

**WANT A FREE PAIR OF
"CIZE" IT UP" SOCKS?**



**Just send us your
"BEFORE" and "AFTER" photos to get yours.**



BEFORE



AFTER

Dancing isn't just fun, it's a great workout too. So take "BEFORE" and "AFTER" photos so you can see the results firsthand.

Share your photos with us and you'll get a FREE pair of CIZE socks. You can't buy them. You gotta earn them! Plus, you'll be entered into the Beachbody Challenge® for a chance to win big cash and prizes.

Visit FreeCIZESocks.com to get your FREE socks.

HOW TO TAKE YOUR "BEFORE" AND "AFTER" PHOTOS.

CAMERA

IMPORTANT: Use a digital camera or a smartphone to take your photos and send the photos in a large size.

- Use your smartphone's BACK-facing camera for the best quality
- Try to have someone take the photo for you
- Specs: photos should be at least 300 MB—the bigger the better!
- File format: JPG

CLOTHES

Wear the same or similar clothing for EVERY PHOTO. Avoid wearing colors that blend into the background. The more skin you show, the more you'll show off your transformation.

BACKDROP

Use a solid-colored background that's different from the clothes you're wearing. Avoid standing by windows or bright lights.

POSE

Take several photos of your front, side, and back that reflect your body's true appearance. Don't suck in or push out.

PRIZES

Your FREE socks entry also enters you in the Beachbody Challenge, which gives you a shot at winning serious cash and prizes. Just submit your results at FreeCIZESocks.com.



Scan this QR code with your smartphone to view an instructional video on how to get the best results when taking your "BEFORE" and "AFTER" photos.

cize™

"BEFORE" and "AFTER" poses to include:



BEFORE



AFTER



BEFORE



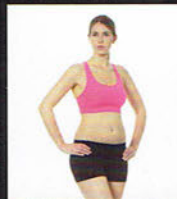
AFTER



BEFORE



AFTER



BEFORE



AFTER

GET A **FREE COACH** TO HELP YOU SUCCEED!



Now that you're part of the CIZE crew, I've got simple advice to help you reach your fitness goals. Get a Team Beachbody® Coach.

What's a Team Beachbody Coach?
A COACH IS A CUSTOMER JUST LIKE YOU, who has seen great results from using Beachbody® products and wants to help you reach your goals.

How can a Coach help?
YOUR COACH WILL HELP KEEP YOU MOTIVATED, and stay in touch online or over the phone. They'll also set you up on TeamBeachbody.com for the best exercise advice and nutrition tips.

And here's the best part:
IT'S FREE. IT COSTS YOU ABSOLUTELY NOTHING.

Millions of people have been partnered with their Coaches to get the kinds of bodies that get noticed.

SO WHAT ARE YOU WAITING FOR?

You can do this!

Shaun T

Get your Coach today at
GETMYFREECOACH.COM

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cize™

LIVE!

Take it or Teach it!

You love it at home, now master all-new routines in a live class setting.
Come CIZE it up front and center in your own dance video.



Learn more at TRYCIZELIVE.com

BEACHBODY  LIVE!

CIZE™ IT UP IN STYLE!

Now you can rock the fresh looks featured in the CIZE dance workouts! These functional and fashionable threads will help you hit the dance floor, and the streets, in serious style.



To create your new look, contact your Team Beachbody® Coach or visit CIZEApparel.com today!

DRINK UP TO GET DOWN



Available in Chocolate, Vanilla, Strawberry, Greenberry, Tropical Strawberry Vegan, and Chocolate Vegan.

Bust out the blender—then the moves! Shakeology® is a delicious, satisfying superfood shake that gives your body the nutrition you need to look your best, feel your best, and energize you for CIZE's exhilarating dance workouts!*

ORDER NOW
and find out how to
SAVE ON SHIPPING
on Shakeology today.

Visit ShakeologyCIZE.com
or call 1 (800) 992-4608

**Based on a survey of 2,769 Shakeology users who drank Shakeology 5 or more times per week and exercised 3 times per week.

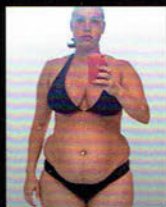
DRINKING SHAKEOLOGY HAS ITS BENEFITS

In a survey of nearly 3,000 Shakeology customers:**

- 86% experience an increase in their energy levels.
- 93% feel healthier since drinking it.
- 81% feel it has helped them reduce their cravings for junk food.

shakeology
THE HEALTHIEST MEAL OF THE DAY®

GET FIT FASTER WITH SHAKEOLOGY, YOUR DAILY DOSE OF DENSE NUTRITION®



BEFORE



AFTER!

“ Once I started combining Shakeology and my workout, it seemed like the fat was just melting off me. My energy levels went through the roof and I was losing weight at a rapid pace. It just took away my cravings for junk food. ”

—Carolina L.

“ I'm no Shaun T... but Shakeology helped give me abs I can actually see! I drink Shakeology for breakfast every morning and it gives me the energy and desire to power through my workouts. ”

—Michael M.



BEFORE



AFTER!

RESULTS VARY.

WHAT'S IN SHAKEOLOGY?

Shakeology contains the world's most powerful superfoods. It's the perfect combination of enzymes, prebiotics, antioxidants, and many rare ingredients which include adaptogens, camu-camu, and maca root—giving you the essential nutrients you can't get from an ordinary diet. Drink Shakeology daily. As soon as the first week, you'll notice you have more energy, fewer cravings, and better digestion.*



THE EMPTY-BAG GUARANTEE

Try Shakeology for 30 days and if you don't feel healthier, return it and we'll refund your money (less s&h). Even if the bag is totally empty.

Contact your **Team Beachbody® Coach**, visit **ShakeologyCIZE.com**, or call **1 (800) 992-4608** today to learn more.

shakeology
THE HEALTHIEST MEAL OF THE DAY®

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

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