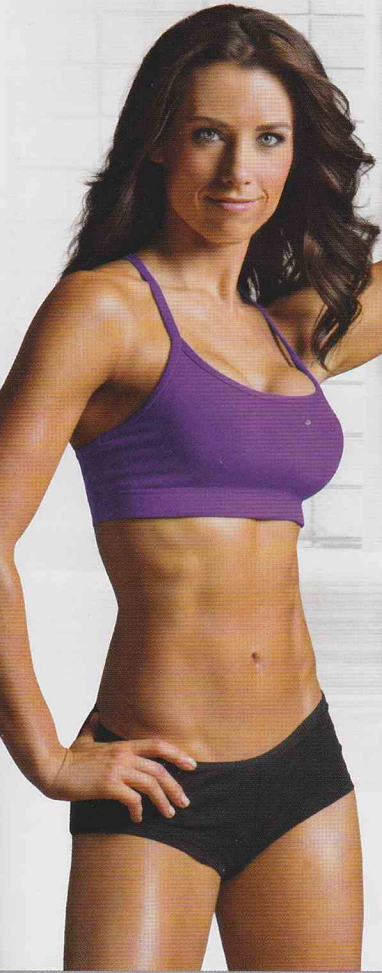


21 day
FIX™



3

DAY
QUICK FIX

 BEACHBODY®

Looking great and staying healthy takes a lifetime of commitment. And that's what the 21 Day Fix is all about. That said, sometimes, you might need to add a little oomph to your Fix.

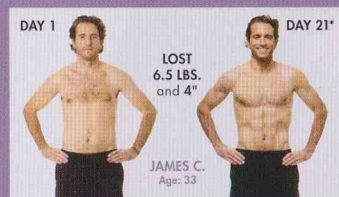
Maybe you want to drop a few pounds for an upcoming wedding. Maybe you want to make a splash at the beach this weekend. Or maybe you need a reboot to stop a few bad nutritional habits.

THAT'S WHERE THE 3 DAY QUICK FIX COMES IN. **THIS IS AUTUMN'S SECRET WEAPON FOR LOOKING BIKINITASTIC.**

She uses it to prep for her bikini competitions and photo shoots. It's not something you want to do for any longer than three days, but if done occasionally, it's a great way to lose a little weight, fast.

Use the 3 Day Quick Fix as needed, but we also suggest integrating it into the end of your 21 Day Fix, starting with Day 19, so that you can knock 'em dead with your "after" photos.

The 3 Day Quick Fix can be pretty challenging, so be ready for it. And if it isn't for you, you can still get great results just sticking with the eating plan.



*Results vary.



—BE—
BIKINI
READY
—IN—
72
HOURS!

Autumn Calabrese is a national bikini competitor and a member of the National Physique Committee (NPC).

THE PLAN

No need to adjust your workouts—or the rest of your life, for that matter. Just follow this simple eating plan for three days by eating these foods, measuring them out using the corresponding containers.

For example, Meal 1 should consist of a yellow container of oatmeal, a red container of egg whites, and a teaspoon of extra-virgin (e.v.) coconut oil.

FEMALE

MEAL 1	 steel-cut oatmeal (cooked)	 egg whites	 e.v. coconut oil
MEAL 2	 grilled chicken	 steamed yams	
MEAL 3	 steamed fish	 steamed veggies	
MEAL 4	 grilled chicken	 steamed veggies	 e.v. coconut oil
MEAL 5	 steamed fish	 steamed veggies	 e.v. coconut oil
MEAL 6	 ground extra-lean turkey	 steamed veggies	 e.v. coconut oil

MALE

MEAL 1	 steel-cut oatmeal (cooked)	 egg whites	 e.v. coconut oil
MEAL 2	 grilled chicken	 steamed yams	
MEAL 3	  steamed fish	 steamed veggies	
MEAL 4	 grilled chicken	  steamed veggies	 e.v. coconut oil
MEAL 5	  steamed fish	 steamed veggies	 e.v. coconut oil
MEAL 6	 ground extra-lean turkey	 steamed veggies	 e.v. coconut oil

