



A message from Chalene Johnson

I'm so excited that you're committing to your fitness with PiYo®. I guarantee that if you work out with me every day, you're going to see serious definition all over. No matter where you are on your fitness journey, you can DO this and you WILL see results. PLUS with Beachbody® On Demand, you'll have access to stream your PiYo workouts anytime you're on-the-go!

It's going to be challenging, so I want you to promise to give me 100% effort. The workouts are low-impact but high-intensity. We are going to SWEAT and we are going to MOVE! Every single movement has a purpose. I'll walk you through the sequences so that when we start to pick up the pace, you're right there with me.

There's one thing I always tell my class, "If it's not fun, you won't do it!" So even if you're struggling a bit, you're going to look forward to each workout. What's important is that you stick with it and keep moving. When you move you feel better—and look better! You'll feel powerful and strong and rejuvenated after each workout. And your Challenge Group and I will be here to motivate and support you every step of the way. Let's DO this!

What is the commitment for a PiYo Challenge Group?

- Follow the class schedule; workouts range from 20 to 45 minutes per day (6 days a week)
- Drink Shakeology® daily.
- Follow the Get Lean Eating Plan.
- Total of 60 days
- Take photos and measurements on Day 1, 30, and 60.

Track your workouts and Shakeology intake and interact with your Coach and group through the My Challenge Tracker App or through a private Facebook® group – whichever platform your Coach designates.

- Use Beachbody On Demand anytime I need to work out on-the-go!