

TURBO

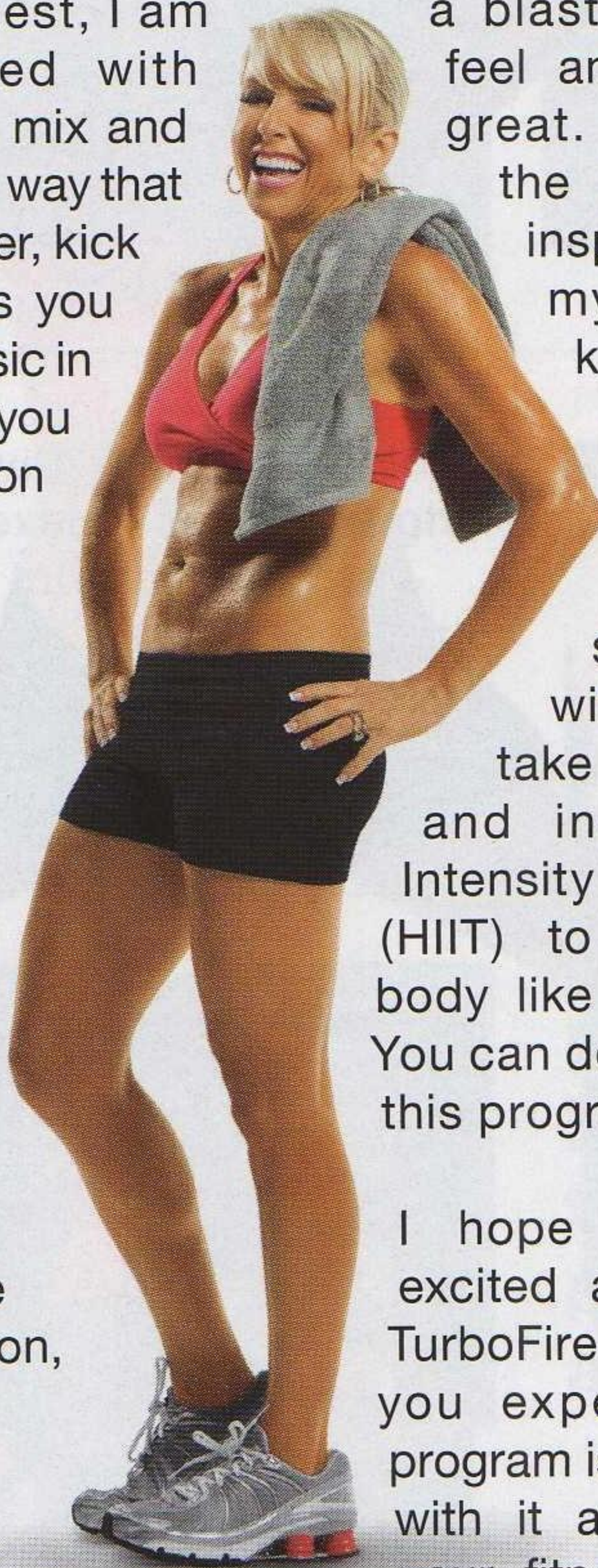
FIRE[®]

TURN UP THE BURN

WELCOME TO **TURBOFIRE**[®]

The inspiration for this intense conditioning program was sparked by my passion for killer workout music and my love for dance. To be honest, I am completely obsessed with music. So I learned to mix and master great songs in a way that makes you punch harder, kick higher, and really gets you into your zone. The music in TurboFire will motivate you to push yourself even on the toughest days.

Working out shouldn't feel like a chore. After teaching for 20 years, I've learned that a class setting encourages a sense of camaraderie, excitement, and the energy you need to get the most out of your workout. Now I'm bringing that same experience to you. Soon, you'll look forward to class. By combining my calorie-burning routines with foot-stomping beats, TurboFire makes you want to get up and move. You'll also find your classes becoming more frequent and intense. The adrenaline high will get you addicted and

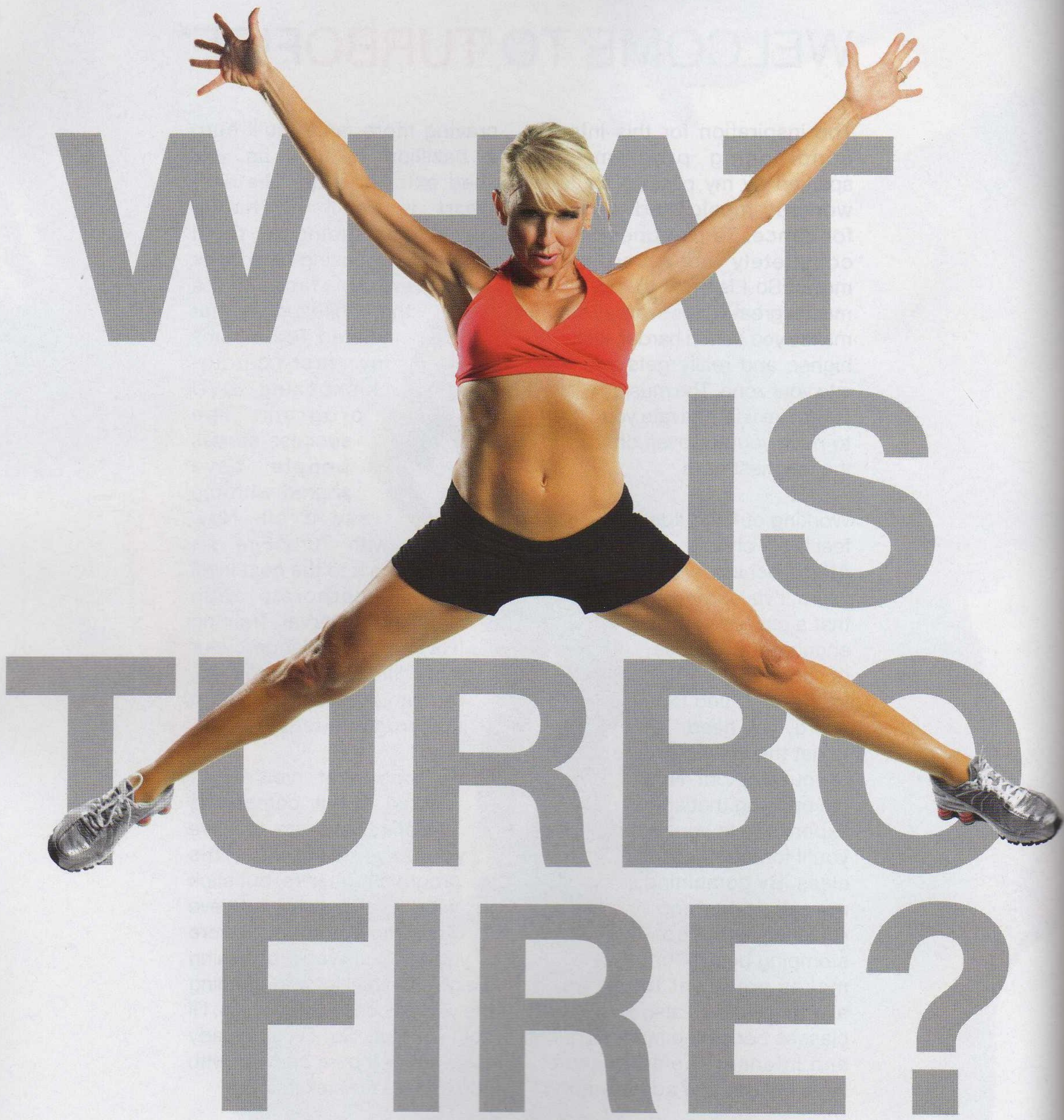


craving more, and you'll burn a bazillion calories as you shed extra pounds. The best part is you'll be having a blast doing it. You'll feel amazing and look great. In fact, that's the philosophy that inspired Turbo Jam[®], my first cardio-kickboxing DVD program. The success stories people have shared with me say it all. Now with TurboFire we take it to the next level and incorporate High Intensity Interval Training (HIIT) to challenge your body like the athletes do. You can do this. Let's crush this program, together.

