

# TEAM BEACHBODY

PRODUCT CATALOG



## TOOLS

FOR TRANSFORMATION

# CHANGE STARTS HERE.

Brenda A.



Lost 35 total inches using ChaLEAN Extreme®

Lloyd B.



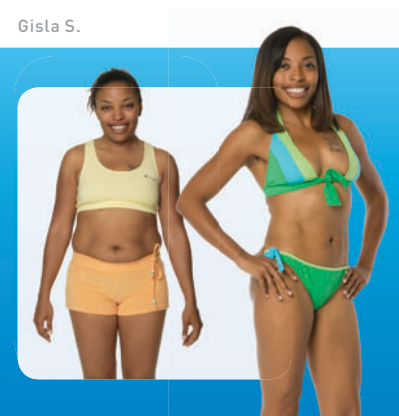
Lost 27 lbs. using INSANITY®

Terry C.



Lost 15.5 lbs. using Rockin' Body®

Gisla S.



Lost 25.5 total inches using Rockin' Body®

There's nothing mystical about getting healthier. For most of us, it starts with a simple desire. Like having the energy to play some ball after work with friends. Or fitting into a pair of size 4 jeans (again).

So you decide to make a change. You find the right Beachbody® fitness program and, wonder of wonders, you actually get results.

We're not talking run-of-the-mill exercise DVDs. These are serious, behavior-changing tools. They'll help you lose weight. Build and tone muscle. Even sculpt curves where there were none.

Results may vary. Exercise and proper diet are necessary to achieve and maintain weight loss and muscle definition. Consult your physician before beginning any exercise program or using any supplement or meal replacement product.

What we offer are complete home fitness programs with specifically designed eating plans to go hand-in-hand with your workouts. And with Shakeology®, our signature shake made of 70 healthy ingredients, you can push your results even further.

Programs range from getting you off the couch to fully pumped 90-day extreme training—all made truly effective by Team Beachbody® online support. Before you know it, you're headed down an incredible path to transforming your body and your life.

You see, the only real magic is you: making a decision, sticking to it, and with a little help from us, making it happen.

**Decide. Commit. Succeed.®**

# MOVING PEOPLE TOWARD A HEALTHY LIFESTYLE IS OUR ULTIMATE GOAL.



We simply want to get people feeling good. That's why we've created the most efficient fitness and weight loss programs on the market today. They're inexpensive and they work. Stick with them and you really can succeed in a matter of weeks. I know, because I've personally used our programs and nutritional supplements to get in the best shape of my life.

—Carl Daikeler  
Chairman and CEO

## GET FIT. GET HEALTHY. GET SUPPORT. WITH THE TEAM BEACHBODY CLUB.

Staying motivated on your own isn't easy, so join the Team Beachbody Club for extra encouragement. It's an online community and support network that gives you, as a subscriber, access to a wide range of tools and features to help keep you on track.

At TeamBeachbody.com, you'll learn from others through chat rooms, blogs, and Message Boards. You'll connect with peers all over the country and even work out with them in WOWY SuperGym®. The Club is a way to get inspired and stay inspired.



### MORE CLUB PRIVILEGES:

- 10% discount on all Beachbody products
- One-of-a-kind video programming showcasing news, tips, and motivational stories
- Exclusive access to live chats and tips from your favorite trainers
- Customizable weekly meal plans
- Tools to track your progress
- A personal Coach for extra motivation and support

Sign up for your membership at [TeamBeachbody.com](https://www.teambeachbody.com)

# FOR EVERY FITNESS WHY, WE'VE GOT THE HOW.

Everyone has reasons for getting fit. It's your motivation. Your goal.

Whether you're focused on weight loss, ripped abs, cardio, or fat burning, you'll find a program right for you on the following pages. Plus an entire line of nutritional supplements to help you get where you're going.



## NEW!

**Brazil Butt Lift® is here NOW.**  
**The Supermodels' Secret to a Perfect Butt.**

See page 9 for details.

# A REVOLUTIONARY TRANSFORMATION:

BECOME PHYSICALLY AND FINANCIALLY FIT.

Become a Coach and we'll give you everything you need to turn your newfound fitness into a money-generating home-based business. By selling Shakeology, Beachbody fitness programs, and other products, you'll put others on the path to getting fit and healthy. Meanwhile, you'll earn weekly commissions plus additional cash bonuses.



## HOW IT WORKS:

- Earn cash by selling fitness programs and other Beachbody products
- Sign up other Coaches: grow your team to qualify for weekly bonuses

## TEAM BEACHBODY OFFERS FULL-SERVICE SUPPORT FOR OUR COACHES:

- Comprehensive training and tools show you how to start and build your business
- Your own Coach online business center and Web store
- Email account for connecting with your customers and Coaches
- Order fulfillment and payment processing for all sales

TEAM  BEACHBODY®

To learn more, ask your Coach or visit [TeamBeachbody.com](http://TeamBeachbody.com)



**shakeology**  
THE HEALTHIEST MEAL OF THE DAY

## Transform your health in 30 days. (Or you don't pay.)

Shakeology can help you:

- Lose weight
- Reduce cravings
- Increase energy levels and stamina
- Promote regularity and healthy digestion
- Lower Cholesterol



## Shakeology will transform your health in 30 days or we'll refund your money. Even if the bag is totally empty.

Either way, you've got nothing to lose and only your health to gain. You'll notice a difference in your energy levels, hunger cravings, and digestion as soon as the first week. So take the first step toward improving your health by trying Shakeology for the next 30 days. If you don't feel healthier, more energized and simply amazing, then you won't pay. It's that simple.

