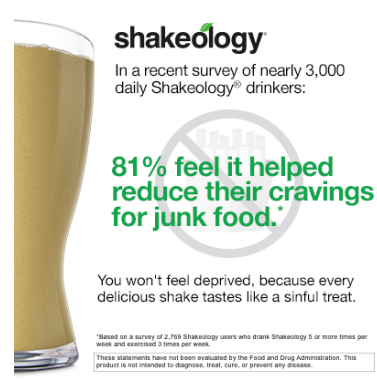
WEEK 3

Day of Week	Topic	Facebook (Copy and Paste)	Images
Day 5	Fitness Tip	<p>Five tips for getting through your toughest workout:</p> <ol style="list-style-type: none"> 1. Mentally Prepare 2. Find a Workout Buddy 3. Get into a Routine 4. Make Your Goals Specific 5. Use the 3 Ps <p>Read the full article here: http://www.teambeachbody.com/about/newsletters/-/nli/292 </p>	 <p>Download Now</p>
Day 6	Success Story	<p>The heaviest Lisa J. ever got was 198 lbs.—at which point she just stopped buying jeans because she didn't want to know what size she was. She hid behind anything that would cover her up so others wouldn't see what she had let herself become. Then came P90X®. She kept showing up and giving it all she had and went from a size 16 to a 4! If you keep showing up, you'll get the results you want too!</p> <p>http://www.youtube.com/watch?v=hR8M2-NaZCQ&list=PLCB9918B656F53C00&index=10&feature=plpp_video</p>	
Day 7	Check In	<p>You've conquered Week 3, congrats! Remember, to get the results you want you've got to stay consistent; and your Challenge Group is here to help. Make exercise and nutrition who you are, not just something you do.</p> <p>Got questions? Everyone does. Ask away on our Challenge Group page, and together we'll work toward finding a solution that works for you. </p>	



Week 4 Schedule – Recovery Week 1

Day 1: Yoga X
Day 2: Core Synergistics
Day 3: Kenpo X
Day 4: X Stretch
Day 5: Core Synergistics
Day 6: Yoga X
Day 7: Rest or X Stretch

WEEK 4

Day of Week	Topic	Facebook (Copy and Paste)	Images
Day 1	Video	Welcome to our first Recovery Week. http://youtu.be/RoGkyftpsw8	
Day 2	Nutrition Tip	Timing your preworkout nutrition intake is very important. You want to have enough fuel in your system to get in a good workout; but if you exercise immediately after eating, your body's energies will be focused on digestion and you'll feel drained. It's best to eat a very small meal about two hours before exercising.	
Day 3	Shakeology	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! Now that you're in your 4th week, which foods has Shakeology helped you stopped craving?	 <p>shakeology</p> <p>In a recent survey of nearly 3,000 daily Shakeology® drinkers:</p> <p>81% feel it helped reduce their cravings for junk food.*</p> <p>You won't feel deprived, because every delicious shake tastes like a sinful treat.</p> <p><small>*Based on a survey of 2,759 Shakeology users who drank Shakeology 5 or more times per week and answered 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>Download Now</p>

WEEK 4

Day of Week	Topic	Facebook (Copy and Paste)	Images
Day 4	Fitness Tip	<p>Often we mistake being dehydrated for being tired and hungry. So the next time you're dying to take a nap or feel those nagging hunger pangs, grab a glass of water. Not tea, soda, or coffee. WATER! It'll hydrate you and fill you up in a way the other stuff won't.</p> <p>Click "Like" if you've STOPPED saying NO to H₂O.</p>	 <p>Download Now</p>
Day 5	Motivation	<p>"You miss 100% of the shots you don't take."—Wayne Gretzky</p>	
Day 6	Checking In	<p>It's the end of your 1st month and time to take your measurements and photos.</p> <p>Don't trust your mind to remember the state of your body on Day 30, trust the camera and the pen. Even if you're not exactly where you want to be one month in, don't be discouraged.</p> <p>And remember, the numbers on the scale aren't accurate gauges of your success.</p> <p>Everybody's body is different and on its own unique transformational journey.</p> <p>"Like" this post once you've taken your measurements and photos.</p>	
Day 7	Engagement Question	<p>Congrats! You're doing great! Phase 2 starts tomorrow.</p> <p>Getting to Phase 2 is an amazing feat—something you should feel tremendous satisfaction from. Think about it . . . you just got through 30 days of an EXTREME workout.</p> <p>What are you most proud of so far? Please share!</p>	 <p>Download Now</p>