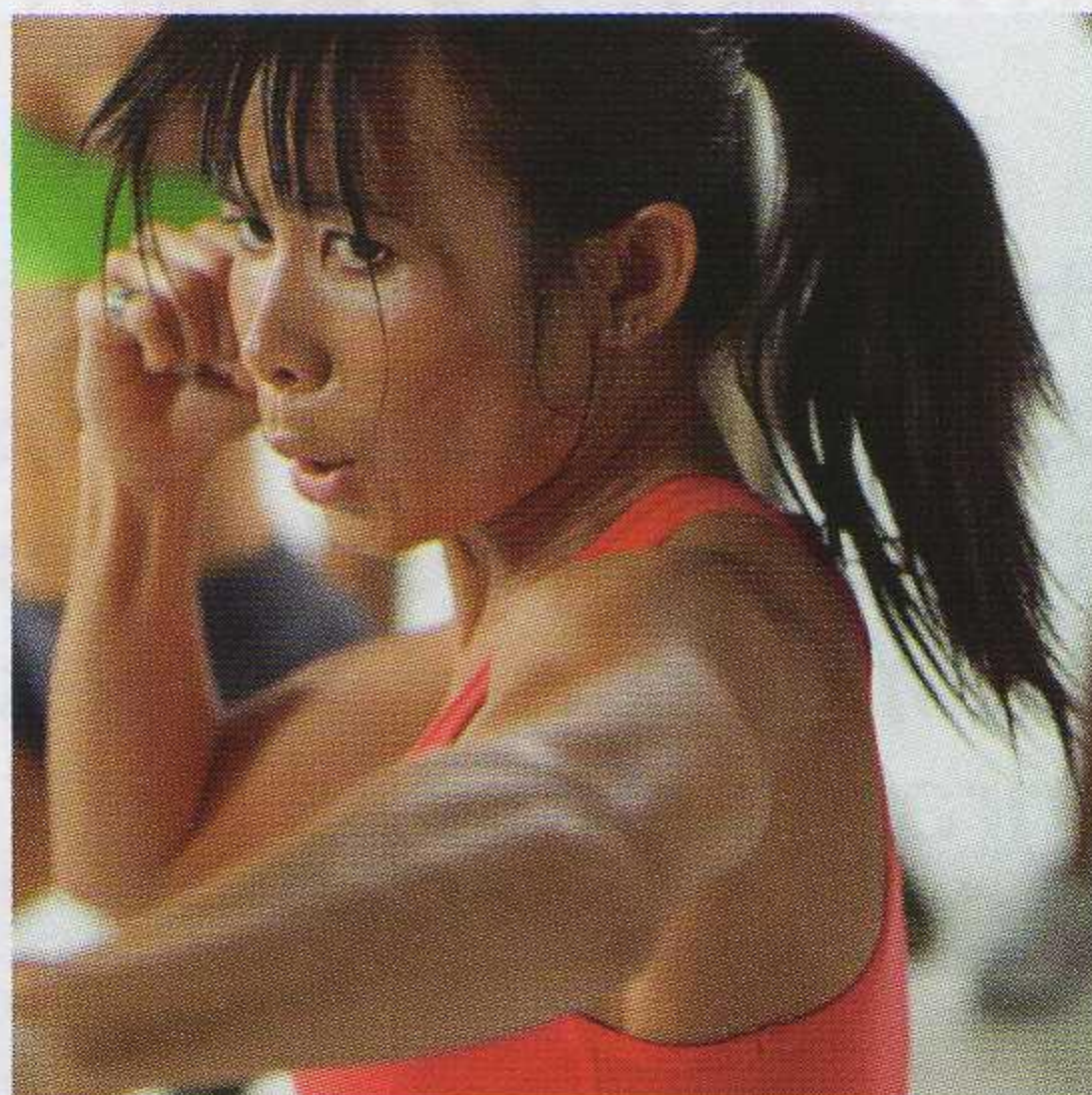
I hope that you're as excited about completing TurboFire as I am to have you experience it. This program is intense, but stick with it and you'll achieve your fitness goals. Before you know it, you'll be losing weight, toning up, and sending me your success stories (yes, I'll hold you to it). So, if you're ready to sweat and burn calories with TurboFire, let's kick it.

