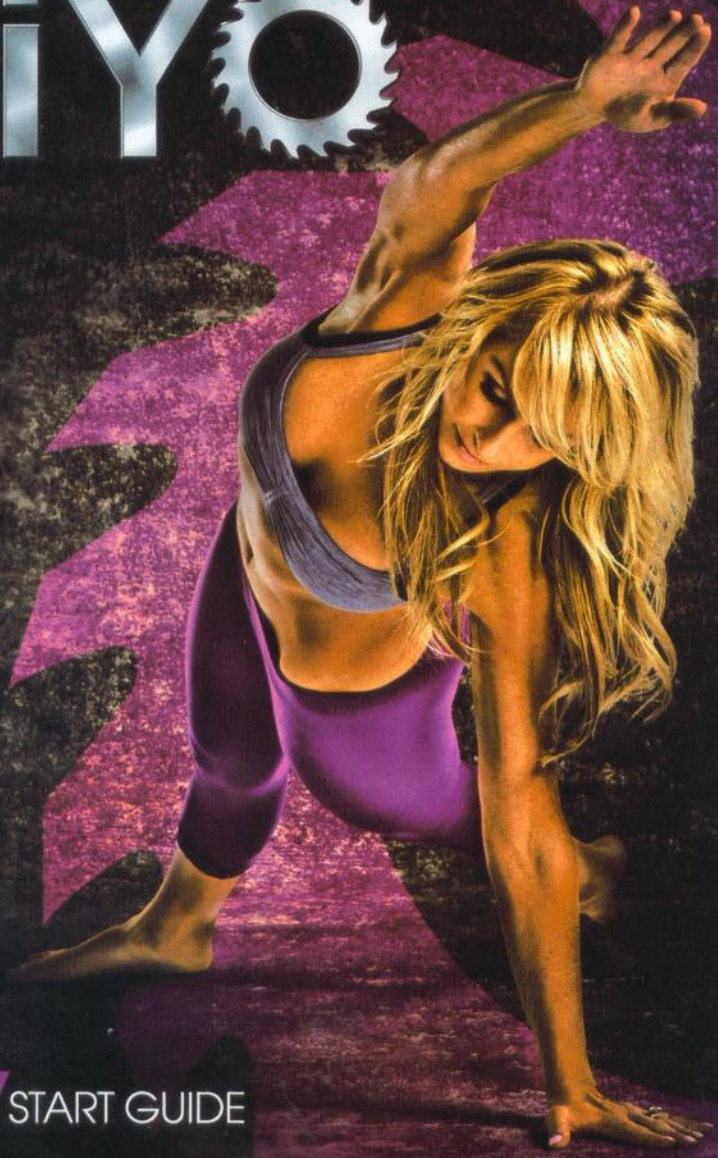


PiYO™



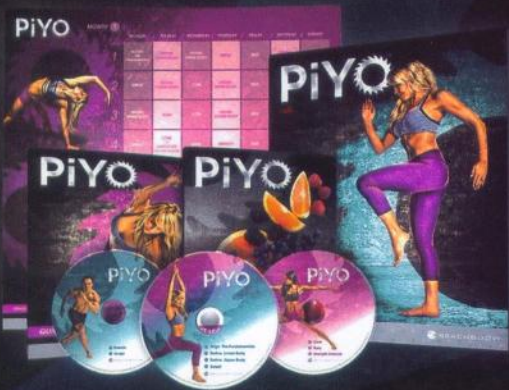
QUICK START GUIDE

 BEACHBODY®

WELCOME TO PIYO™...

I wanted to create a super effective program that everyone could do—that would still deliver real results. I took the best moves from Pilates and Yoga, and turned up the pace to give you the hardcore definition, intense calorie burn, and all-over strength you'd get from extreme programs—without jumps, without weights, and without destroying your body.

—Chalene Johnson



WHO

IS PIYO DESIGNED FOR?

PiYo is perfect for anyone who wants to burn fat and get intensely toned fast—without high-impact pounding or complex choreography. Every workout features a modifier, so you can start at the level that's right for you. Whether you're a beginner or a seasoned athlete, PiYo will challenge you and change your body.