Week 5 Schedule

Day 1: Chest, Shoulders & Tris, Ab Ripper X

Day 2: Plyometrics

Day 3: Back & Biceps, Ab Ripper X

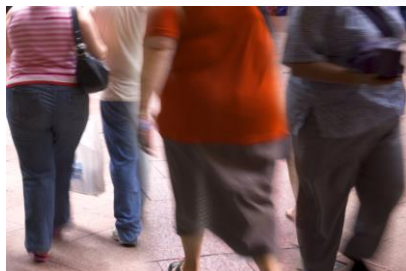

Day 4: Yoga X

Day 5: Legs & Back, Ab Ripper X


Day 6: Kenpo X

Day 7: Rest or X Stretch

WEEK 5

Day of Week	Topic	Facebook (Copy and Paste)	Images
Day 1	Video	Welcome to Phase 2! http://youtu.be/rJwWL-QaODY	
Day 2	Motivation	<i>"Exercise: you don't have time not to."</i> —Unknown We're in the final stretch and there's no way you can NOT give it your all. Need encouragement on something? Share it with us. And we'll be there to help you reach your goals.	 Download Now
Day 3	Upsell	Serious exercisers, like those of us doing P90X®, want to excel at everything we do. Intense exercise, as beneficial as it is, can put the body in a state of stress. The best way to combat this stress is to take P90X Peak Health Formula http://TeamBeachbody.com/shop/-/shopping/P90XPeakHealth . The combination of vitamins, minerals, and antioxidants are an insurance policy for wellness.	
Day 4	Shakeology	Did you know you can make more than just shakes with Shakeology®? From pies to bars to fudge pops, check out all the yummy treats you can make with Shakeology:	 Download Now

WEEK 5

Day of Week	Topic	Facebook (Copy and Paste)	Images
Day 5	Fitness Tip	Work out with a buddy! You've heard this before . . . It's always beneficial having a buddy to work out with—whether it's a friend, loved one, or someone nearby who's looking to get ripped just like you.	
Day 6	Success Story	At 212 lbs. with 33% body fat, Matt B. was an out of shape dad, sitting on the sidelines yelling for his kids to run harder when in fact he found it hard just to get up to restock his refrigerator. Matt made the decision to change, and in 90 days, he lost 39 lbs. and his body fat dropped to 7.5%. You've already made your choice . . . KEEP IT GOING! http://www.youtube.com/watch?v=NtRM3JTqg2A&list=PLCB9918B656F53C00&index=9&feature=plpp_video	
Day 7	Motivation	You're now done with 5 weeks! Keep Pushing Play through to the finish line.	 <p>I. WILL. NOT. BE. STOPPED. #BringIt #PushPlay Download Now</p>

Week 6 Schedule

Day 1: Chest, Shoulders & Tris, Ab Ripper X

Day 2: Plyometrics

Day 3: Back & Biceps, Ab Ripper X


Day 4: Yoga X

Day 5: Legs & Back, Ab Ripper X

Day 6: Kenpo X

Day 7: Rest or X Stretch


WEEK 6

Day of Week	Topic	Facebook (Copy and Paste)	Images
Day 1	Video	Check out this week's video from Tony! http://youtu.be/eFTK_Na0apU	
Day 2	Nutrition Tip	Steaming vegetables is much healthier 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. What are some of your favorite steamed veggies?	 Download Now