*"Initially, I didn't try Shakeology because it was more expensive than I thought I could afford. Seven months later, Shakeology is beyond worth it for the price. I save money by replacing several meals each week with Shakeology. It makes me feel great, gives me energy when I don't know how I'll make it through the busy day, and it's helped me lose several pounds by drinking it daily along with my regular Beachbody workouts."*

*– Shandus, Ohio*

*"I decided to try it for just one month. I'm so glad I decided to try it because now I am hooked! I have seen great results from it and recommend it to everyone!"*

*– Elizabeth, Massachusetts*



### The Empty Bag Guarantee

Try Shakeology for 30 days. If you don't feel healthier, return it to your Team Beachbody Coach or to Team Beachbody for a full refund (less shipping & handling).



# brett HOEBEL

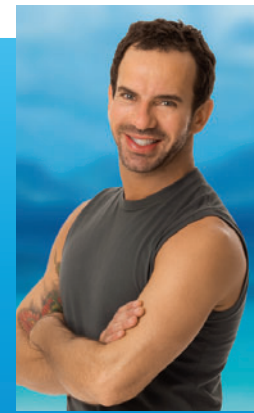
## PROGRAMS

Brett Hoebel is a sought-after fitness, strength, and nutrition expert with a background in biomedical science and the Afro-Brazilian martial art capoeira. Get the abs you've always wanted in just 90 days with his new RevAbs program.

### REVABS™

RevAbs is the brand-new ab system specifically designed to burn off the fat and give you a six-pack in just 90 days. Brett Hoebel's proven training technique, Abcentrics™, works your abs from six different angles, not just one or two. And Brett shows you how to "Fire Your Abs" and engage your abdominal muscles during every rep of every exercise. You make every move count and get a RevAbs result: the abs you've always wanted, FAST!

Retail Price \$ 79.90  
 Club Price \$ 71.91  
 Coach Price \$ 59.93



# leandro CARVALHO

## PROGRAMS

Trainer to world-famous supermodels, Leandro Carvalho uses his proven TriAngle Training method combined with Brazilian dance and cardio to reduce your hips, slim your thighs, and help you look divine from behind.

### BRAZIL BUTT LIFT®



Leandro Carvalho combines Brazilian dance, cardio, and signature lower-body sculpting moves to lift, firm, and shape a rear view you've only dreamed about.

Retail Price \$ 59.85  
 Club Price \$ 53.87  
 Coach Price \$ 44.89

### BRAZIL BUTT LIFT® DELUXE



Adds three extra workouts to take your results to the next level. Plus, get Booty Booster Ankle Weights and two additional Booty Bands.

Retail Price \$ 119.70  
 Club Price \$ 107.73  
 Coach Price \$ 89.78

### BRAZIL BUTT LIFT® DELUXE

#### UPGRADE PACKAGE



Includes three workouts, plus a set of Booty Booster Ankle Weights and two additional levels of Booty Bands.

Retail Price \$ 59.85  
 Club Price \$ 53.87  
 Coach Price \$ 44.89



# tony HORTON

## PROGRAMS

Do not STOP. Do not SIT. Not when you work out with Tony Horton. Say bye-bye to calories as you challenge your muscles and your mind. Focus on weight and resistance training, and toning and building muscle—all in Tony's supercharged style. BRING IT!

### P90X®

Revolutionary system of 12 sweat-inducing, muscle-pumping workouts designed to transform your body from regular to ripped in just 90 days. Includes a 3-phase nutrition plan, a fitness guide, and a calendar to track your progress. Build muscle. Push your limits. And get in the best shape of your life.

Retail Price \$ 119.85  
 Club Price \$ 107.87  
 Coach Price \$ 89.89



### P90X® PLUS

Take your P90X success to the next level with new moves and extreme intensity, all set to music created exclusively for the series by Jason Scheff, lead singer of the band Chicago.

Retail Price \$ 59.90  
 Club Price \$ 53.91  
 Coach Price \$ 44.93



### 10-MINUTE TRAINER®

**BREAKTHROUGH SUPER STACKING TECHNIQUE™**

Combines the most effective moves—designed for breakthrough results in under 10 minutes—with an easy-to-follow eating plan. Resistance band and Cardio Belt included.\*

Medium or Heavy resistance  
 Retail Price \$ 79.90  
 Club Price \$ 71.91  
 Coach Price \$ 59.93



### ONE ON ONE WITH TONY HORTON

Use these gritty personal workouts with Tony to push yourself beyond P90X. Get a new workout every month to keep your body ripped.

Retail Price \$ 19.95  
 Club Price \$ 17.96  
 Coach Price \$ 14.96



### POWER 90® IN-HOME BOOT CAMP

Transform your body in just 90 days. Use the Fat Burning Express package with Tony's Power Sculpting Band to lose up to 10 pounds in 6 days.\*

Retail Price \$ 59.85  
 Club Price \$ 53.87  
 Coach Price \$ 44.89

\*B-LINES® Resistance Bands contain natural rubber latex which may cause allergic reactions.

## Tony Horton Programs



### POWER 90® MASTER SERIES

Advanced, targeted workouts and innovative moves to build on your Power 90 success. Free program guide to help structure your 30-day program.

Retail Price	\$ 59.85
Club Price	\$ 53.87
Coach Price	\$ 44.89



### POWER HALF HOUR®

Tony Horton's fastest total-body program. A complete workout with cardio and targeted body sculpting for maximum results in 30 minutes a day.

Retail Price	\$ 39.90
Club Price	\$ 35.91
Coach Price	\$ 29.93



### HO' ALA KE KINO

Simple fitness for everyone from yoga expert to beginner. Stretching and mind/body awakening routines set on Hawaiian beaches.