Your friend in fitness,

Chalene Johnson

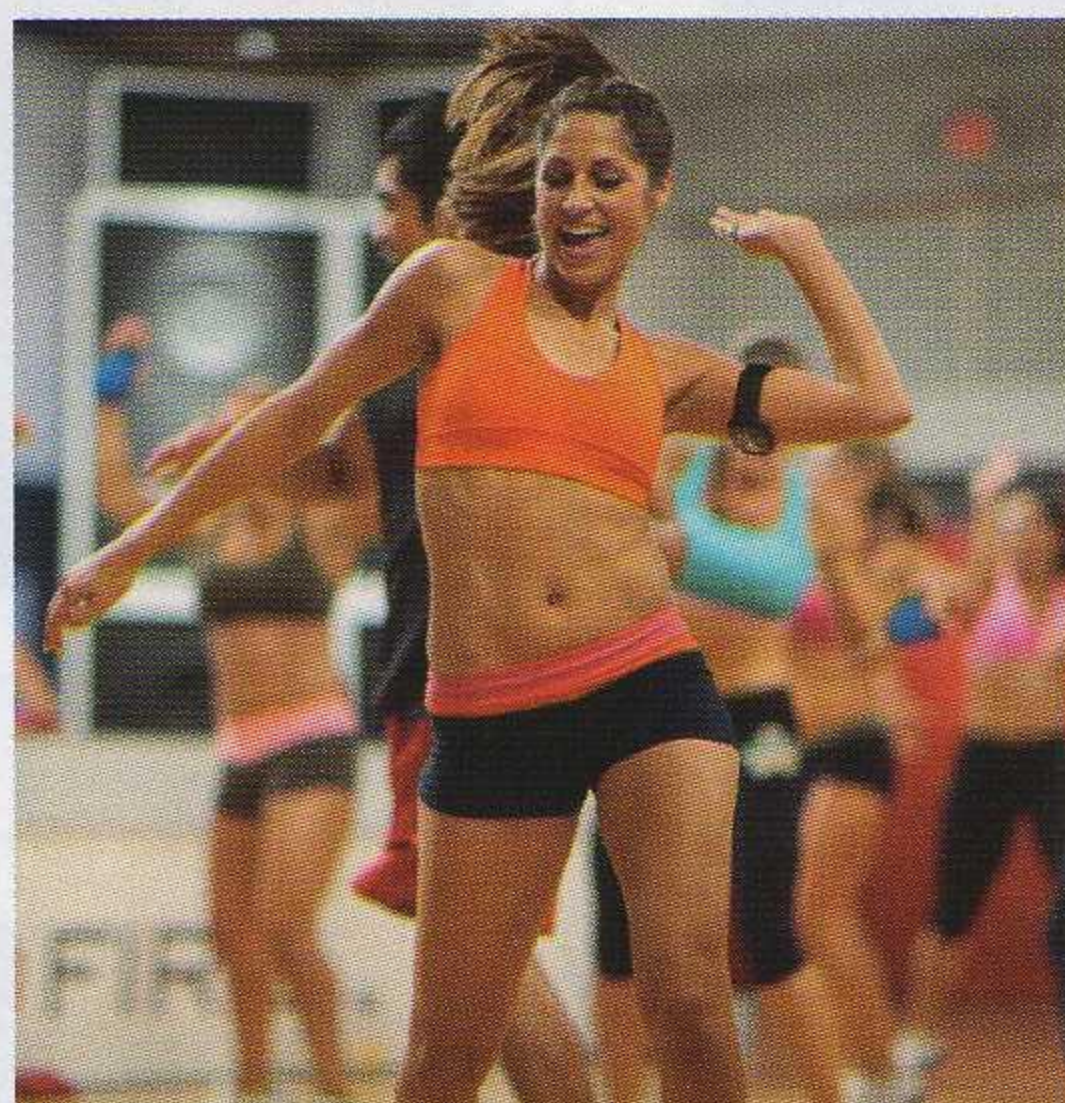


**SIMPLY PUT, IT'S THE MOST INTENSE,
CALORIE-BLASTING, CARDIO-TRAINING
CLASS EVER PUT ON DVD.**



Doing HIIT
(or Fire Drills
in class) is
9x more effective
than traditional
cardio.

Packed with kickboxing drills,
aerobic exercises, and High
Intensity Interval Training
(HIIT), each move is perfectly
choreographed to music
that's been hand-selected to
give you the best workout.



It's the music
behind TurboFire
that makes this
program unlike
any other.

Music. It's your motivator. It's your energy
boost. It's what has you coming back day
after day. Regardless of how tough HIIT gets,
the beat keeps you moving. You'll dial up
the intensity in your workout without thinking
twice. Before you know it, you'll sweat like
you've never sweat before. Meaning you'll get
results like you've never seen before.



CHALENE PERSONALLY MIXES MUSIC TO FIT EVERY BEAT TO EVERY MOVE.



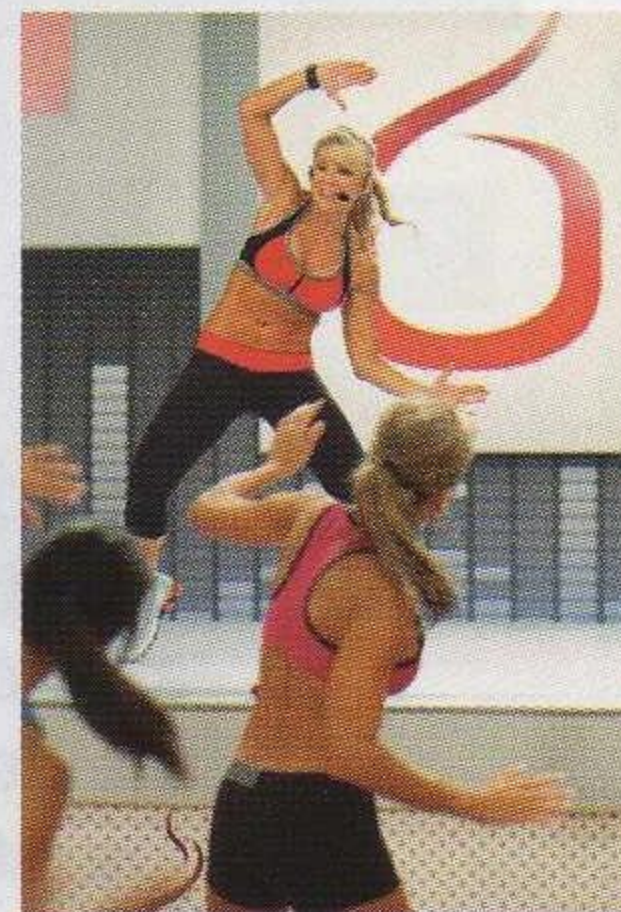
TurboFire was developed by award-winning fitness instructor Chalene Johnson, creator of other successful programs such as Turbo Jam[®] and ChaLEAN Extreme[®].

Like her Turbo Classes in Southern California, the choreographed routines in TurboFire are custom-designed by Chalene, who personally edits and mixes music to fit every beat to every move. People line up an hour before her class begins. But not everyone makes it in.



Now you can experience front row center at Chalene's class.

Any day of the week. Without the wait. Without the stress of finding a spot in class. Without missing a gratifying workout. Plus, you're a part of Chalene's class. In each of her Fire Classes, Chalene goes over the steps before getting right into the routine. If you're new to class, you have the option to watch her go over the routines step by step. Just check out the New to Class section on the DVD menu.

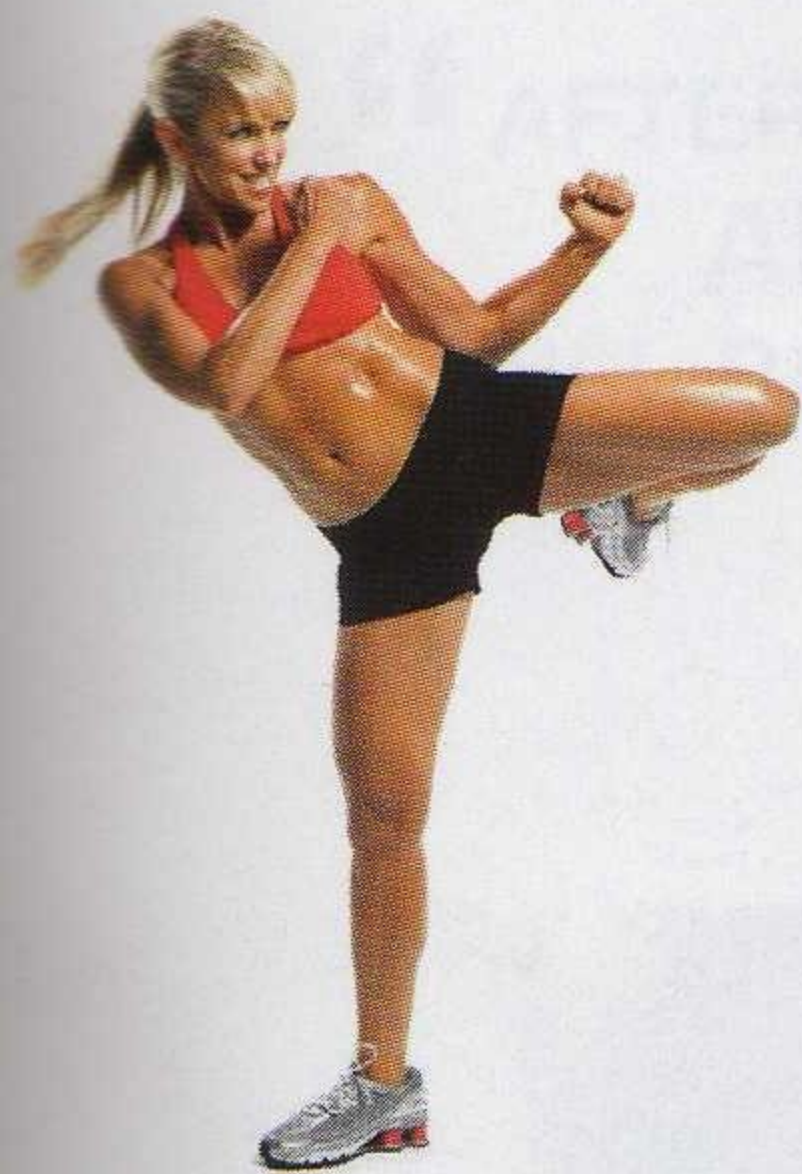




LET'S
HIT
IT
NOW.