WHY

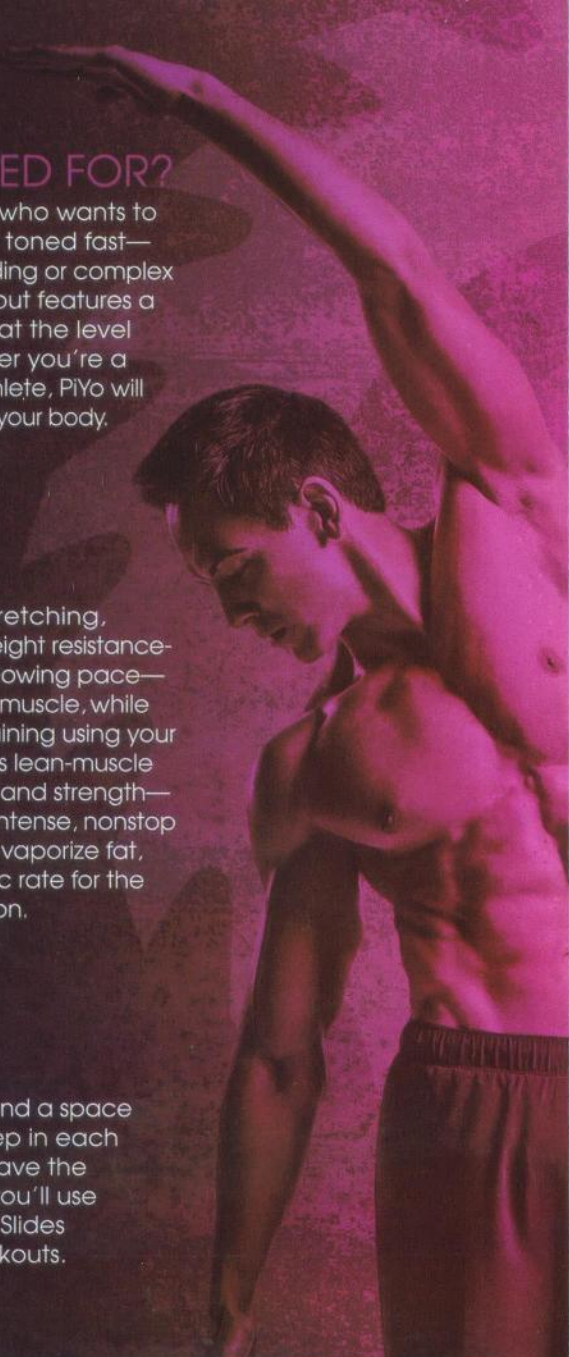
IT WORKS.

PiYo takes you through stretching, strengthening, and bodyweight resistance-based exercises, at a fast, flowing pace—to sculpt and define every muscle, while you burn major calories. Training using your own body weight promotes lean-muscle development for definition and strength—without the bulk. And with intense, nonstop cardio, you'll burn calories, vaporize fat, and elevate your metabolic rate for the ultimate body transformation.

WHAT

DO I NEED?

A yoga mat, towel, water, and a space wide enough to take a step in each direction. That's it! If you have the **PiYo Strength®** Deluxe Kit, you'll use the Beachbody® Strength Slides for the 2 PiYo Strength workouts.



PUSH HARDE

ALIGN: THE FUNDAMENTALS (40 MIN.)

This workout breaks down the most important and effective moves in the program to help you perfect your form and get the best results possible.

DEFINE: LOWER BODY (25 MIN.)

Get your sleekest and leanest legs ever as you lengthen and strengthen your entire lower body from your glutes and hamstrings to your calves.

DEFINE: UPPER BODY (35 MIN.)

Use this incredibly effective workout to start chiseling away at your upper body to shape your arms, carve out your triceps, and sculpt sexy shoulders.

SWEAT (35 MIN.)

A traditional PLYO workout that incorporates effective dynamic conditioning, fast-paced cardio yoga-flows, and bodyweight resistance strength training to help sculpt your entire body!

CORE (30 MIN.)

This ab-centric workout hits your powerhouse from every angle. You'll build a strong core, flat, sculpted abs and obliques, and a strong, sexy back.

BUNS (25 MIN.)

Focused on the glutes, this workout is designed to lift, redefine, and tighten the entire backside of your body for the perfect tight and round butt.

STRENGTH INTERVALS (25 MIN.)

Twenty-five minutes is all you need of this nonstop body-carving, calorie-incinerating workout that uses no weights, no equipment, and gives you no bulk!



W O R K
THE

R WITH PIYO

DRENCH (45 MIN.)

This endurance workout maximizes fat burning while it works every muscle in your body. It will not only leave you drenched, it will kick-start your metabolism as you scorch away the fat.

SCULPT (30 MIN.)