Retail Price	\$ 9.95
Club Price	\$ 8.96
Coach Price	\$ 7.46

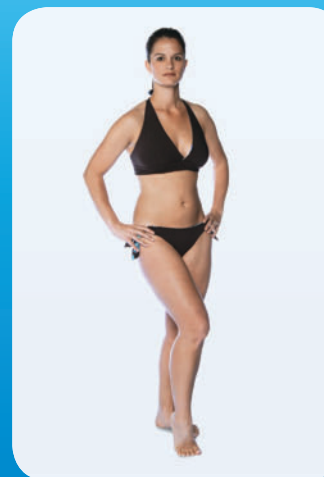


### TONY & THE FOLKS!

Thirty minutes of low-impact fun and fitness for ages 55+. Tony offers alternate moves for each exercise so you can increase or decrease the intensity.

Retail Price	\$ 9.95
Club Price	\$ 8.96
Coach Price	\$ 7.46

# M a r i n a R.



Lost 4 in. off waist and 17.5 in. total using 10-Minute Trainer.



"Everyone has 10 minutes in their day to do a 10-minute workout."

—Marina R.

Results may vary. Exercise and proper diet are necessary to achieve and maintain weight loss and muscle definition.

TEAM  BEACHBODY®





# chalene JOHNSON PROGRAMS

Dance and martial arts moves turn you into a calorie- and fat-burning machine. Your body loves muscle, which is why Chalene's super cardio and weight training together deliver incredibly fast results. Get funky, have fun, and build a whole new body.

## CHALEAN EXTREME®

Get ready to burn fat and gain lean muscle. Fact: the more lean muscle you have, the more fat you burn. And this new extreme workout system does just that. It ignites your metabolism, burning up to 60% of your body fat in just 3 months. Get visible results in 30 days. Comes with free resistance band.\*



Retail Price	\$ 119.85
Club Price	\$ 107.87
Coach Price	\$ 89.89

## CHALEAN EXTREME® DELUXE

Seven more intense cardio and weight training workouts to keep you in the fat-burning zone. With resistance tools to maximize results.\*



Retail Price	\$ 239.70
Club Price	\$ 215.73
Coach Price	\$ 179.78

## TURBO JAM® MAXIMUM RESULTS

Turbo Jam starts here. A complete fitness and weight loss system combines kickboxing and body-sculpting workouts. Proven fat-burning techniques along with the hottest dance music will rock your workout.



Retail Price	\$ 59.85
Club Price	\$ 53.87
Coach Price	\$ 44.89

## TURBO JAM® FAT BURNING ELITE

Melt away the last bit of fat with Chalene's most advanced, targeted workouts set to hot new music. Put the finishing touches on a sexy shape with a toning band and a resistance band.\*



Retail Price	\$ 59.85
Club Price	\$ 53.87
Coach Price	\$ 44.89

## TURBO JAM® LIVE!

Like actually being in Chalene Johnson's class, right in your home. Two "live" workouts with all the great music and booty sculpting you'd expect.



Retail Price	\$ 24.95
Club Price	\$ 22.46
Coach Price	\$ 18.71

## CHALENE JOHNSON'S GET ON THE BALL!

For advanced fitness levels. Longer, more intense cardio workouts give you ripped, rock-hard abs and blazing-fast results. With free Turbo ball.



Retail Price	\$ 39.90
Club Price	\$ 35.91
Coach Price	\$ 29.93



# shaun T PROGRAMS

With Shaun T's exclusive training techniques, you can lose fat and sculpt a rock-hard body while grooving to the hottest dance music around, or get extreme results with his all-new INSANITY® program. Join Shaun and sweat off the pounds and inches.

## INSANITY

Shaun T pushes you past your limits with plyometric drills on top of strength, power, and resistance intervals, plus ab and core training moves. All you need is an insane mindset to Dig Deeper and get crazy-fit in 60 days. It's the most intense workout ever put on DVD.

Retail Price \$ 119.85  
Club Price \$ 107.87  
Coach Price \$ 89.89



## HIP HOP ABS®

Dance your way to a hot, sexy six-pack and burn fat off your entire body without crunches or sit-ups.

Retail Price \$ 59.85  
Club Price \$ 53.87  
Coach Price \$ 44.89



## HIP HOP ABS® ULTIMATE RESULTS

Take your results to the next level with three more advanced workouts. Comes with premium weighted gloves, proven to increase muscle activity by up to 96%.

Retail Price \$ 59.85  
Club Price \$ 53.87  
Coach Price \$ 44.89



## ROCKIN' BODY®

A great beginner program. Sweat off the pounds to all your favorite dance floor hits with Shaun's seven hot workouts.

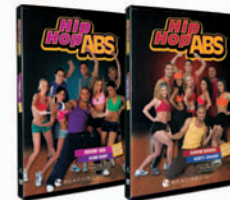
Retail Price \$ 59.85  
Club Price \$ 53.87  
Coach Price \$ 44.89



## ROCKIN' RESULTS

Party away the pounds and maximize results with two new Rockin' Body workouts. Comes with workout calendar and weighted wristbands.

Retail Price \$ 44.85  
Club Price \$ 40.37  
Coach Price \$ 33.64



## SHAUN T'S DANCE PARTY SERIES™

Shaun T takes it to the edge with his most intense and innovative dance moves for a cardio workout that's out of control.

Retail Price \$ 39.90  
Club Price \$ 35.91  
Coach Price \$ 29.93



# debbie SIEBERS PROGRAMS

Body-transforming workouts target specific problem areas on thighs, hips, and buns using cardio and light resistance techniques. This collection of specially developed programs from fitness guru Debbie Siebers will get you tightened and toned.