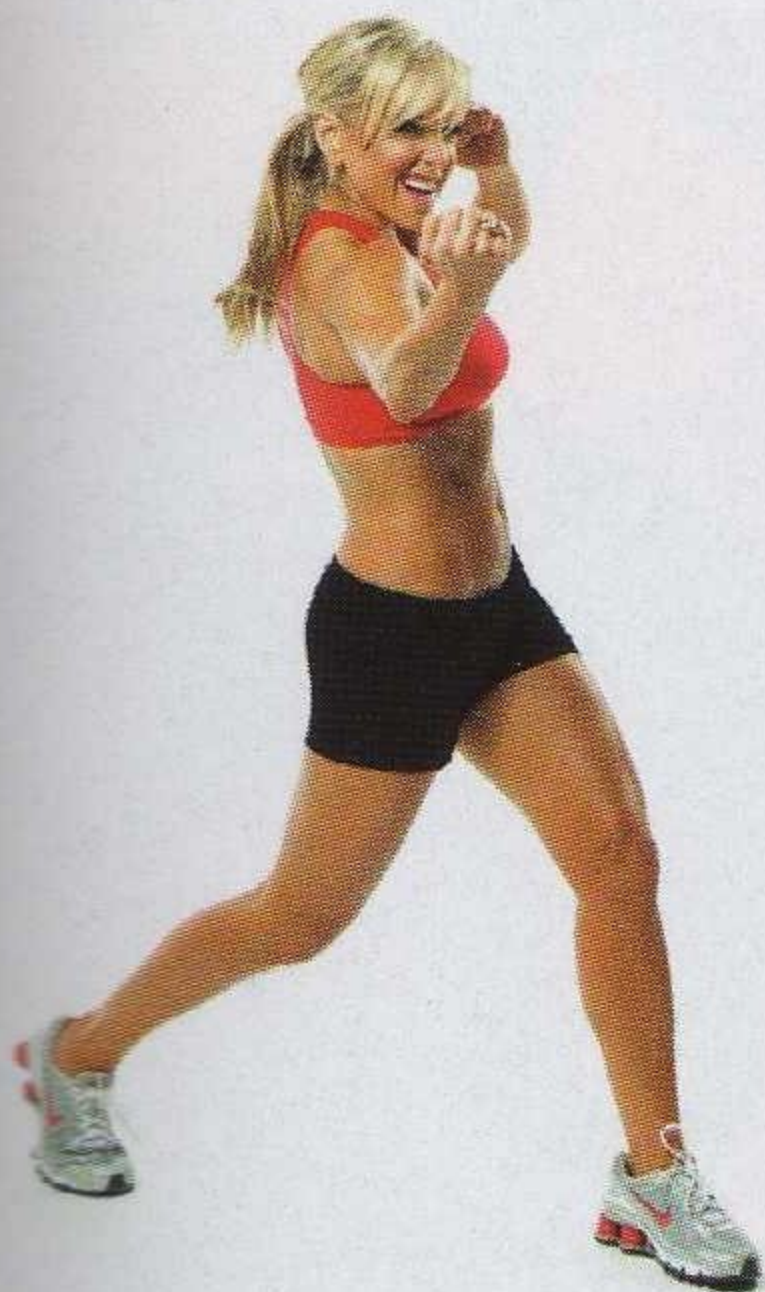
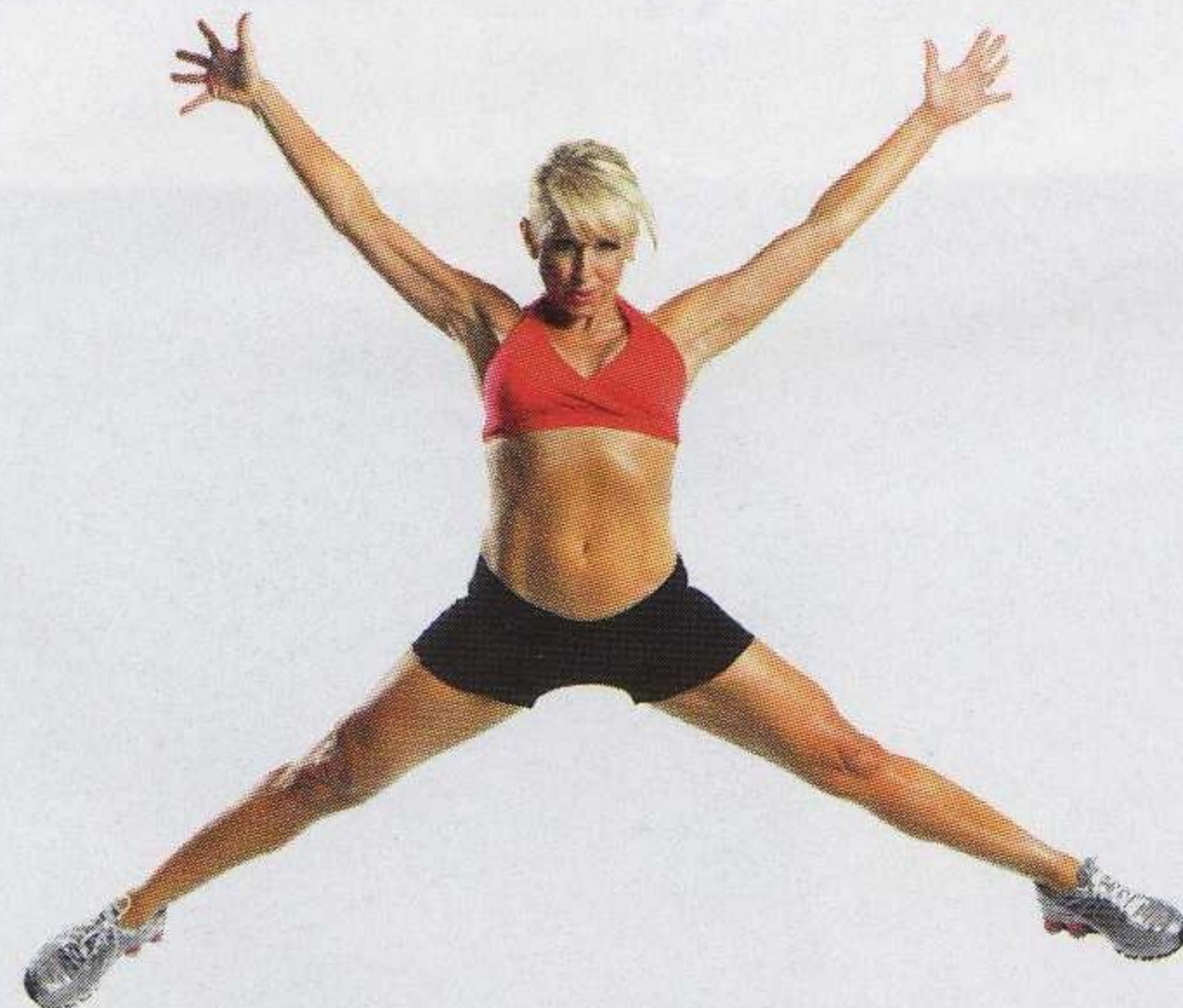
THE LOWDOWN ON



TurboFire was designed as a 12-week program with classes scheduled for 6 days a week. If you choose to move up to the next level, you have the option to extend the TurboFire program to 20 weeks with Advanced Classes. To order, contact your Team Beachbody® Coach or visit TeamBeachbody.com or TurboFireAdvanced.com.