WEEK 6

Day of Week	Topic	Facebook (Copy and Paste)	Images
Day 3	Fitness Engagement Question	<p>As we work through Week 6—some words of wisdom from Tony:</p> <p>It's easy to think of valid and legitimate reasons NOT to do P90X® on any given day. We get sick and tired, overwhelmed, discouraged, overworked, and stressed out, and we travel too much and under-sleep, and well, the list goes on. So what do we do about it? QUIT! Some of us do. What about the people who don't quit? What the hell makes them so special? 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's my list that will help keep you motivated:</p> <ol style="list-style-type: none"> 1. Stop beating yourself up if you miss a workout! It's OK to miss a workout once in a while. It doesn't mean the whole thing has gone to hell in a handbasket. Life happens . . . Priorities shifted that day. So what? Start 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. What, no results in the first month and a half? See, I knew you'd freak out. The point I'm trying to make here is that we all have a different starting point. Some will see results the first week. Based on age, body weight, how out of shape they were when they started, flexibility, athletic background, etc., others will have to wait a little longer. P90X means 90 days, not 90 minutes. 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. You must be OK with the fact you will be weak and puny and rotten at it. Any workout, no matter how bad it is, is always better than NO workout at all. You just can't feel bad after a workout. Ever! If you've got good energy and you do the best you can, you'll have a great workout. If your energy and motivation are in the toilet and you do it anyway (even poorly), you've had a great workout! 4. Buy a calendar and a big, fat red marker. P90X has everything you'll need to rock your world. But for those of you who are having trouble with motivation, I want you to place this calendar where you see it all the time—on the front door, bathroom mirror, or refrigerator, or next to the TV, etc. For every day you do P90X, write a big, fat red X. You might also want to write down if it was a Sculpt or Cardio day. I still do this after 20 plus years of training. X means I showed up. No X means I didn't show up. 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>Well, I hope that keeps the fire burning. We have this powerful temple called the human body. If we treat it right, the world is our playground.</p> <p>Power on! Tony H.</p>	

WEEK 6

Day of Week	Topic	Facebook (Copy and Paste)	Images
Day 4	Upsell	<p>Want to push yourself even more? Increase the variety and intensity of your workouts by using more resistance bands: http://www.teambeachbody.com/shop/-/shopping/BLINEBandKits.</p>	 <p>Download Now</p>
Day 5	Success Story	<p>Imagine if you were in a biking accident where you suffered a broken neck and thought you'd be spending the rest of your life in a wheelchair. Then check out the inspirational story of Bill S.—this is what happened to him; but he recovered and completed P90X®. At 56 years old, people tell him they cannot believe the body he has now! http://www.youtube.com/watch?v=SxAD8ZhW--0&list=PLCB9918B656F53C00&index=8&feature=plpp_vide</p>	
Day 6	Shakeology Recipe	<p>Try this yummy Shakeology® recipe!</p> <p>Chocolate Minty</p> <ul style="list-style-type: none"> ○ 1 scoop Chocolate Shakeology ○ 1 cup rice milk ○ 2 to 3 drops of mint extract 	
Day 7	Engagement Question	<p>We're almost halfway there! How is everyone feeling?</p>	

Week 7 Schedule

Day 1: Chest, Shoulders & Tris, Ab Ripper X

Day 2: Plyometrics

Day 3: Back & Biceps, Ab Ripper X


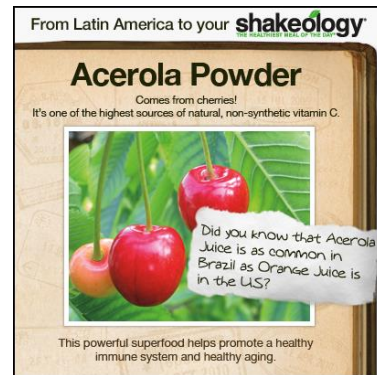
Day 4: Yoga X

Day 5: Legs & Back, Ab Ripper X

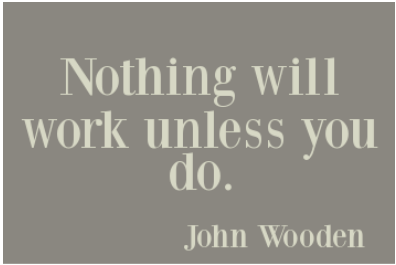
Day 6: Kenpo X

Day 7: Rest or X Stretch

WEEK 7

Day of Week	Topic	Facebook (Copy and Paste)	Images
Day 1	Video	See what Tony has to say this week! http://youtu.be/7JGK5QHYcNU	
Day 2	Nutrition Tip	Fruit is fast food! What's your favorite healthy fast food?	 Download Now
Day 3	Shakeology	Awesome thought: The superfoods and minerals you're taking every day . . . Health nuts like Darin Olien have spent their lives researching those to help you achieve optimal health! Here's another really cool ingredient:	 Download Now

