

Any successful Coach can tell you, social media is a crucial way to communicate with customers and Coaches and keep them motivated. People love frequent posts and tweets, and yours can really help inspire others. Plus you'll lock in more 10-Minute Trainer orders than ever!

Below are samples to edit however you like as they apply to you, or just use as idea-starters to write your own.

## Sample Facebook® posts:

- 1) My 10-Minute Trainer® Challenge Group has just 2 spaces left! Who else wants a chance to get fit and WIN CASH? Message me NOW!
- 2) Looking at my "before" and "after" photos makes me get off the couch and do 10-Minute Trainer®. What motivates YOU to work out?
- 3) WOW, 10-Minute Trainer® sure kicks my butt—plus, since I moved up to 3 workouts a day, I've got a six-pack! What great changes have you seen in your muscles since you started your Beachbody® program?
- 4) My weakness is FRIED FOOD—so I let myself have a little once a week, and I keep doing my 10-Minute Trainer®. What's YOUR weakness, and how do you deal with it?
- 5) Someone's got to WIN the \$100,000 Grand Prize—why not YOU? If you're ready to take the Beachbody Challenge™, hit LIKE or message me to enroll!
- 6) Can't find time to work out? Then you need 10-Minute Trainer®—you can learn how to get in amazing shape in just MINUTES A DAY.
- 7) I did my 10-Minute Trainer® Total Body workout and Cardio workout and had my Shakeology® today. What did you do today for your health?
- 8) Just finished my favorite 10-Minute Trainer® workout! What about you? When do you find ten minutes to fit in your workout?

## Sample Twitter® tweets:

- 1) My 10-Minute Trainer® Challenge Group has just 2 spaces left! Who else wants a chance to get fit and WIN CASH? #10MinuteTrainer
- 2) Someone's got to WIN the \$100,000 Grand Prize—why not YOU? If you're ready to take the Beachbody Challenge™, let me know! #10MinuteTrainer
- 3) In the time it takes you to count 140 characters on Twitter, you could be 1/4 of the way through your workout. #10MinuteTrainer
- 4) Super Saturday was even MORE amazing than I thought it would be! Thanks, everyone, including my program. #10MinuteTrainer