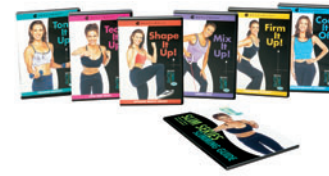
## SLIM IN 6® RAPID RESULTS

Literally reshape your body in 6 weeks using the science of Slim Training®. Combines cardio with light resistance to burn fat and sculpt a lean, sexy body. Helps you shed inches without bulking up. This breakthrough system has helped thousands lose up to 25 lbs. in just 6 weeks. Comes with free resistance band.\*



Retail Price \$ 59.85  
Club Price \$ 53.87  
Coach Price \$ 44.89

\*B-LINES® Resistance Bands contain natural rubber latex which may cause allergic reactions.



## SLIM SERIES®

Take your results to the next level. 6 brand-new fun workouts add variety so you can keep losing weight.

Retail Price \$ 59.85  
Club Price \$ 53.87  
Coach Price \$ 44.89



## SLIM SERIES® EXPRESS

The great body-slimming results you get with Slim in 6 and Slim Series, in half the time. Just 30 minutes a day jump-starts your metabolism and sheds the fat.

Retail Price \$ 29.95  
Club Price \$ 26.96  
Coach Price \$ 22.46



## TOTAL BODY SOLUTION™

Helps you relieve pain and prevent strain. Easy-to-follow drills for your neck, shoulders, abs/core, lower back, and knees.

Retail Price \$ 29.95  
Club Price \$ 26.96  
Coach Price \$ 22.46



## KEEP IT UP!

The perfect medium-intensity follow-up to Slim in 6 to maintain your slimming and toning results.

Retail Price \$ 19.95  
Club Price \$ 17.96  
Coach Price \$ 14.96



## GREAT BODY GUARANTEED!™

Target specific zones to tighten and tone in under 10 minutes a day. Features Tony Horton and Debbie Siebers. Five great workouts on one DVD. (Workouts also available individually.)

Retail Price \$ 24.95  
Club Price \$ 22.46  
Coach Price \$ 18.71



# gillian CLARK teigh McDONOUGH

## PROGRAMS

In order to change your body, you have to change your mind—exactly what Gillian and Teigh help you to do. Yoga Booty Ballet® frees the funky ballerina within you through the joy of movement while promoting wellness in body, mind, and spirit.

### YOGA BOOTY BALLET® AB & BUTT MAKEOVER

This unique program was created to help you dance, sweat, lose weight, and feel great. A dynamic fusion of yoga, booty sculpting, and cardio dance that will get you the long, lean, and sexy body you've always wanted. See a dramatic difference in your body in just 7 days. Includes Squishy Ball, toning band,\* and Light & Easy bonus workout DVD.

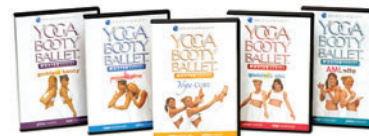
Retail Price \$ 39.90  
Club Price \$ 35.91  
Coach Price \$ 29.93



### YOGA BOOTY BALLET® CLASSIC

Hollywood's fun fitness secret combines yoga, dance, and body sculpting. FREE Squishy Ball.

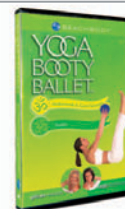
Retail Price \$ 39.90  
Club Price \$ 35.91  
Coach Price \$ 29.93



### YOGA BOOTY BALLET® MASTER SERIES

Master advanced yoga and Pilates moves that focus on your abs and booty.

Retail Price \$ 59.85  
Club Price \$ 53.87  
Coach Price \$ 44.89



### YOGA BOOTY BALLET® CLASSIC GODDESS

In-depth workouts focus on total-body sculpting.

Retail Price \$ 24.95  
Club Price \$ 22.46  
Coach Price \$ 18.71



### YOGA BOOTY BALLET® PURE AND SIMPLE YOGA

Gillian Marloth Clark's exhilarating routine helps you get toned and slim through classic yoga.

Retail Price \$ 19.95  
Club Price \$ 17.96  
Coach Price \$ 14.96



### YOGA BOOTY BALLET® BABY ON THE WAY

Teigh McDonough's pregnancy workout helps you get strong, healthy, centered, and ready for your special delivery.

Retail Price \$ 19.95  
Club Price \$ 17.96  
Coach Price \$ 14.96



# kathy SMITH

PROGRAMS

With more than 20 years as a fitness industry icon, Kathy has developed best-selling books and DVDs on topics ranging from yoga and menopause to weightlifting and Pilates. For her latest project, she teamed with the American Diabetes Association, nutritionists, certified diabetes educators, and physicians.

## KATHY SMITH'S PROJECT:YOU! TYPE 2®

This revolutionary new lifestyle program can help manage or prevent type 2 diabetes or pre-diabetes. It's the first all-in-one nutrition and exercise solution designed to help manage diabetes, reduce your risk for diabetes complications, and put you back in control.



Retail Price	\$ 99.95
Club Price	\$ 89.96
Coach Price	\$ 74.96

# Just for KIDS

programs

It's never too early to get kids excited about exercise—the trick is how to hold their attention? Both Tony and Shaun T captivate their audience with fitness, fun, and entertainment, and help kids get a head start on a healthy lifestyle.



## SHAUN T'S GET REAL®

Strength and cardio workouts designed for tweens and teens of every shape, size, and fitness level, with motivational calendar and healthy eating tips.

Retail Price	\$ 19.95
Club Price	\$ 17.96
Coach Price	\$ 14.96



## SHAUN T'S FIT KIDS® CLUB

Shaun T keeps kids healthy and energized with mad awesome dance moves. For ages 7 and up.

