

You have questions? We have the answers. Here are some of the basics you need to know about P90X3™. For more detailed information, please refer to the P90X3 Product Training Guide.

### **Q. Who is P90X3 for?**

Anyone who wants to get ripped by working out just 30 minutes a day. Tony Horton not only gets you in the best shape of your life with P90X3—he keeps it fun, safe, and effective for people of all fitness levels. If you want exceptional results and aren't afraid of a challenging workout, P90X3 is the perfect program for you.

### **Q. Do my customers need to complete P90X® and/or P90X2® before trying P90X3?**

No. P90X3 offers modifications for most moves, meaning that almost anyone can start the program and advance as slowly (or quickly) as their body allows. P90X3 is a perfect starting point in the P90X lineup, prepping your customers for even better results with P90X and P90X2.

### **Q. What equipment is needed to do P90X3?**

Just a set of dumbbells or resistance bands\* (10–40 lbs. for guys, 5–25 lbs. for gals), and a way to do pull-ups—either using a bar that fits in the doorway, a pull-up tower, or a door attachment for resistance bands. Your customers may also want to use some of the optional equipment, such as a yoga or jump mat,\* PowerStands®, the P90X Chin-Up Max,\* and the P90X App.

### **Q. Which supplements would help my customers get their best results with P90X3?**

For customers looking to achieve their best health and fitness results with P90X3, the following supplements are key:

- SHAKEOLOGY®. An ultra-premium nutritional shake that promotes digestive health, energy, and even weight loss.\*\* It's the Healthiest Meal of the Day®.
- E&E ENERGY AND ENDURANCE®. A preworkout formula that is scientifically formulated to help your customers get lasting energy without the crash, power through their P90X3 workouts, burn more calories, and maximize their results.\*\*
- RESULTS AND RECOVERY FORMULA®. A postworkout formula that contains the optimal balance of proteins and carbohydrates to help replenish the body, mend sore muscles, and restore energy.\*\*

**Q. What's included in the P90X3 Base Kit?**

- Sixteen (16) extreme workouts on 8 DVDs
- P90X3 Fitness Guide and Nutrition Guide—in one convenient book
- How to Accelerate Intro DVD
- 90-Day Wall Calendar
- One pro-grade resistance band\*
- One pair of band handles
- One door attachment

**Q. How much does P90X3 cost?**

- **Base Kit:**  
\$119.85; Club member: \$107.87; Coach: \$89.89—PV/CV: 90
- **Deluxe Kit:**  
\$239.70; Club member: \$215.73; Coach: \$179.78—PV/CV: 135
- **Ultimate Kit:**  
\$329.55; Club member: \$296.60; Coach: \$247.16—PV/CV: 160

**Q. How do I direct my customers to the P90X3 page in the Team Beachbody® Shop?**

Simply add your Coach repID to the end of the URL below, share the link, and you'll get credit for the resulting purchases.

<http://www.teambeachbody.com/shop/-/shopping/X3Base?referringRepld=yourID>

**Please note:** In order to receive credit for the sale, the purchaser must click on the link containing YOUR Coach repID.

## Q. Is there a Team Beachbody exclusive if customers order P90X3 through me?

Yes! Your customers will get a FREE Bonus Workout DVD—**P90X ONE on ONE® "On One Leg"** (a \$19.95 value).

## Q. Is there a P90X3 Challenge Pack? What are the details?

Yes! The P90X3 Challenge Pack contains the Base Kit, a 30-day supply of Shakeology Home Direct,<sup>\*\*\*</sup> and a FREE 30-day trial membership to Team Beachbody Club.<sup>†‡</sup>

Here's how to direct customers to **your personal** P90X3 Challenge Pack page:

1. Insert your repID into the link below:

<http://www.teambeachbody.com/shop/-/shopping/BCPX3205?referringRepId=yourID>

2. Send that link to your customers.

Still have questions? Check out the P90X3 Product Training Guide, the Team Beachbody Message Boards, or reach out to Coach Relations.

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\*Resistance band contains natural rubber latex which may cause allergic reactions.

\*\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

\*\*\*With Shakeology Home Direct, your customer will receive this item every 30 days, shipped directly to his door and billed to the credit card he uses in the amount of \$129.95 a month—only about \$4.33 a day!—which includes FREE shipping to his doorstep. Your customer may cancel at any time to avoid future charges by calling Customer Service at 1 (800) 470-7870.

†After your first 30 days, your customer will be automatically billed to continue his Team Beachbody Club membership at a cost of \$2.99 a week, billed \$38.87 per quarter in advance to the credit card he provides. Your customer can cancel anytime to avoid future charges by calling Customer Service at 1 (800) 470-7870.

‡Offer not valid for current paying Team Beachbody Club members.