WEEK 7

Day of Week	Topic	Facebook (Copy and Paste)	Images
Day 4	Fitness Tip	Your form is one of the most important things to concentrate on while exercising. So, don't be afraid to watch yourself in the mirror, use a video camera, or even set up a Skype® session with another member of this Challenge Group. Improper form can lead to injury and muscular imbalances. Great form helps ensure your best results.	
Day 5	Success Story	<p>Before starting P90X®, Jody B. was lazy—something she didn't think much about until she heard a rumor that people thought she was pregnant! It was a hard blow to take, and convinced her that she needed to do something about it. After just 30 days of P90X, her pants were already one to two inches too big for her; and the results just kept getting better after 60 and 90 days. Not only did Jody love her new body, she vowed never go back to that person she was before!</p> <p>Follow in Jody's footsteps! http://www.youtube.com/watch?v=UzGEV4HQPbQ&list=PLCB9918B656F53C00&index=7&feature=plpp_video</p>	
Day 6	Motivation	You've made it through Week 7. Great work so far!	 <p>Nothing will work unless you do.</p> <p>John Wooden</p> <p>QuotePixel.com</p> <p>Download Now</p>


Week 8 Schedule – Recovery Week 2

Day 1: Yoga X
Day 2: Core Synergistics
Day 3: Kenpo X
Day 4: X Stretch
Day 5: Core Synergistics
Day 6: Yoga X
Day 7: Rest or X Stretch

WEEK 8

Day of Week	Topic	Facebook (Copy and Paste)	Images
Day 1	Video	Take a look at Tony's message for this week. http://youtu.be/PQBPXJqE4oc	
Day 2	Nutrition Tip		<p>Download Now</p>
Day 3	Shakeology	Recipe Swap! Share your favorite Shakeology® recipes—including any you personally created. Here are some of my favorite recipe ingredients. What are some of yours?	<p>Download Now</p>

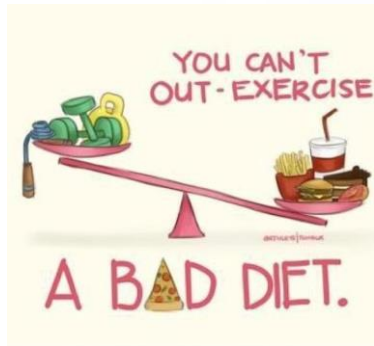

WEEK 8

Day of Week	Topic	Facebook (Copy and Paste)	Images
Day 4	Coach Lead Generation (optional based on Group participation level)	Are you enjoying helping and motivating other people on the Team? Perhaps Team Beachbody® coaching is calling your name. If you purchased a Challenge Pack, you can enroll as a Coach for FREE, get discounts on Beachbody® products (including Shakeology®), and enjoy the satisfaction and financial reward of helping other people get healthy and fit. Reach out if you're interested and I'll give you more information.	
Day 5	Upsell	Have you been using resistance bands to do all your chin-up and pull-up moves—but feel it's not so challenging anymore? You might want to try the P90X® Chin-Up bar to raise your game: http://www.teambeachbody.com/shop/-/shopping/ChinUpBar	
Day 6	Check In	It's the end of your second recovery week—now it's picture time! Tracking your progress is the only way to know how far you've come. And by now, you've probably come a long way! Be proud of your success. Document your measurements and take your Day 60 photos today! "Like" this post once you've taken your measurements and photos. Here's a quick video with tips on how to take your prize-worthy "before" shots: http://www.teambeachbody.com/showcase/-/bcp/85185579001/1?referringRepld=1	
Day 7	Motivation	As we wrap up Recovery Week 2, here are some words of wisdom from one of my favorite trainers . . .	 <p>Download Now</p>