Retail Price	\$ 19.95
Club Price	\$ 17.96
Coach Price	\$ 14.96



## TONY & THE KIDS!

Kids will love every stretch, hop, jump, kick, and twist as they laugh their way through fun and zany routines with Tony, the "big kid." Ages 5 to 12.

Retail Price	\$ 9.95
Club Price	\$ 8.96
Coach Price	\$ 7.46

# Beachbody NUTRITIONALS®

Good nutrition is a must for good health, especially when you're working on getting your body and lifestyle in shape. Our Beachbody Nutritionals are key to completing and maintaining a healthy transformation—providing safe and effective vitamin, mineral, and nutritional support.

## All supplements are not created equal.

There's more to a quality supplement than what's written on the label. Beachbody supplements adhere to the highest formulation standards in the industry when it comes to safety, bioavailability, and dissolution rates. Our labs meet all FDA standards for Good Manufacturing Practice Regulations. And every one of our manufacturers are certified by NSF (National Science Foundation) and NPA (Natural Products Association).



# HOME DIRECT: REFILLS, DELIVERED TO YOUR FRONT DOOR.

What happens when you get to the bottom of your supplement container? Choose Home Direct and we'll deliver refills right to your door. You'll never have to worry about running out because we'll be keeping track for you.



To learn more, ask your Coach  
or visit [TeamBeachbody.com](https://www.teambeachbody.com)





THINK YOU CAN'T TRANSFORM YOUR HEALTH IN 30 DAYS WITH A SHAKE? THINK AGAIN.

# THE ULTRA-PREMIUM NUTRITIONAL HEALTH SHAKE.

## STOP CRAVINGS

*"After taking Shakeology on a regular basis for a few weeks, I had no problem breaking my sugar addiction."* —Lee, Arizona

*"I was completely shocked that my intense sugar cravings were GONE!"* —Heather, Texas

## LOSE WEIGHT

*"As a Registered Nurse, I have been very skeptical of any weight-loss liquid nutrition. After a complete analysis of the ingredients, I decided to try Shakeology. I knew I needed to lose weight but was struggling to quit drinking diet soda. I replaced the diet soda with Shakeology as my treat for the day. I haven't had a diet soda since the day I started Shakeology! And I've lost 18 lbs so far."* —Susan, Washington

## GAIN ENERGY

*"I notice now I have more energy and drink less coffee. I find it amazing that I don't want coffee if I have my Shakeology in the morning. It really does give me the energy to get through my day!"* —Heather, Maryland

*"I was surprised at how much better I was sleeping and how much more energy I had."* —Vicky, New Hampshire






## IMPROVE REGULARITY/DIGESTION

*"I love what it's done for my regularity. It's not something I ever thought I had a problem with, but just three days into drinking my Shakeology, I noticed less bloating and less gas. I'm just more comfortable in general."* —Jamie, Illinois

## LOWER CHOLESTEROL

*"My husband was already drinking Shakeology, losing weight, lowering his cholesterol by 90 points and feeling great. That was enough to get ME started!"* —Lois, Kentucky

Shakeology has protein but it's a whole lot more than a protein shake. Shakeology can replace a meal but it's not your mother's meal replacement shake. Shakeology is an ultra-premium nutritional health shake that provides the widest array of nutrients from around the world in a nutrient-dense but low-calorie formula that you can't replicate anywhere. No other shake out there has eight adaptogen herbs—known to help the body adapt and cope with stress, which can be devastating to your health and well-being. Whether you use it as a meal replacement for weight loss or simply to ensure your body gets all the nutrients it needs for optimal health, Shakeology takes the guesswork out of nutrition.

shakeology THE HEALTHIEST MEAL OF THE DAY		
NUTRIENT GROUP	INGREDIENTS	BENEFITS
Protein & Amino Acids	Amaranth, Camu-Camu, sacha inchi, sprouted quinoa, whey protein, <b>GOJI BERRY</b> 	Builds lean muscles, heals wounds, improves skin and hair, supports optimum brain function and mental clarity, improves moods, reduces cravings
Antioxidants	Acerola cherry, bilberry, Camu-Camu, Goji berry, grape seed extract, green tea, Maca root, pomegranate, <b>ACAI BERRY</b> 	Reduces oxidative damage in the body caused by free radicals and lowers the chances for degenerative conditions such as heart disease, high blood pressure, dementia, and arthritis
Phytonutrients	Barley grass, blue-green algae, Chia seeds, Chlorella, flax, grape seed extract, Hydrilla, spinach, Spirulina, sprouted quinoa, wheatgrass	Boosts the immune system, helps fight diseases, can slow down the aging process, detoxifies the body with its alkalizing properties
Adaptogens	Ashwagandha, Cordyceps, holy basil leaf, Reishi mushroom, Suma root, Schisandra, Maca root, <b>ASTRAGALUS</b> 	Plant-derived agents protect the body from stress and help balance endocrine hormones and the immune system
Prebiotics	Pea fiber, <b>YACON ROOT</b> 	Promotes better intestinal health by aiding the digestive process.
Digestive Enzymes	Amylase, bromelain from pineapple, cellulose, lactase, lipase, papain from papaya, protease 	Helps the body break down foods and increase the absorption of nutrients

WHY DO YOU NEED SHAKEOLOGY?

# Shakeology

## A TOTAL HEALTH SOLUTION

Sign up for Shakeology on Home Direct and get THE WORKOUTS DVDs **FREE**



### SHAKEOLOGY®

Available in Chocolate and Greenberry. Helps improve digestion and boost energy.\* Single-serving packets also available.

