

THE DIFFERENCES BETWEEN

21 day FIX® & 21 day FIX EXTREME®

21 Day Fix®

21 Day Fix EXTREME®

WORKOUTS

30-minute workouts / 7 days a week
No choreography or dance moves
Boot camp-style



Appropriate for beginner to intermediate level

Extreme workouts appropriate for advanced level

1-minute moves with 15-second breaks in between

Moves vary in length and breaks are typically shorter

Mix of weighted moves and moves that use your body weight only

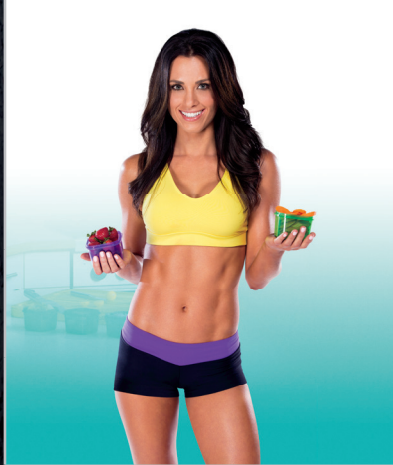
Most moves are weighted or use the resistance bands

Low-impact modifier

Modifier is lower impact than the standard move, but much more intense than the 21 Day Fix

EATING

Comes with 7 color-coded portion-control containers, a shaker cup, and Eating Plan



Eating Plan includes options for "treats"—wine and chocolate, for example

100% clean eating on the Eating Plan—no "treats"

Wide variety of foods to choose from; each container's food list includes the most nutritious options at the top

Still lots of variety, but some of the least nutritious foods at the bottom of the list have been eliminated

Simple recipes designed to get you started with basics like quinoa and grilled chicken

More recipes that take you beyond the basics

3 Day Quick Fix helps you accelerate your results for the last 3 days

Countdown to Competition gives you Autumn's personal plan she uses to get ready for competition as an option for the entire 21 days

RESULTS

Fast results! Visible results in just 21 days.



Lose up to 15 pounds in 21 days

Shred up and shed off those final pounds to see the most serious results in the shortest time possible