Week 9 Schedule

Day 1: Chest & Back, Ab Ripper X
 Day 2: Plyometrics
 Day 3: Shoulders & Arms, Ab Ripper X
 Day 4: Yoga X
 Day 5: Legs & Back, Ab Ripper X
 Day 6: Kenpo X
 Day 7: Rest or X Stretch

WEEK 9

Day of Week	Topic	Facebook (Copy and Paste)	Images
Day 1	Video	Welcome to Phase 3! http://youtu.be/iyyU4J6hcvs	
Day 2	Nutrition Tip	You may already know this . . . But just in case you forgot how important nutrition is to getting your best results:	 Download Now
Day 3	Motivation	Your body. Your choice.	 Download Now

P90X® Challenge Group Guide



WEEK 9

Day of Week	Topic	Facebook (Copy and Paste)	Images
Day 4	Fitness Tip	If you read the Fitness Guide, you already know this. As you continue to push yourself through these 90 days, remember that "failure" IS an option. If you take your muscles to failure while trying to complete certain exercises, that's a good thing! It means you've pushed yourself as hard as you could. Remember, if you go too easy, you're not going to get your best results!	
Day 5	Success Story	Jeremy Y. has been through multiple rounds of P90X®. And to date, he's lost a total of 180 lbs.! His advice—keep Pushing Play. You CAN and WILL see the results! http://www.youtube.com/watch?v=4w8lXe0Fx48&list=PLCB9918B656F53C00&index=6&feature=plpp_video	
Day 6	Check In	Who's willing to share their experiences and successes so far? This is a great chance to reflect on how far you've come, as well as to better understand what you need to do to reach your goals by the end of the program	
Day 7	Engagement Question	"Like" this post if you have a healthy relationship with your body.	<p>Health is a relationship between you and your body. -Terri Guillemets</p> <p>Download Now</p>

Week 10 Schedule

Day 1: Chest, Shoulders & Tris, Ab Ripper X

Day 2: Plyometrics

Day 3: Back & Biceps, Ab Ripper X


Day 4: Yoga X

Day 5: Legs & Back, Ab Ripper X

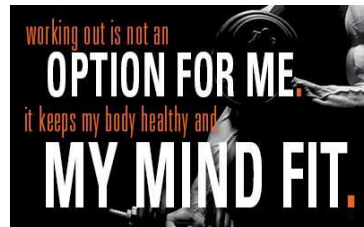
Day 6: Kenpo X

Day 7: Rest or X Stretch

WEEK 10

Day of Week	Topic	Facebook (Copy and Paste)	Images
Day 1	Video	Watch what Tony has to say about Week 10! http://youtu.be/ISIFjPxI5hl	
Day 2	Fitness Engagement Question	Think about the workouts that were hardest for you in Week 1. What individual move have you improved the most at?	
Day 3	Shakeology	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. By eating a protein-rich breakfast (like Shakeology®) you'll feel full longer, and you won't have the urge to snack throughout the day.	 <p>shakedology In a recent survey of nearly 3,000 daily Shakeology® drinkers: 81% said Shakeology kept them full until their next meal.* And since you feel fuller longer, you're less likely to snack on junk food!</p> <p><small>*Based on a survey of 3,000 Shakeology users who drank Shakeology 1 or more times per week and consumed 15 times per week.</small></p> <p><small>Shakeology® is a registered trademark of Beachbody, Inc. All other trademarks are the property of their respective owners. This product is not intended to diagnose, treat, cure, or prevent any disease.</small></p> <p>Download Now</p>