Before you jump right in, make sure your body is up for the challenge. To find out, answer “yes” to the questions on page 27 of the TURN UP THE BURN Fitness Guide. If you’re not, that’s okay. We’ve created the Prep Schedule on pages 32 to 33.

This program will help make you lose weight, gain fitness, and condition your body for the high intensity levels of TurboFire. Don’t feel like you’re compromising by starting with the Prep Schedule. For one, it’s not easy. Also, your body will respond better if you train at the appropriate level. There’s no rush. HIIT will be waiting when you’re ready to Push Play.



Like anything in life, there’s a learning curve when you first begin something new. Watch the Get Fired Up DVD first. Chalene will answer common questions you may have, as well as give you an idea of what to expect, and how to get the most out of TurboFire. To get more familiar with the choreographed cardio-kickboxing moves in the Fire Classes, you’ll want to choose the New to Class option on your DVDs. Here, you’ll get the breakdown on how to do each move in the section, learn the proper form you should use, and identify Chalene’s cues when she switches up a routine. This will be especially helpful in some of the tougher Fire Classes.

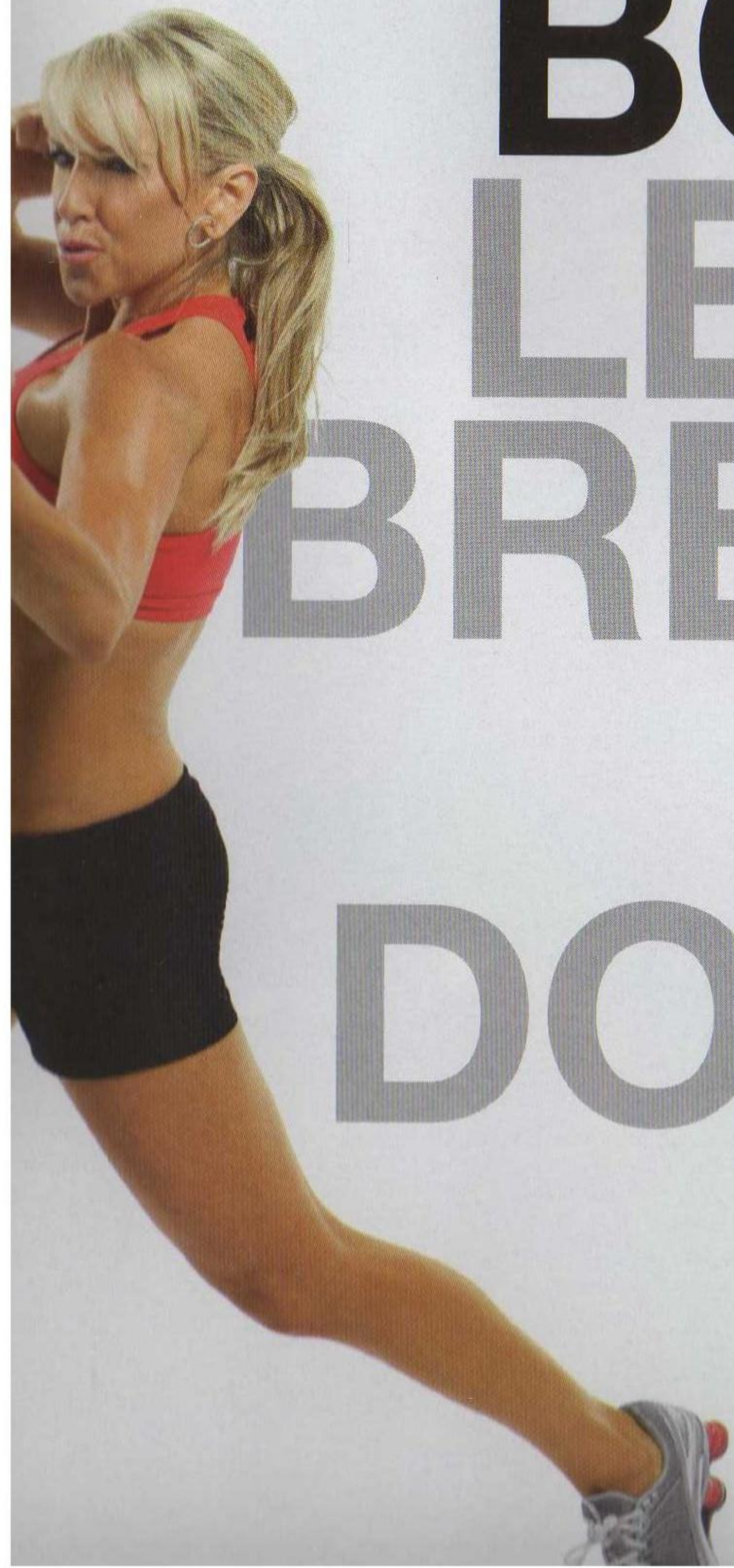
Maybe you’ve already eyeballed the Fire 45 EZ Class and Fire 55 EZ Class in your schedule. Don’t let the EZ fool you. These classes are anything but simple. It’s true that they’re not as intense as TurboFire Cardio and they’re far less strenuous than HIIT. Nevertheless, you’ll still push yourself at the pace of a traditional steady-state cardio aerobic workout. Expect to bust into a sweat, so bring your towel and water bottle to class.

TurboFire dials up the intensity on Fire and HIIT days, which feature faster beats and more complex moves inspired by mixing cardio with kickboxing. These Turbo Moves have been specifically designed and choreographed by Chalene so you crank up the intensity. Each kick, every punch, and all the moves are set to the beat. Chalene’s Signature Turbo Moves like the Tuck Jump will get you higher up in the air, while her Sumo Squat gets you in a deep bend to really get that burn going. After any TurboFire Class, you’ll be sure to feel the burn all over. The results of looking good and feeling great, however, will be worth it.



TURBO FIRE

WHAT'S
IN THE
BOX?
LET'S
BREAK
IT
DOWN.



“The results are the payoff. And all this sweating and hard work will be worth it.”



12 TurboFire Classes on 10 DVDs

The number in each title designates the class length.



