

Here are the answers to some frequently asked questions about PiYo.

What fitness levels can do PiYo?

- Anyone can do PiYo—from beginner to elite fitness levels.
- Beginners are encouraged to go at their own pace and follow the modifications demonstrated, building up intensity as they become more fit.
- It's a great workout for athletes to increase core strength and flexibility, which can improve their performance in other sports.

What's included in PiYo?

Base Kit:

9 workouts (8 Base plus 1 Bonus) on 3 DVDs

- Align: The Fundamentals (40 min.)
- Define: Lower Body (25 min.)
- Define: Upper Body (35 min.)
- Sweat (35 min.)
- Sculpt (30 min.)
- Core (30 min.)
- Strength Intervals (25 min.)
- Drench (45 min.)
- BONUS: Buns (25 min.)

Tools:

- Quick Start Guide
- Get Lean Eating Plan
- PiYo 60-Day Workout Calendar
- Tape Measure

How much does PiYo cost?

Base Kit:

- \$59.85; Club member: \$53.87; Coach: \$44.89—PV: 45

The link below will direct your prospects and customers to the PiYo 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 purchase.

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

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

What equipment do I need?

- No equipment is required to do PiYo, but we recommend a yoga mat, water bottle, towel, and a space wide enough to take a step in either direction.

Is there a Team Beachbody exclusive if customers order PiYo through me?

Yes! Customers who purchase PiYo through you will get a FREE bonus workout—Hardcore on the Floor (a \$19.95 value).

- **Hardcore on the Floor** (30 min.): This unique workout focuses on every part of your body. Using your own body weight, you'll scorch fat and develop long, lean muscles and strong abs, glutes, legs, and arms, without ever having to leave the floor!

Is there a PiYo Challenge Pack? What are the details?

Yes! It contains the PiYo Base Kit, your first 30-day supply of Shakeology® Home Direct*, and a FREE 30-day trial membership to the Team Beachbody Club.**†

Challenge Pack price: \$160

Here's how to direct prospects and customers to YOUR PiYo Challenge Pack page:

Insert your repID into the link below:

<http://www.teambeachbody.com/shop/-/shopping/BCPPY160?referringRepld=yourID>

Copy and paste the link into an email to your customers.

Still have questions? Check out the Team Beachbody Message Boards or reach out to Coach Relations.

*With Shakeology Home Direct, your customer will receive this item every 30 days, shipped directly to their door and billed to the credit card your customer uses in the amount of \$129.95 a month—only about \$4.33 a day!—plus \$2 Super Discount shipping per item. Your customer may cancel at any time to avoid future charges by calling Customer Service at 1 (800) 470-7870.

**After their first 30 days, your customer will be automatically billed to continue their Team Beachbody Club membership at a cost of \$2.99 a week, billed \$38.87 per quarter in advance to the credit card your customer uses. 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.

All prices in USD. International pricing will vary.