THE DETAILS

- Space your meals approximately two hours apart.
- Steamed veggie options recommended are broccoli, asparagus, green beans, zucchini, cucumbers, or bell peppers.
- Seasonings allowed are lemon and lime juice, vinegars, and spices. **NO SALT!**
- Oatmeal can be flavored with cinnamon, nutmeg, or one packet (½ teaspoon) of stevia.
- Drink at least one gallon of water a day. Spread it out as much as possible, starting with a glass when you first wake up. It'll help you feel full while it flushes toxins from your system.
- Drink the extra-virgin coconut oil with meals. To prepare it, place the desired amount into a microwave-safe bowl and zap it for 10 to 15 seconds.
- Coffee or tea is okay to drink, but avoid creamers and sweeteners—except stevia. Again, you can use one packet (or ½ teaspoon).
- Again, no need to alter your workouts. The 3 Day Quick Fix can be used anytime. We also recommend using it during the last three days—and *only three days*—of the program for maximum results.

WHAT'S WITH THE EXTRA-VIRGIN COCONUT OIL?

Autumn swears by the benefits of extra-virgin coconut oil (e.v. coconut oil), making it a must-have for the 3 Day Quick Fix.

Coconut oil contains something called medium-chain triglycerides (MCT), a hard-to-find type of fat that's been scientifically shown to increase energy expenditure, meaning it gives you a little extra energy for your workouts in a severe calorie deficit situation like the 3 Day Quick Fix.

MCTs are also especially good at making you feel full—also very useful on a low-calorie plan.

Once the 3 Day Quick Fix is over, you're welcome to incorporate extra-virgin coconut oil into your regular diet—in fact, Autumn recommends it—but don't use it thinking you can eat less for longer periods of time. Nothing can replace a balanced diet when it comes to getting results while staying fit and healthy.



IMPORTANT: If you have any unique medical conditions such as concerns with blood sugar regulation, dietary restrictions, or other health concerns, please first consult your physician before starting this 3 Day Quick Fix. Also, listen to your body—if you are feeling light-headed or experiencing discomfort, you should return to the standard eating plan.

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21DINS1101



21 day
FIXTM

**START
HERE**

READY FOR YOUR FIX?

Of course you are! Welcome to the next step of your journey. In the box before you, you'll find everything you need to permanently change your health and fitness. All you need to do is sit back, have a quick read of these guides—and work your tail off (while having a blast, of course).

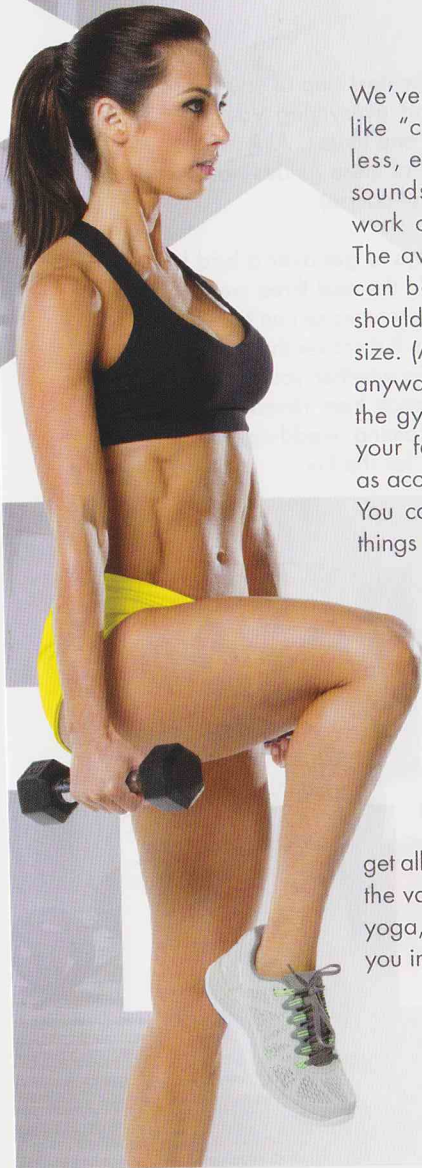
Experts claim that it takes 21 days to get over a bad habit and replace it with a good one. In the next three weeks, you will find that healthy eating and daily exercise can be fulfilling, simple, and fun. What's more, you'll discover that your goals are much closer than you think. So whether you're using this product as a jump start after a break from fitness, or you're looking to turn heads at that upcoming wedding/reunion/insert festive event here, it's time for the Fix.



NOW THAT YOU'RE READY TO GO, WHAT DO YOU NEED TO DO?