1 FIRE 55 EZ CLASS

Turbo Tools: Results and Recovery Formula™, towel, water

Turbo Tunes: "Dazzey Dukes," "Push It," "Get Down On It," "Give It All You Got," "It's Like That"

Turbo Moves: Hi-Lo, Twist, Quick Punches, Speedbag

Fire Drills: 2 in 60-second intervals

Benefits: Core strengthening, cardio conditioning

2 FIRE 45 CLASS

Turbo Tools: Results and Recovery Formula, towel, water

Turbo Tunes: "Wiggle It," "Proud Mary," "Pull Over," "Boom I Got Your Boyfriend"

Turbo Moves: Roundhouse Kick, Tuck Jumps, Sumo Squats, Air Jacks

Fire Drills: 3 in 60-second intervals

Benefits: Core strengthening, cardio conditioning

3 FIRE 30 CLASS

Turbo Tools: Results and Recovery Formula, towel, water

Turbo Tunes: "Play That Funky Music," "Every Little Step," "Turn This Mutha Out," "Give Up the Funk"

Turbo Moves: Jab-Cross-Hook-Up, Leaps, Triple Jab-Cross

Fire Drills: 2 in 60-second intervals

Benefits: Core strengthening, cardio conditioning

4 FIRE 45 EZ CLASS

Turbo Tools: Results and Recovery Formula, towel, water

Turbo Tunes: "Rapper's Delight," "Le Freak," "Booty Call," "In the Ayer"

Turbo Moves: Upper Cuts, The Twist, The Running Man, Front 'n' Back Kicks, Speedbag

Benefits: Core strengthening, cardio conditioning

5 SCULPT 30 CLASS

Turbo Tools: Resistance Band, mat, towel, water

Turbo Moves: Deltoid Balance, Bowler's Lunge-Overhead Press, Tricep Push-ups

Benefits: Increases strength and endurance for Fire and HIIT Classes

6 TONE 30 CLASS

Turbo Tools: Lower Body Band, Resistance Band, water, towel

Turbo Moves: Quad Extensions, Bicep Curls-Squat, Sumo Squat-Chest Fly

Benefits: Total-body sculpting, muscle toning, core strengthening

7 STRETCH 40 CLASS

The Tools: Lower Body Band, mat, water, towel

Turbo Moves: Plank, Runner's Lunge, Hi-Split, Pigeon, Triangle

Benefits: Increases flexibility, reduces soreness, lengthens muscles

8 CORE 20 CLASS

Turbo Tools: Resistance Band, mat, towel, water

Turbo Moves: The Zig-Zag, Plank, Push-ups

Benefits: Higher Tuck Jumps, stronger Front-Push Kicks, rock-hard core

9 HIIT 15 CLASS
Turbo Tools: Results and Recovery Formula, towel, water
Turbo Moves: Squat Jump, Air Jacks, Split Lunge
Fire Drills: 9 drills in 30-second intervals
Benefits: Increased AfterBurn Effect

10 HIIT 20 CLASS
Turbo Tools: Results and Recovery Formula, towel, water
Turbo Tunes: "Turn This Mutha Out"
Turbo Moves: Sumo Burpee, Quick-Feet, High Knees, Sumo Touch, Squat Jumps
Fire Drills: 7 drills in 45-second intervals
Benefits: Increased AfterBurn Effect

11 HIIT 25 CLASS
Turbo Tools: Results and Recovery Formula, towel
Turbo Moves: Air Jacks, Tuck Jumps, Ski, Squat Jumps, Sumo Burpee,
Fire Drills: 8 in 60-second intervals
Benefits: Increased AfterBurn Effect

12 STRETCH 10 CLASS
Turbo Tools: Mat, water, towel
Turbo Moves: Butterfly, Pyramid, Warrior One
Benefits: Lengthens muscles, reduces soreness

5 Advanced Classes on 4 DVDs

Contact your Team Beachbody® Coach or visit TurboFireAdvanced.com to order.



1 FIRE 60 CLASS
Turbo Tools: Results and Recovery Formula, towel, water
Turbo Tunes: "It's Tricky," "What You Got," "Bad Girls," "Bonanza Belly Dancer"
Turbo Moves: Fire Throw, Roundhouse Kicks, Squat-Heel Clicks
Fire Drills: 4 drills in 60-second intervals
Benefits: Core strengthening, cardio conditioning

2 HIIT 30 CLASS
Turbo Tools: Results and Recovery Formula, towel, water
Turbo Moves: Squat Jump, Running Man, Jump Hi-Lo, Sumo Shoot
Fire Drills: 11 drills in 60-second intervals
Benefits: Increased AfterBurn Effect

3 LOWER 20 CLASS
Turbo Tools: Lower Body Band, mat, towel, water
Turbo Moves: Hamstring Curls, Squat-Quad Extensions
Benefits: Tones inner and outer thighs, hips, booty

4 UPPER 20 CLASS
Turbo Tools: Resistance Band, mat, towel, water
Turbo Moves: Seated Row, Overhead Press, Plank, Lateral Raises
Benefits: Tones arms, reshapes entire upper body

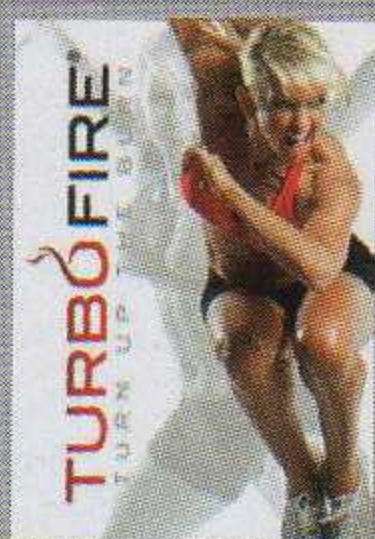
5 ABS 10 CLASS
Turbo Tools: Mat, towel, water
Turbo Moves: Training Camps, The Frog, Knee-Pulls, Criss-Cross
Benefits: Rock-hard abs

We've added these motivational tools to the TurboFire program to keep you on track with your fitness goals.



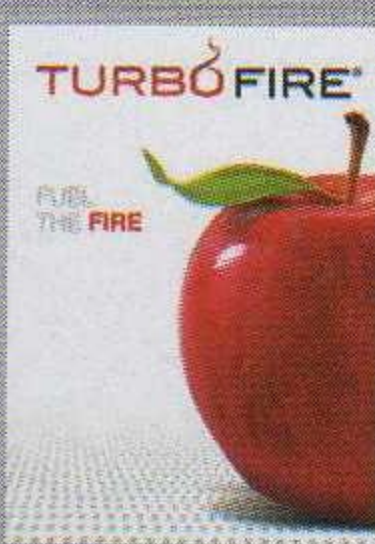
Get Fired Up DVD

New to class? Let Chalene guide you step by step with tools and tips to get the most out of each class, what to expect from the program, and how to achieve the best results with HIIT.



TURN UP THE BURN Fitness Guide

Find out what makes TurboFire unlike any other fitness program available. After reading this guide, you'll be more in the know about HIIT, how to use this program, and why it really works.



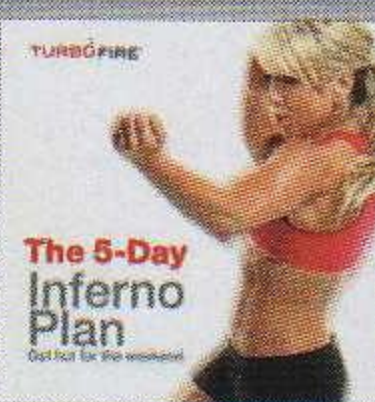
FUEL THE FIRE Nutrition Guide

TurboFire is a calorie-driven program that's based on eating the right kind of foods to fuel your body. Flip through our specially designed Nutrition Guide for some tips. The healthy snack ideas and easy-to-prepare recipes will help you maintain high energy levels while you train.