**FREE Shipping when you order Home Direct.†**

Retail Price	\$ 119.95
Club Price	\$ 107.96
Coach Price	\$ 89.96



### SHAKEOLOGY BOOST: THE FIBER

Add a scoop to your shake for a 7-gram boost of fiber. Improves digestive and intestinal health.\*

**FREE Shipping when you order Home Direct.†**

Retail Price	\$ 24.95
Club Price	\$ 22.46
Coach Price	\$ 18.71



### SHAKEOLOGY: THE WORKOUTS

"The 30" is great for beginners, with a mix of cardio, resistance training, and flexibility to get you started on your transformation. "The 50" adds new moves and increases intensity to help you get faster results.

Retail Price	\$ 29.95
Club Price	\$ 26.96
Coach Price	\$ 22.46

† This offer is only available for shipments within the continental United States.

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

Consult with a healthcare professional if pregnant, breast feeding, providing to a child, or if you have any other unique or special needs. Keep out of reach of children.

# P90X Performance



### P90X® PEAK PERFORMANCE PROTEIN BARS

Take your protein to go. Maximize performance with 18 to 20 grams of protein per bar. Twelve bars per box of Café Mocha, Peanut Butter, Chocolate Fudge or new and improved Wildberry Yogurt, now with a creamy berries'n'yogurt flavor and 20 grams of protein!

Retail Price	\$ 23.95
Club Price	\$ 21.56
Coach Price	\$ 17.96



### P90X® PEAK HEALTH FORMULA

Complete, high-potency multivitamin helps to boost strength and energy, and maximize cell repair.\* 30-day supply.

Retail Price	\$ 42.95
Club Price	\$ 38.66
Coach Price	\$ 32.21



### P90X® RESULTS AND RECOVERY FORMULA

Refuel. Reenergize. Speed up muscle repair. Ideal carbs-to-protein ratio taken within an hour of working out can increase your body's ability to recover.\*

30-day supply—Tub.	30-day supply—Packets.
Retail Price \$ 43.95	Retail Price \$ 45.95
Club Price \$ 39.56	Club Price \$ 41.36
Coach Price \$ 32.96	Coach Price \$ 34.46

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

Consult with a healthcare professional if pregnant, breast feeding, providing to a child, or if you have any other unique or special needs. Keep out of reach of children.



# WORK HARDER, FASTER, AND JUST PLAIN BETTER.



## WHEY PROTEIN POWDER

Boost your weight loss and build lean, strong muscle with this low-fat, great-tasting shake mix.\* Loaded with 18 grams of protein per serving. 30-day supply of Chocolate or Vanilla.

Retail Price	\$ 39.95
Club Price	\$ 35.96
Coach Price	\$ 29.96



## PERFORMANCE FORMULA

Our exclusive formula helps you lose weight and tone muscle faster while increasing energy and stamina.\*† 30-day supply.

Retail Price	\$ 24.95
Club Price	\$ 22.46
Coach Price	\$ 18.71



## STRENGTH & MUSCLE MEN'S FORMULA

Four times more absorbable than regular creatine. Get stronger and perform better with this safe, potent formula.\* Tasty Berry flavor. 30- or 90-day supply.

30-day supply.	90-day supply.
Retail Price \$ 19.95	Retail Price \$ 43.90
Club Price \$ 17.96	Club Price \$ 39.51
Coach Price \$ 14.96	Coach Price \$ 32.93

† Only available to residents of the United States and its territories.

# BALANCE YOUR BODY.



## JOINT SUPPORT SUPER FORMULA

Helps protect your joints and cartilage.\* Has all the benefits of glucosamine plus added MSM (Methylsulfonylmethane) for increased effectiveness. 30-day supply.

Retail Price	\$ 22.95
Club Price	\$ 20.66
Coach Price	\$ 17.21



## HERBAL IMMUNE BOOST

A potent immune-boosting formula that helps protect against harmful toxins and strengthens the immune system\* with a proprietary blend of natural ingredients. 30-day supply.

Retail Price	\$ 19.95
Club Price	\$ 17.96
Coach Price	\$ 14.96



## TOTAL HEALTH WOMEN'S FORMULA

A special blend of vital ingredients helps accelerate fat removal and weight loss. Helps regulate thyroid function for improved metabolism.\* Ephedra-free formula. 30-day supply.†\*\*

Retail Price	\$ 21.95
Club Price	\$ 19.76
Coach Price	\$ 16.46

† Only available to residents of the United States and its territories.

\*\*WARNING: If a pre-existing thyroid condition exists, you should consult your physician before taking Total Health Women's Formula.

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

Consult with a healthcare professional if pregnant, breast feeding, providing to a child, or if you have any other unique or special needs. Keep out of reach of children.

## GET STRONG. GET LEAN.



### MEAL REPLACEMENT SHAKE

Creamy, delicious, low-calorie shake is a meal in itself. A balanced mix of carbs, fats, and protein helps sustain energy and satisfy hunger.\* Perfect for weight loss or a nutrition boost when you're on the go. 30 servings of Chocolate or Vanilla.

Retail Price	\$ 39.95
Club Price	\$ 35.96
Coach Price	\$ 29.96



### SLIMMING FORMULA

Helps you lose almost 30% more fat with this blend of pyruvate and green tea, proven to help increase weight loss and improve endurance.\* 30-day supply.

Retail Price	\$ 29.95
Club Price	\$ 26.96
Coach Price	\$ 22.46



### 2-DAY FAST FORMULA®

Lose up to 7 pounds in 2 days. Reduce cravings, start burning hard-to-lose fat, cleanse away toxins.\* 6 servings of Chocolate or Vanilla.†

Retail Price	\$ 19.95
Club Price	\$ 17.96
Coach Price	\$ 14.96

†Only available to residents of the United States and its territories.

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

Consult with a healthcare professional if pregnant, breast feeding, providing to a child, or if you have any other unique or special needs. Keep out of reach of children.