- 1 READ THE EATING PLAN, AND FOLLOW IT**
All of the exercise in the world cannot undo a bad diet. Read the guide, adhere to the eating plan, and use your color-coded containers. You're only cheating yourself if you don't give it your all. You can do anything for 21 days.
- 2 USE THE CALENDAR**
The impulse to choose your workout according to your mood makes sense but can be detrimental to your goals. Each week is perfectly designed to get you the greatest results, so stick to the 21 Day Fix calendar. And if you have the Ultimate Package and the additional flexibility of the Ultimate workouts, make sure you use them on the assigned days.
- 3 MAKE YOUR WORKOUTS A PRIORITY**
Put your workouts on your calendar, like any other appointment, and stick to it. Remember that you will be a better (and happier) parent, spouse, friend, employee, or student if you make your health a priority. Don't wish for it, work for it.
- 4 USE THE TRANSFORMATION TRACKER/SOCIAL MEDIA**
Take your "before" pictures and record your measurements along with any other information you have. And don't forget social media (#21DayFix) to share your transformation with the Fix community. Sharing your amazing progress with others over the next 21 days will be encouraging and inspiring.
- 5 FIND YOUR REASON WHY**
Write down the top three reasons you're committing to the next 21 days. Put them somewhere visible—on the fridge, next to your computer, or in your cookie jar—to remind yourself why you're doing this. Remember, if you change your thoughts, you will change your body.
- 6 GET SUPPORT**
Surrounding yourself with supportive people is fantastic, and Beachbody has an entire online community who are accessible to you 24 hours a day. You'll find experts there to answer your questions, peer support, trainer chats, and newsletters full of invaluable fitness and nutrition tips to help you on your journey. Just go to TeamBeachbody.com to get started.

SIMPLICITY



We've all been inundated with phrases like "calories in, calories out" and "eat less, exercise more." As simple as that sounds, knowing exactly how much to work out and chow down isn't so easy. The average American restaurant meal can be double—or even triple—what should be considered a normal portion size. (And what is a "normal" portion size anyway?) Things don't get much easier in the gym. That little calorie calculator on your favorite cardio machine is probably as accurate as a squirt gun in a hurricane. You can't seriously count on any of these things if you're looking to trim up.

The 21 Day Fix™ will remove all of the guesswork—and show you results. Follow the eating plan and put in a different workout every day of the week. It's that easy. The color-coded container plan will guarantee you not only consume the appropriate calories, but also get all of the nutrients your body needs. And the variety of workouts, from resistance to yoga, will help your body change and turn you into a calorie-burning machine.

THE CALENDAR

The Fix has a different 30-minute workout for each day of the week, all perfectly designed to keep your body moving while helping to keep you injury-free. The two additional workouts from the Ultimate Package can be rotated in for greater variety and faster results. Here's how the schedule breaks down:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Total Body Cardio Fix	Upper Fix	Lower Fix or Barre Legs*	Pilates Fix or Flat Abs Fix*	Cardio Fix	Dirty 30	Yoga

THE DOUBLES OPTION

Are you looking for even more dramatic results? Research shows that your resting metabolic rate is elevated for several hours after exercise. So, for an added results kick, the Fix has an optional doubles week, to be utilized from Days 15–21. This second workout, to be done at a different time of day, will help rev your metabolism, burn more calories, and bring you closer to reaching your goal.

Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
Total Body Cardio Fix and Pilates Fix	Upper Fix and Cardio Fix	Lower Fix and 10-Minute Fix for Abs	Pilates Fix and Total Body Cardio Fix	Cardio Fix and Upper Fix	Dirty 30 and Pilates Fix	Yoga

*Flat Abs Fix and Barre Legs are part of the 21 Day Fix Ultimate Package. To purchase, contact your Coach, or visit TeamBeachbody.com or 21DayFixUltimate.com.

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WORKOUT BREAKDOWN

In addition to the seven daily Fix Workouts, there's a bonus workout—10-Minute Fix for Abs. Use it in place of another workout when you don't have a full 30 minutes, or add it to the end of your workout when you want some extra core work. And, if you were lucky enough to get the Ultimate Package, you also have Barre Legs and Flat Abs Fix, which will help take your results to a whole new level.