TurboFire Class Schedule

Doing TurboFire regularly will help you lose pounds and inches. By creating a daily schedule for you, we've taken the guesswork out of when or how long you should be working out so you can get the best results.



5-Day Inferno Plan

Kick-start your workout program in just 5 days. This meal and exercise plan gets you into the rhythm of your new class schedule and healthier diet.



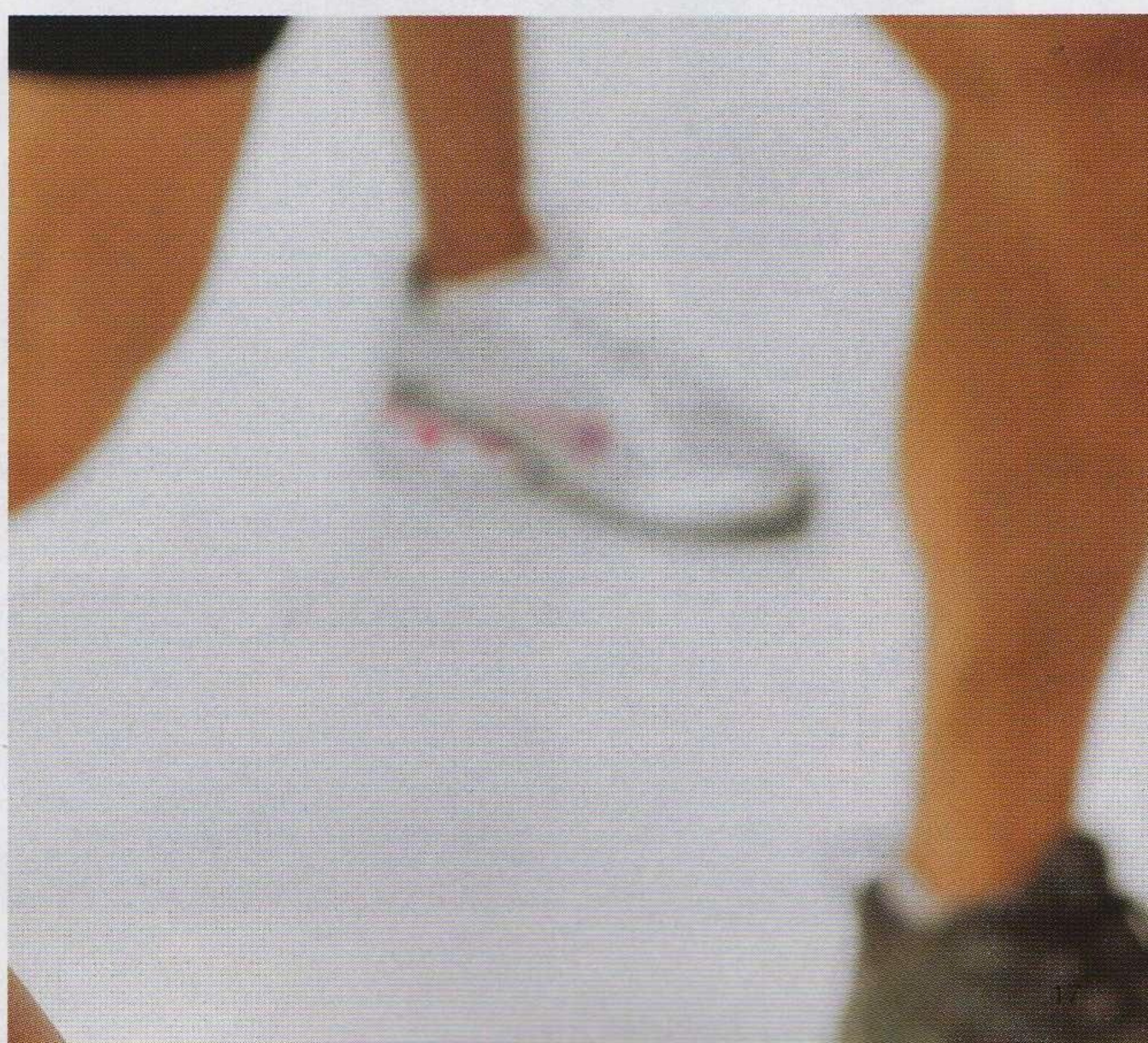
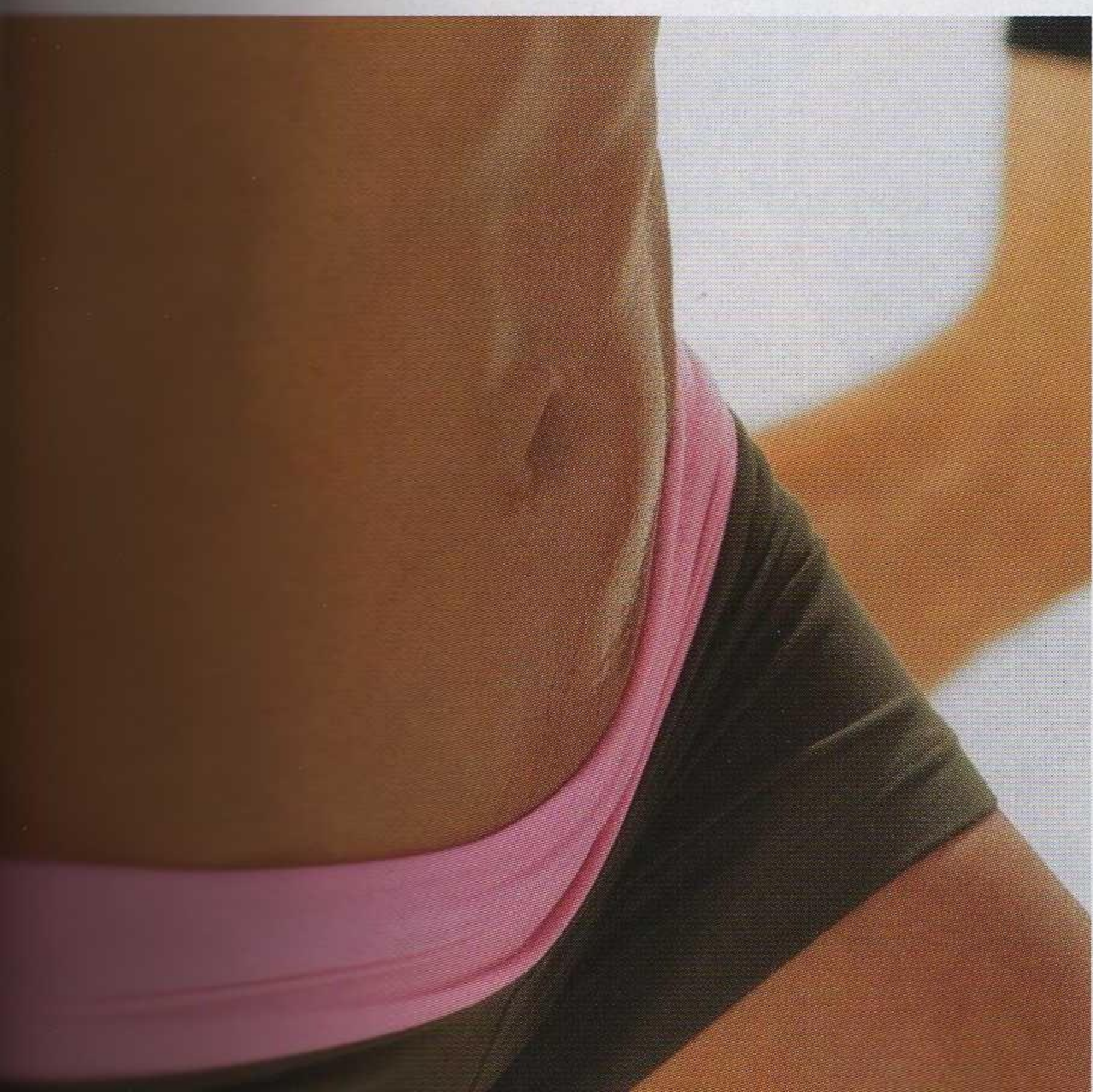
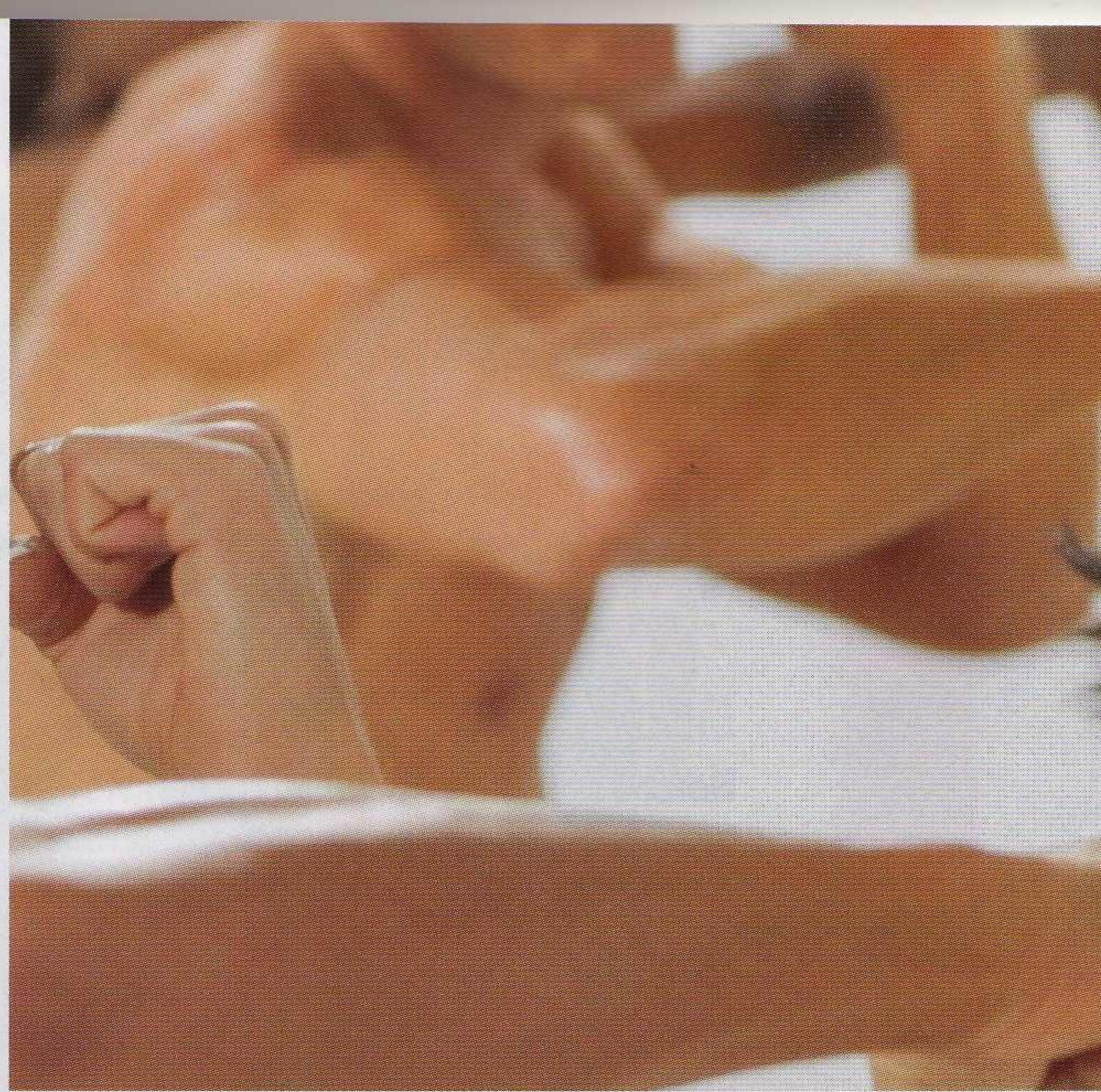
Lower Body Band