## BUILD A HEALTHY FOUNDATION.



### ACTIVIT® MULTIVITAMINS

More than a vitamin. Helps enhance physical and mental wellness, increase bone strength, stimulate the immune system, slow the effects of aging, and regulate calcium and blood sugar levels.\* 30-day supply. Metabolism or Body Toning Formula.†

Retail Price	\$ 24.95
Club Price	\$ 22.46
Coach Price	\$ 18.71



### CORE OMEGA-3™

Meets the highest industry standard for pure, non-contaminated fish oil. Promotes healthy heart, blood pressure, joints, brain and nerve function.\* No unpleasant aftertaste. 1,000 mg in a single serving. 30-day supply.

Retail Price	\$ 21.95
Club Price	\$ 19.76
Coach Price	\$ 16.46



### CORE CAL-MAG™

Build strong bones for a strong body. Core Cal-Mag has the optimal absorption ratio of calcium to magnesium resulting in better bioavailability.\* Safe for lactose-intolerant users. 30-day supply.

Retail Price	\$ 17.95
Club Price	\$ 16.16
Coach Price	\$ 13.46

†Only available to residents of the United States and its territories.

## HIGH PERFORMERS PACKAGED FOR POWER.



### CORE NUTRITION PACK

Contains Core Omega-3, Core Cal-Mag, and ActiVit Multivitamins to help maximize results, maintain optimal health, and improve performance.\* Choose either ActiVit Metabolism or ActiVit Body Toning formulas.†

Retail Price \$ 59.95  
Club Price \$ 53.96  
Coach Price \$ 44.96



### SLIMMING PACK

ActiVit Metabolism Formula and Slimming Formula together help you accelerate fat burning and boost energy.†

Retail Price \$ 54.90  
Club Price \$ 49.41  
Coach Price \$ 41.18



### PERFORMANCE PACK

Use core nutrients P90X Peak Health Formula and Performance Formula to help you adapt to a higher fitness level and maximize recovery with boosted cell repair.†

Retail Price \$ 62.85  
Club Price \$ 56.57  
Coach Price \$ 47.14



### RENEWAL PACK

Stay healthy while working on your fitness goals. ActiVit Body Toning Formula, Herbal Immune Boost, and Joint Support Super Formula combine effectively to help protect from wear and tear, repair daily stress, boost your immune system, and restore wellness.\* 30-day supply.†

Retail Price \$ 62.85  
Club Price \$ 56.57  
Coach Price \$ 47.14



### RESULTS PACK

Accelerate results while promoting healthy bones and heart function.\* A powerful combination of Meal Replacement Shake, ActiVit Metabolism Formula, Core Cal-Mag, and Core Omega-3. Choose Chocolate or Vanilla shakes.†

Retail Price \$ 99.90  
Club Price \$ 89.91  
Coach Price \$ 74.93

“We’re focused on helping people achieve their goals and find a balance in their lives. We want you to be the star of your own success story.”

—Carl Daikeler,  
Chairman and CEO

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

Consult with a healthcare professional if pregnant, breast feeding, providing to a child, or if you have any other unique or special needs. Keep out of reach of children.

†Only available to residents of the United States and its territories.

# Beachbody

## ACCESSORIES

OK, you're focused on the right program and nutritional plan. Now you need the accessories to work the program. Having the right equipment can help you avoid injury and get the results you're looking for. Do it right and you won't be disappointed.

### P90X® CHIN-UP BAR

Strengthen shoulders, back, and arms with this high-grade training tool featuring multiple grip positions. (Used with P90X.)



Retail Price \$ 59.85  
Club Price \$ 53.87  
Coach Price \$ 44.89



### B-LINES® RESISTANCE BAND KITS

Portable and convenient for a workout anytime, anywhere.



Standard (15 to 30 pounds),  
2 bands, 2 sets of handles,  
plus 1 free band.

Retail Price \$ 39.95  
Club Price \$ 35.96  
Coach Price \$ 29.96



Super (20 to 40 pounds),  
2 bands, 2 sets of handles,  
plus 1 free band.

Retail Price \$ 39.95  
Club Price \$ 35.96  
Coach Price \$ 29.96



Extreme (40 to 50 pounds),  
2 bands, 2 sets of handles,  
plus 1 free band.

Retail Price \$ 39.95  
Club Price \$ 35.96  
Coach Price \$ 29.96

\*B-LINES Resistance Bands contain natural rubber latex which may cause allergic reactions.



### PLYOMETRICS MAT

Super-thick and dense shock-absorbing surface for jump-intensive training. Stays put on hard and soft surfaces.

Retail Price \$ 89.85  
Club Price \$ 80.96  
Coach Price \$ 67.46



### WEIGHTED GLOVES

Increases intensity of cardio workouts.  
.75 lb. each, 1.5 lb. set.

Retail Price \$ 19.95  
Club Price \$ 17.96  
Coach Price \$ 14.96



### TONY HORTON'S POWERSTANDS®

Designed and used by celebrity fitness trainer Tony Horton, these premium heavy-duty stands strengthen and sculpt without straining wrists and forearms. (Used with P90X and Power 90 Master Series.)

Retail Price \$ 39.95  
Club Price \$ 35.96  
Coach Price \$ 29.96

PowerStands is a registered trademark of Tony Horton.

# Accessories



## B-LINES® COMPLETE KIT

Ten bands plus 3 sets of handles.\* For all levels.

Retail Price	\$ 119.95
Club Price	\$ 107.96
Coach Price	\$ 89.96

\*B-LINES® Resistance Bands contain natural rubber latex which may cause allergic reactions.