This workout uses varying tempos to keep your muscles under tension for different periods of time. This generates muscular endurance and metabolic changes that will totally transform your figure.

PIYO STRENGTH WORKOUTS:

FULL BODY BLAST (30 MIN.)

A total-body workout that uses the Beachbody Strength Slides to push your fat-burning potential into overdrive—in just 30 minutes.

STRONG LEGS (30 MIN.)

Use the Beachbody Strength Slides to lunge, squat, and stretch your way to amazing quads, glutes, and hamstrings for your strongest, leanest, and most defined legs ever.

PIYO STRENGTH TOOLS:

Beachbody Strength Slides will help increase the intensity of your workout as your body works hard to stabilize and control your movements by engaging your core, stimulating your glutes, and activating muscles you never even knew you had.

A **yoga mat** is ideal for PIYo. Its textured surface promotes better body alignment and footing while providing nonslip traction, control, cushion, and comfort.

KOOUTS

HOW DO I GET STARTED?

- STEP 1 WATCH ALIGN: THE FUNDAMENTALS**
Form is everything to getting the most out of your workouts and for reducing the risk of injury. Let Chalene guide you through each movement, pose, and exercise that you'll use for the rest of the program.
- STEP 2 USE THE CALENDAR**
Each week is perfectly designed to get you the greatest results. So stick to the PiYo Calendar. And if you have the PiYo Strength workouts along with the Beachbody Strength Slides, make sure you use them on the assigned days.
- STEP 3 READ THE PIYO GET LEAN EATING PLAN**
Nutrition is the key to getting the best possible results from your workouts. Read the guide, find your Calorie Target, pick the foods that you like best from the food list, and begin to plan your healthy and delicious meals!
- STEP 4 USE THE TRANSFORMATION TRACKER/SOCIAL MEDIA**
Take your "before" photos and record your measurements along with any other information that you have. And don't forget social media (#PiYo) to share your transformation with the PiYo community—your amazing progress will encourage and inspire others!
- STEP 5 KEEP YOUR EYES ON THE PRIZE**
Set an attainable goal for yourself over the next 60 days and put it someplace you will see it daily to remind yourself why you are doing this—because YOU have the power to transform your body.
- STEP 6 GET SUPPORT**
Create a FREE account at TeamBeachbody.com to get your very own Coach who can address your questions and concerns, and even provide encouragement. On TeamBeachbody.com, you'll also find experts, trainer chats, and newsletters full of invaluable fitness and nutrition tips to help you on your journey.
- STEP 7 CELEBRATE YOUR SUCCESS**
Take the Beachbody Challenge™ to stay motivated, get a FREE T-shirt, and have the chance to win BIG cash and prizes at TakeBBChallenge.com.



PIYO. NO WEIGHTS. NO JUMPS.
JUST HARDCORE RESULTS.


PIYO is a fusion of powerful Pilates- and yoga-inspired moves with an amped-up pace, for serious fat-burning cardio, strengthening, and lengthening—all in one! Now, in just 60 days, you can get the intense core strengthening and lean-muscle development of Pilates, the complete body sculpting and stretching benefits of yoga, AND the heavy-duty calorie incineration of cardio—with one low-impact, high-intensity program!



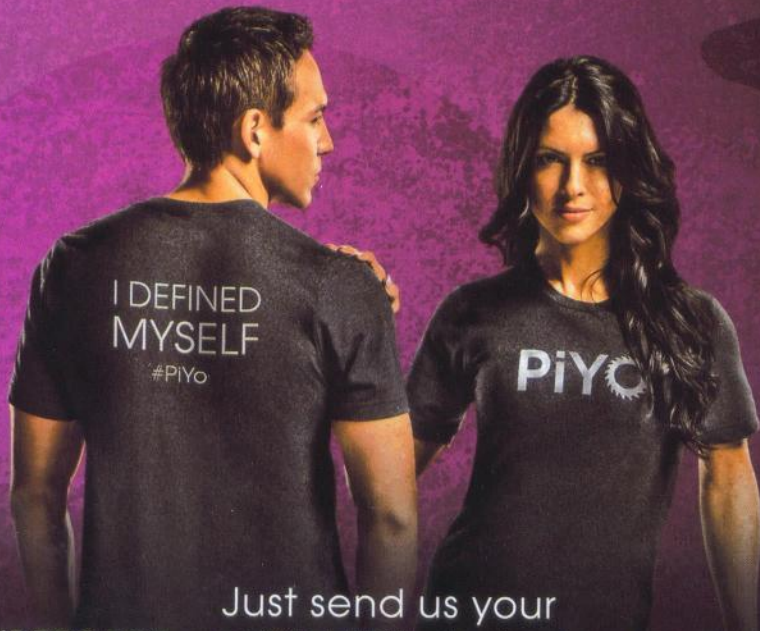
GET READY TO DEFINE YOURSELF

Consult your physician and follow all safety instructions before beginning this physically demanding exercise program.