WEEK 10

Day of Week	Topic	Facebook (Copy and Paste)	Images
Day 4	Fitness Tip	Sleep is your body's time to recover and repair itself. I know it's challenging if you're juggling many things, but get 7–8 hours a night whenever possible.	
Day 5	Success Story	When Rob S. met his wife, he weighed 225 lbs. That weight jumped to 250 lbs. within a couple years. Rob thought he felt happy, but didn't like what he saw when he took his clothes off. He made the commitment to do P90X®—and after 90 days his weight fell to 185 lbs., and he felt great! In Rob's words, "You want this, so get it done!" http://www.youtube.com/watch?v=ft3tg_zDS9Q&list=PLCB9918B656F53C00&index=5&feature=plpp_video	
Day 6	Checking In	What are you doing differently now that you couldn't do before—or simply didn't want to do 10 weeks ago? And how does this new activity make you feel now? 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? Please share with the Group!	
Day 7	Motivation	Keep on Pushing Play. You're forming great habits!	 Download Now

Week 11 Schedule

Day 1: Chest & Back, Ab Ripper X
 Day 2: Plyometrics
 Day 3: Shoulders & Arms, Ab Ripper X
 Day 4: Yoga X
 Day 5: Legs & Back, Ab Ripper X
 Day 6: Kenpo X
 Day 7: Rest or X Stretch

WEEK 11

Day of Week	Topic	Facebook (Copy and Paste)	Images
Day 1	Video	Check out Tony's message this week! http://youtu.be/jniJY_0hu8g	
Day 2	Nutrition Tip	The body is almost 70% water, and this plentiful liquid is required for almost every function the body performs. Consume at least half of your body weight in ounces of water, on a daily basis, to stay hydrated and get the most out of every workout.	
Day 3	Shakeology	As you approach the end of your Challenge, have you thought about which flavor of Shakeology® you're going to try next? There are so many flavor combos—no need to stick to only one! To switch out your current flavor, or to order a combo box, simply go to TeamBeachbody.com, go to "My Account," and from the left-side menu options select "Customize Shakeology Home Direct."	 Download Now

WEEK 11

Day of Week	Topic	Facebook (Copy and Paste)	Images
Day 4	Fitness Tip	Now that we're in the home stretch, do some of you fear your hard-earned achievements might not last? We all have those thoughts sometimes, but don't fear. Here's an article full of awesome tips to help you maintain your results: http://www.teambeachbody.com/about/newsletters/-/nli/286#280868250	
Day 5	Motivational Words	"Many of life's failures are people who did not realize how close they were to success when they gave up."— Thomas Edison You are almost there!	
Day 6	Nutrition Tip	Ever tried quinoa? (pronounced: KEEN-waaaah) If not, you could be missing out. This highly nutritious side dish is loaded with magnesium, all 9 essential amino acids, and it provides you with a complete source of protein. Salad recipe: • Prepare ¼ cup of quinoa according to package directions. (That's 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-size 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). • Drizzle with dressing: Whisk 2 tablespoons of olive oil with 2 tablespoons of lemon juice.	
Day 7	Engagement Question	<i>"It always seems impossible until it's done."</i> — Nelson Mandela What seemed impossible to you on Day 1 that now you're crushing?	

Week 12 Schedule

Day 1: Chest, Shoulders & Tris, Ab Ripper X

Day 2: Plyometrics

Day 3: Back & Biceps, Ab Ripper X



Day 4: Yoga X

Day 5: Legs & Back, Ab Ripper X

Day 6: Kenpo X

Day 7: Rest or X Stretch

WEEK 12

Day of Week	Topic	Facebook (Copy and Paste)	Images
Day 1	Video	We're almost there . . . see Tony's message for this week! http://youtu.be/2pD-0iTal2g	
Day 2	Motivation	As you begin Week 12, here's something to remind yourself:	 Download Now
Day 3	Shakeology	Check out this amazing Vanilla Shakeology® recipe. It's one of my favorites:	 Download Now