- 1 TOTAL BODY CARDIO FIX.** This complete body workout will help keep your heart rate up, your muscles engaged, and your metabolism revved high, long after the workout is over.
- 2 UPPER FIX.** 30 minutes of intense resistance training to help sculpt your chest, back, shoulders, arms, and abs.
- 3 LOWER FIX.** Resistance training for the biggest muscles in your body, the glutes, quads, and hamstrings, which in turn burn the greatest amount of calories.
- 4 PILATES FIX.** This Pilates-style workout will help strengthen your core, elongate your muscles, and tighten your glutes and thighs.
- 5 CARDIO FIX.** From jumping jacks to burpees, this workout will have your heart pumping and your entire body drenched in sweat.
- 6 DIRTY 30.** 4 rounds, 8 exercises, and 30 minutes to get in, get out, and get on with your day.
- 7 YOGA FIX.** This workout will help balance, flexibility, and strength, while also increasing circulation and speeding the healing of your muscles.
- 8 10-MINUTE FIX FOR ABS (BONUS WORKOUT).** In just 10 minutes, shape strong, sexy abs to show off on the beach.

ULTIMATE WORKOUTS*

- 1 BARRE LEGS.** Based on ballet movements, Barre Legs will help create sexy glutes, thighs, calves, and abs.
- 2 FLAT ABS FIX.** Nothing is hotter than a six-pack, except one surrounded by chiseled obliques and a strong inner core. If you want flat abs, you'll be glad you did this full 30-minute workout.



Autumn is on the extra-padded Beachbody® miniMAT.

WHAT DO I NEED FOR THE WORKOUTS?

You will need a set of light and a set of heavy dumbbells or resistance bands. Women might have a light set of 3- to 5-pound dumbbells, and a heavier set of 8- to 10-pound dumbbells. Men might have a light set of 8- to 10-pound dumbbells, and a heavier set of 15- to 20-pound dumbbells. If you are using B-LINES® Resistance Bands, women might have a teal band (5 pounds) and/or a pink band (10 pounds) and men might have a pink band (10 pounds) and/or a red band (30 pounds). Please note: These are just suggested weights. You may require more—or less—resistance.



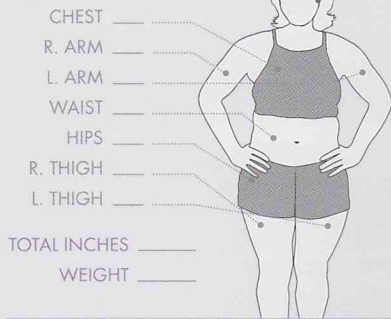
It will also be helpful to have a yoga mat and a Beachbody miniMAT for several of the workouts. Don't forget to always have a towel and water nearby.

You'll find B-LINES Resistance Bands and the Beachbody miniMAT (above) at TeamBeachbody.com and Beachbody.com.

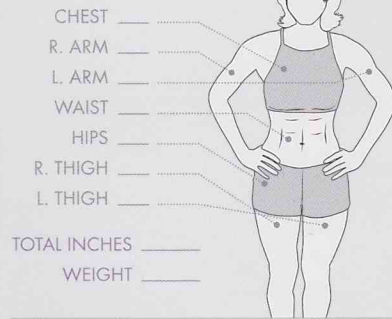
*Flat Abs Fix and Barre Legs are part of the 21 Day Fix Ultimate Package. To purchase, contact your Coach, or visit TeamBeachbody.com or 21DayFixUltimate.com.

TRANSFORMATION TRACKER

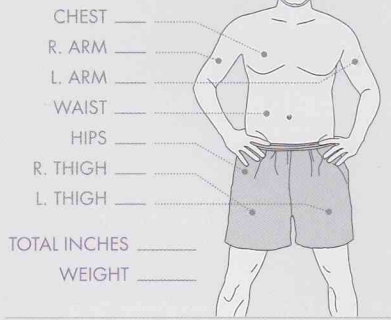
RECORD "BEFORE" STATS



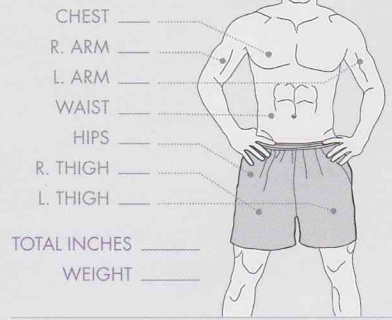
RECORD "AFTER" STATS



RECORD "BEFORE" STATS



RECORD "AFTER" STATS



Consult your physician and follow all safety instructions before beginning this or any exercise program and nutrition plan.

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