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 BEACHBODY®

WANT A FREE PIYO™ "I DEFINED MYSELF" T-SHIRT?



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



BEFORE



AFTER

LEIGH R.

Want to stay motivated while you're working out? Take "BEFORE" and "AFTER" photos to chart your transformation.

Push through PiYo and get this exclusive PiYo T-shirt **FREE**. You can't buy it. You gotta earn it! Plus, you'll be entered in the Beachbody Challenge™ for a chance to win big cash and prizes.

You may even inspire others with your photos and story.

Go to FreePiYoTshirt.com to get your FREE T-shirt.

 BEACHBODY®

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 large size.

- Specs: minimum size of 2400 x 3000 pixels or higher
- File format: JPEG
- 300 dpi resolution

○ CLOTHES

Wear the **SAME** or **SIMILAR** clothing **FOR EACH PHOTO** so you can see your progress. Avoid wearing colors that blend into your background. Wear formfitting clothes; the more you show, the more clearly you'll be able to see changes.

○ POSE

Don't suck in your stomach **OR** push it out. You want a true reflection of your body's appearance so you can see your transformation after PiYo has defined your body.

○ BACKDROP

Take your photos in front of a solid-colored background and not in front of bright light or a window.

○ ANGLES

Be sure to take all photos in the angles pictured in this guide.

○ PRIZES

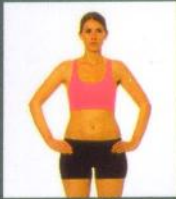
Your **FREE T-shirt** entry also enters you in the **Beachbody Challenge** for a chance to win big cash and prizes. Just submit your results at **FreePiYoTshirt.com**



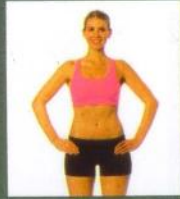
Scan this QR code with your smartphone to view an instructional video on how to get the best results when taking your "BEFORE" and "AFTER" photos.

PiYO

"BEFORE" and "AFTER" poses to include:



BEFORE



AFTER



BEFORE



AFTER



BEFORE



AFTER

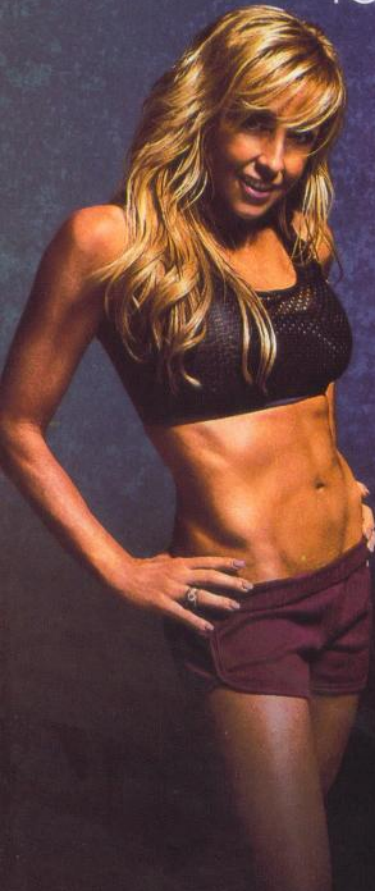


BEFORE



AFTER

I WANT YOU TO SEE HARDCORE RESULTS. GET A **FREE COACH** TO HELP YOU SUCCEED!



Now that you're part of the PiYo family, I can tell you the fastest way to get hardcore results. Get 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, to keep you accountable. They'll also set you up on TeamBeachbody.com for the best exercise 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 achieve their dream bodies.

SO WHAT ARE YOU WAITING FOR?

You can do this! —*Chalene*

GET YOUR COACH TODAY AT
FreePiYoCoach.com

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If you are a member of the Team Beachbody® community, contact your Coach for information and support or log in at TeamBeachbody.com. For Beachbody® and Team Beachbody Customer Service, go to Beachbody.com. PYINS1106

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