WEEK 12

Day of Week	Topic	Facebook (Copy and Paste)	Images
Day 4	Motivation	<p>I know you're probably feeling sore and tired, which is totally normal and means you're making progress. If you feel like you could use a massage right about now, try rolling the pain away—and get some myofascial relief. Yes, I said ROLL. A foam roller is an incredible tool for giving yourself a deep tissue massage.</p> <p>Check it out: http://teambeachbody.com/shop/-/shopping/FoamRoller Or if you want an even more intense massage, check out the RumbleRoller®: http://teambeachbody.com/shop/-/shopping/RumbleRollerTC Anyone tried this before?</p> <p>You're less than 2 weeks away from finishing your 90 days. Check out Joel's story and let it motivate you to BRING IT to the end! http://www.youtube.com/watch?v=JpcFt1IJzZ0&list=PLCB9918B656F53C00&index=4&feature=plpp_video</p>	
Day 5	Success Story	<p>When Joel S. graduated from the Los Angeles Police Academy, he was in the best shape of his life. After that, his fitness just went out the door. He grew tired of his stomach hanging over his 38-inch pants and decided the time had come to do something about it. He chose to take on P90X®—and after 90 days, he lost 34 lbs. and dropped his body fat by 20%!</p> <p>You are less than 2 weeks away from finishing your 90 days. Check out Joel's story. Let it motivate you to BRING IT all the way to the end! http://www.youtube.com/watch?v=JpcFt1IJzZ0&list=PLCB9918B656F53C00&index=4&feature=plpp_video</p>	
Day 6	Upsell	<p>The best gift you could possibly give someone is the gift of health. And with Beachbody's gift cards, "health" is something you can actually give these days. http://teambeachbody.com/shop/-/shopping/eGiftCardTBB</p>	
Day 7	Motivation	<p>This is such an amazing Group. We are down to ONE WEEK LEFT!</p>	<p>IT'S NEVER A QUESTION OF CAN YOU, BUT WILL YOU?</p> <p>#PUSHPLAY</p> <p>Download Now</p>

Week 13 Schedule – Final Recovery Week

Day 1: Yoga X

Day 2: Core Synergistics

Day 3: Kenpo X


Day 4: X Stretch

Day 5: Core Synergistics


Day 6: Yoga X

Day 7: Rest or X Stretch

WEEK 13

Day of Week	Topic	Facebook (Copy and Paste)	Images
Day 1	Success Story	Check out Tony's video for our final week! http://youtu.be/jIrdBH8NxiY	
Day 2	Nutrition Tip	Stick with eating plans you can maintain indefinitely. No matter how hard you're working out, if your nutrition falls off, the amazing results you've achieved will go by the wayside. You've spent the last 12 weeks training yourself to eat properly—keep it going!	
Day 3	Shakeology	Where do you drink YOUR Shakeology®? For fun, post a picture of you and your Shakeology on the go. Instead of eating the whole treat—or make smart substitutions. Instead of chips or fried foods, have some edamame. Or trade a bowl of ice cream for an ice milk fudge bar.	 Download Now

WEEK 13

Day of Week	Topic	Facebook (Copy and Paste)	Images
Day 4	Fitness Engagement Question	What did you feel was impossible to do three months ago that now comes as second nature to you?	
Day 5	Coach Lead Generation	<p>By now I bet many 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," by helping out those whose shoes you once walked in, perhaps becoming a Team Beachbody® Coach is calling your name.</p> <p>For anyone out there inspired to become a Coach, I'm sure you have a ton of questions about what's involved—just send them my way.</p>	
Day 6	Check In	<p>So what's next?</p> <p>Try Tony's newest program, P90X3™—another 90-day program, which is designed to get you ripped in just 30 minutes a day. Each one of these accelerated 30-minute workouts has been uniquely developed to produce the greatest physical change to your body, in the most efficient way.</p> <p>http://www.teambeachbody.com/workout-routines/p90x3-workout</p>	
Day 7	Beachbody Challenge Contest	<p>Congratulations, you really did Bring It!®</p> <p>I'm so proud of all of you for sticking with it. And you should be proud of yourselves. What an incredible accomplishment.</p> <p>Be sure to take your "after" photos and measurements, and take your program's final Fit Test to record your final results.</p> <p>Then submit all your results to the Beachbody Challenge™ at http://www.BeachbodyChallengeContest.com/ to get your program's FREE shirt and a chance to win serious cash and prizes!</p> <p>Does anyone have results or photos they want to share? Post them now!</p>	 <p>Download Now</p>