## B-LINES UPGRADE KIT

Cardio belt and door attachment system lets you do more with your bands.

Retail Price	\$ 9.95
Club Price	\$ 8.96
Coach Price	\$ 7.46



## BODY FAT TESTER

Monitor your fat-burning progress and stay motivated with this simple, essential tracking tool. Plus get a FREE Body Fat Guide.



Retail Price	\$ 14.95
Club Price	\$ 13.46
Coach Price	\$ 11.21



## HEART RATE MONITORS

Accurate and easy to use. With chest strap or strapless.

With strap.	Strapless.
Retail Price \$ 59.85	Retail Price \$ 74.85
Club Price \$ 53.87	Club Price \$ 67.37
Coach Price \$ 44.89	Coach Price \$ 56.14

Bowflex® Fit Trainer 10S (strapless).

Retail Price	\$ 59.85
Club Price	\$ 53.87
Coach Price	\$ 44.89



## SQUISHY BALL

Tighten and tone abs, sculpt inner thighs with this amazing little tool. Improves flexibility and coordination. 6" diameter.

Retail Price	\$ 12.95
Club Price	\$ 11.66
Coach Price	\$ 9.71



## BALANCE BALL

Targets abs, back, chest, arms, thighs, legs, and buns.

Medium (55cm).	Large (65 cm).
Retail Price \$ 29.95	Retail Price \$ 34.95
Club Price \$ 26.96	Club Price \$ 31.46
Coach Price \$ 22.46	Coach Price \$ 26.21



## PUSH-UP STANDS

Keep your face off the floor. Slide resistant.

Retail Price	\$ 19.95
Club Price	\$ 17.96
Coach Price	\$ 14.96



## YOGA BLOCKS

Increase strength and flexibility without strain. (Color may vary.) 4" X 6" X 9" 2-block kit.

Retail Price	\$ 29.95
Club Price	\$ 26.96
Coach Price	\$ 22.46

## Accessories



### SCULPTING BANDS

Add resistance to sculpt abs, inner thighs, and upper body. In purple (moderate resistance) or green (low resistance).\*

Retail Price	\$ 9.00
Club Price	\$ 8.10
Coach Price	\$ 6.75

\*Sculpting Bands contain natural rubber latex which may cause allergic reactions.



### YOGA MONSTER MAT

Thick, textured, and sticky to stabilize your yoga workout. [Color may vary.] 24" x 68"

Retail Price	\$ 29.95
Club Price	\$ 26.96
Coach Price	\$ 22.46



### DUMBBELL SET

Perfect for light resistance workouts, this mini dumbbell set satisfies your changing resistance needs. 3 lbs., 5 lbs., 8 lbs. Includes handy storage rack.\*\* (Used with many Beachbody programs.)

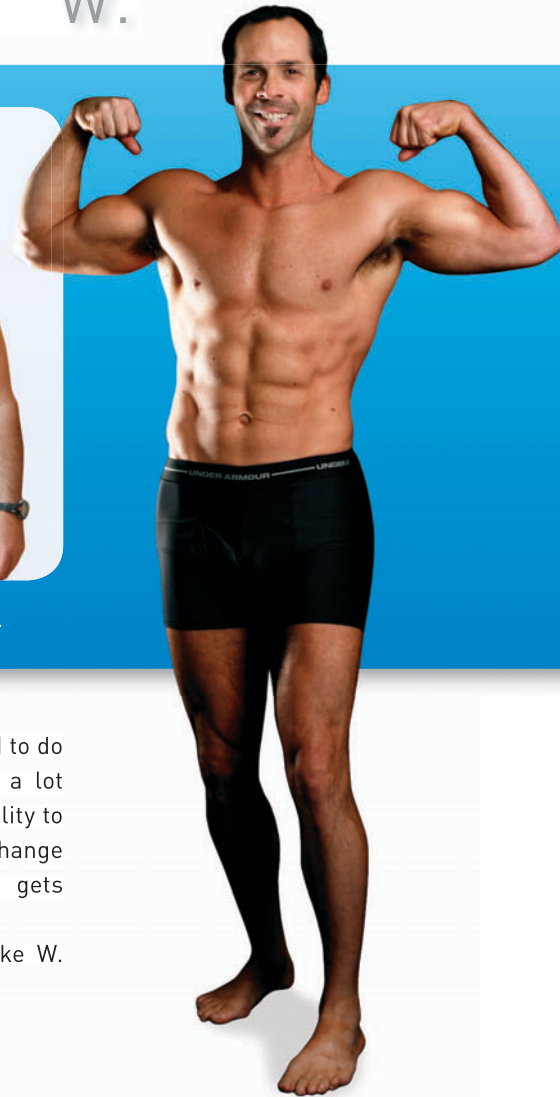
Retail Price	\$ 59.90
Club Price	\$ 53.91
Coach Price	\$ 44.93

\*\*Only available for shipment to residents of the continental United States.

# C o k e W.



Lost 34 lbs. using P90X.



"At 252 lbs., I knew I had to do something. Now I have a lot more energy and the ability to give more. When you change your body, your mind gets changed as well."

—Coke W.

Results may vary. Exercise and proper diet are necessary to achieve and maintain weight loss and muscle definition.

TEAM  BEACHBODY®

# SOMETHING TO CELEBRATE: OUR CUSTOMERS' SUCCESS

KRISTY M.  
USED TURBO JAM®

DALLAS C.  
USED P90X®



Beachbody products helped Dallas lose 192 pounds and Kristy lose 80 pounds. Their amazing success won them \$250,000 each in Team Beachbody's 2008 Million Dollar Body Game®.

Contact your Team Beachbody Coach:

TEAM  BEACHBODY®

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TeamBeachbody.com

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