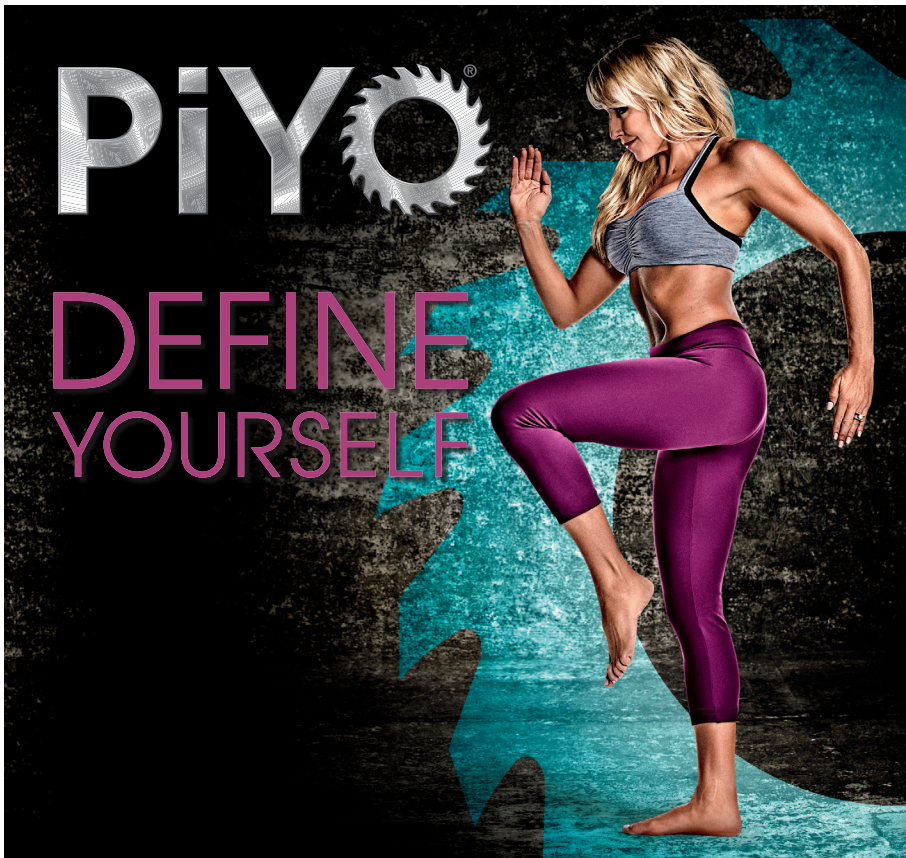


Product Training Guide

**What is PiYo®?**

PiYo is a low-impact, high-intensity body-transformation program. It uses the most effective Pilates- and yoga-inspired moves set to a fast pace to help you burn fat while you sculpt long, lean muscles.

You'll carve every inch of your body without jumps, without weights, and without straining your joints. And rest assured, there's no complex choreography to learn. Chalene Johnson takes you step-by-step through the moves where you'll use your body weight to lose weight and get intensely defined! You get your strength, your cardio, and your flexibility training all in one program.

Why is PiYo effective?

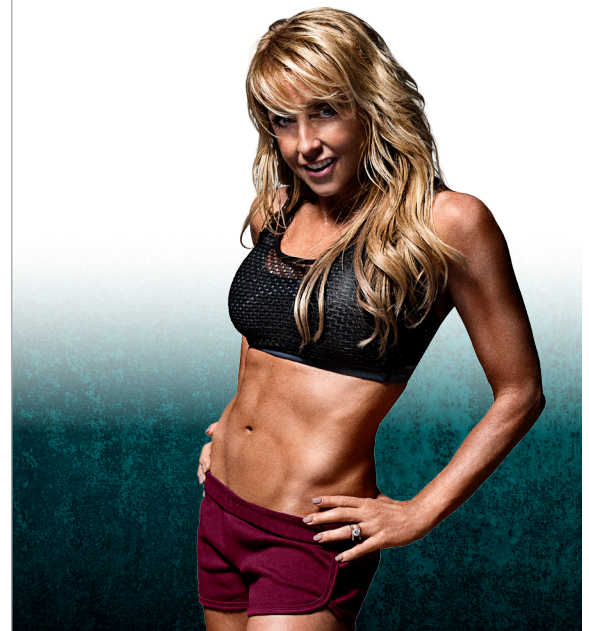
PiYo delivers the muscle-sculpting, core-focused benefits of Pilates along with the flexibility and power of yoga. PiYo's low-impact compound exercises engage multiple muscle groups at the same time—while keeping your body in constant motion. As you progress from one fluid movement to the next without rest, you'll maintain an optimal heart rate to incinerate calories throughout the whole workout!

The result? You get a low-impact, high-intensity, total-body workout, giving you a physique that's long, lean, and powerfully defined.

Chalene Johnson will help you power through it.

High-energy celebrity fitness trainer and *New York Times* best-selling author Chalene Johnson has revolutionized the fitness industry by turning her lifelong love of health and fitness into exciting, challenging workouts that scorch calories and burn fat. Her efficient, results-driven workouts and ability to inspire students to reach their fitness goals has made her Beachbody® programs, including TurboFire®, Turbo Jam®, and ChaLEAN Extreme®, some of the most popular in-home exercise programs in history. Her live fitness classes—Turbo Kick® and PiYo—are featured in thousands of health clubs all around the world. In addition to being a hands-on mother of two, Chalene is a highly sought-after motivational speaker on subjects ranging from start-up businesses to time management.

She originally created the PiYo class because she wanted a workout that would provide hardcore results—without destroying your body. Chalene loved the benefits of yoga and Pilates but got bored with the sitting still in yoga and the repetitive motion in Pilates. Plus, she wanted to move and burn crazy calories! PiYo gives you the best of both worlds and more. Now, with the PiYo home fitness program, she's making this popular class available to you at home!



