

# Beachbody on Demand

Have you ever heard of 21 Day Fix, PiYo, P90X, Insanity, 80 Day Obsession, LIIFT4, etc...? Beachbody on Demand provides you with access to all of the programs Beachbody has ever created

*It is like NETFLIX for FITNESS!*



BELIEVE Health & Fitness  
EMPOWERING YOU TO  
ADD MORE YEARS TO YOUR LIFE AND MORE LIFE TO YOUR YEARS

## ★ Sample Workouts

### 10 ROUNDS™

#### Summary

Joel Freeman bring this sweat-drenching boxing program that delivers a maximum cardio burn by combining technique, repetition, and intensity for an incredible TOTAL-body workout.

#### Equipment

- Light, medium, heavy dumbbells
- Resistance loops
- Towel

### barre™ BLEND

#### Summary

Create a lean, toned physique through a fun fusion of ballet barre, Pilates, and cardio interval training. Feel the burn as you sweat, stretch, and strengthen with Elise Joan to energize your entire body.

#### Equipment

- Sturdy chair
- 1-2 pound weights (optional)
- Resistance loops (optional)
- Yoga mat (optional)

# MORNING MELTDOWN 100

## Summary

Jericho McMatthews help you torch calories with high-intensity cardio and resistance training, while a live DJ turns up the energy.

## Equipment

- Light, medium, heavy dumbbells
- Mat (optional)
- Towel (optional)

# TRANSFORM™ :20

## Summary

Shaun T brings the step workout back, with a new-age flair. It involves basic step but adds a lot more, including moves that target your arms, abs and glutes.

## Equipment

- Step (optional)
- Towel (optional)



# LIFT4™

## Summary

Joel Freeman combines more of a traditional weight-lifting program, with high intensity interval training, for a solid workout that is sure to transform your body.

## Equipment

- Light, medium, heavy dumbbells
- Mat (optional)

# THE SHIFT SHOP

## Summary

This is a breakthrough, rapid-conditioning, functional movement workout. Chris Downing will make you feel like you are back in athletic practices, and ready to hit the field.

## WORKOUT

## Equipment

- Light, medium, heavy dumbbells
- Colored paper or coasters
- Towel (optional)

## 21 day FIX REAL TIME

### Summary

Autumn Calabrese remakes her widely-appraised program into real-time episodes, and remixes moves that engages all levels of fitness.

### Equipment

- Light, medium, heavy dumbbells
- Mat (optional)
- Towel (optional)

## 21 day FIX EXTREME REAL TIME

### Summary

Autumn Calabrese takes her original 21 Day Fix workouts to a new intense level, designed for individuals with above-average fitness levels.

### Equipment

- Light, medium, heavy dumbbells
- Mat (optional)
- Towel (optional)



## 4 WEEKS OF THE PREP™

### Summary

The Prep is designed to prepare you for The Work. Amoila Cesar models these workouts after the training regimens he creates for his pro athletes and celebrity clients.

### Equipment

- Light, medium, heavy dumbbells
- Sliders, paper plates, or towels
- Resistance loops
- Chin-Up bar (optional)

## 6 WEEKS OF THE WORK™

WARNING  
EXPLICIT  
LANGUAGE

### Summary

Leave your excuses at the door, it's time to get to WORK! Amoila Cesar created this intense functional training that combines strength, hypertrophy, endurance, power, and mobility.

### Equipment

- Light, medium, heavy dumbbells
- Sliders, paper plates, or towels
- Resistance loops
- Chin-Up bar (optional)

# Health Accountability

## ★ Monthly Groups

YOUR MISSION, SHOULD YOU CHOOSE TO ACCEPT IT.....  
let us help hold you accountable for changes you  
want to make in your life.

- Drink more water
- Exercise daily
- Eat healthy
- Sleep more

Join our COMMUNITY of like-minded individuals,  
all focused on adding more health & fitness into  
their lives.



## ★ Shakeology

NUTRITION THAT HEALS.....

- PROTEIN BLEND - uses multi sources of proteins
- ANTIOXIDANT BLEND - Prevents oxidation and cellular degeneration from free radicals
- SUPERGREENS/PHYTONUTRIENT BLEND - Supports alkalinity (which protects against cancer) and helps with detoxification of heavy metals
- ADAPTOGEN BLEND - Helps with stress resiliency and energy
- DIGESTIVE ENZYME BLEND - Probiotics, prebiotics and digestive enzymes that can survive the trip through to stomach to get to the small intestine (which is where we really need them).



Learn more at [www.believehealthandfitness.com](http://www.believehealthandfitness.com)