Product Training Guide

— RETAILING TIPS —	
Who to target	Why PiYo?
Women and men who want to lose weight	PiYo's high-intensity compound exercises engage multiple muscles at once, while keeping them in constant motion so your heart rate remains in the optimal range to burn calories throughout the workout.
People who want to build lean muscle without bulk	You'll use your body weight as your primary source of resistance—loading multiple muscle groups at once to perform functional, everyday movements. This will help you sculpt long, lean muscles without building bulk.
Fitness beginners	There's no complicated choreography to learn. And, you can follow the modified moves as you build your strength and stamina.
Extreme fitness enthusiasts	PiYo's pace of continuous movement, nonstop transitions, and carefully selected, powerful athletic moves allow you to burn calories at a high rate. So, if you like extreme programs, you can get the same type of results from PiYo while you give your joints a break. Plus, you can restore your flexibility and core strength, which can improve performance in other sports.
People who like the benefits of Pilates and yoga, but feel these programs lack the cardio they need to burn calories and fat	PiYo helps you develop the muscle endurance and core strength from Pilates and the power, flexibility, and balance of yoga with flowing movements using your body weight. And because PiYo speeds everything up with constant motion and nonstop flows, you'll get your cardio in and burn calories at a much higher rate.
People who want to get the results of an extreme program without jumps, weights, or straining their joints	PiYo will help you get your body ultra-lean and intensely defined. And, it's actually restorative to your body. You won't have to lift heavy weights or perform jumps that are tough on your joints. Instead, while you burn calories and sculpt lean muscle, you'll also enhance your flexibility, core strength, and ability to perform everyday, functional movements.
People who want a workout that doesn't require a lot of equipment	No equipment is required but a yoga mat is recommended.

Equipment needed

Yoga mat, towel, and water are recommended with each workout.

Cross-selling suggestions*

Help your customers get better results with PiYo by recommending these additional products.

PiYo Strength® Package:

They'll get two additional strength workouts, a yoga mat, as well as Beachbody Strength Slides with Booties to use with these accelerated workouts.



Yoga Mat contains natural rubber latex, which may cause severe allergic reactions.

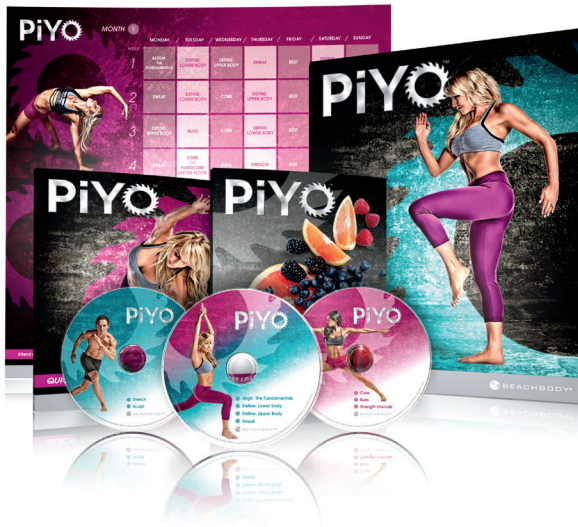
Nutritional Supplements:*

- Shakeology®



* All products, flavors, and configurations may not be available in your market.

Product Training Guide



CHALLENGE PACKS*

Challenge Packs are the all-in-one solution that can help you achieve the best possible transformation.

Annual Beachbody On Demand & Shakeology Challenge Pack:†

- Annual Membership to Beachbody On Demand includes streaming access to PiYo. Your membership also includes access to Beachbody’s cooking show—FIXATE®.
- Downloadable digital copies of program materials.
- Your first 30-day supply of Shakeology—the most delicious, nutrient-dense superfood protein supplement shake on the planet—so whether you drink it to help support your fitness program or just to support your health, Shakeology is Your Daily Dose of Dense Nutrition®. Combine your favorite fitness program with the power of Shakeology’s ultra-premium nutrition—delivered on our monthly subscription program which you can cancel at any time.
- Portion Fix®—an easy-to-follow system with seven color-coded containers, a Shakeology shaker cup, and nutrition guide that tells you how much to eat to lose weight.

PiYo & Shakeology Challenge Pack:‡

- PiYo Base Kit—DVDs and printed materials.
- Your first 30-day supply of Shakeology.
- 30-day free trial membership to Beachbody On Demand.

*All products, flavors, and configurations may not be available in your market.

†Challenge Packs and Beachbody On Demand memberships contain subscriptions and memberships which automatically renew. Please consult your country-specific price list in the Coach Office for full details.

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WHAT'S INCLUDED:*	WHAT'S THE BENEFIT?
8 workouts plus 1 bonus workout	These low-impact, high-intensity bodyweight workouts get you the results of extreme programs, without the jumps, weights, or strain on your joints.
Resources	
PiYo Quick Start Guide	Everything you need to know to get started. Includes valuable insider tips to get the best results possible.
PiYo Workout Calendar	Chalene arranged the workouts to make sure you progress each week as you build up your strength, flexibility, and stamina. Turn the calendar over to find the 60-day workout schedule for the PiYo Strength kit.
Get Lean Eating Plan	A simplified approach to clean and lean eating designed to fit your lifestyle—and your taste buds.
Tape Measure	Track your progress as you melt the fat away faster than you ever imagined.
PIYO STRENGTH DELUXE KIT*	
Includes two additional accelerated workouts, yoga mat, plus Beachbody Strength Slides with Booties	The accelerated Strength Workouts and Training Tools will help increase the intensity, the results, and the fun! You'll get Pilates lean and yoga strong even faster—and have a blast doing it!