Add muscle definition without the bulk. This body-sculpting band in the Sculpting and Toning Classes will give you lean curves from your legs all the way up to your arms.



TeamBeachbody.com

Get tips, expert advice, and peer support from others taking TurboFire Classes at TeamBeachbody.com. Our online community is filled with lots of helpful nutritional information, healthy recipes, and live chats with Chalene.



THE TOOLS FOR TURBOFIRE.

Shoes

Before you get into Turbo mode, we recommend you invest in a pair of good cross-trainers. They absorb the shock from jumping and protect knees and joints while giving your feet support for added agility.

Water bottle

Put out your fire with lots of fresh water. Since you'll be sweating a lot, sip on water during class and make sure to drink at least 64 ounces or more throughout the day. Water helps replenish your body's essential fluids and flushes out impurities.

Results and Recovery Formula™

Refuel, reenergize, and reduce soreness after a hard workout. Or add some Recovery Formula to your water bottle and sip on it during and after class for quicker muscle repair. To order, contact your Team Beachbody® Coach or visit TeamBeachbody.com or Beachbody.com.

Towel and workout clothing

You're gonna sweat a lot in class so have a towel handy. A small hand towel is good. Also, choose workout clothes that allow your skin to breathe. Synthetics that are made to let heat and sweat evaporate work well.

Lower Body Band

Working out with TurboFire means kicking up the burn factor. That's why you and everyone in class will use the Lower Body Band for the slimming and toning moves that target your thighs, legs, and backside.

Resistance Bands

To better sculpt your body, TurboFire Classes were designed to incorporate Resistance Bands. They'll help give you lean curves from your legs all the way up to your arms. Or you have the option of wearing weighted gloves. To order, contact your Team Beachbody Coach or visit TeamBeachbody.com or Beachbody.com.

Yoga Mat

For added comfort, roll out a yoga mat for the sculpting and stretching classes and floor exercises.

Class Schedule

Getting into the TurboFire groove begins with a good schedule. That's why we've created a specially designed Class Schedule that's proven to work. Stick with it so you can reach your goals. And you will, quickly.

TURBO TIP

Don't experiment with new shoes on more intense cardio workout days. You'll want to avoid blisters or discomfort in the middle of your class.

WHY TURBOFIRE BURNS.

IT'S THE AFTERBURN EFFECT.

TURBOFIRE INCLUDES HIGH INTENSITY INTERVAL TRAINING (HIIT) THAT CAN HELP YOU BURN CALORIES AND FAT UP TO 3x MORE THAN A TRADITIONAL CARDIO WORKOUT.

HOW IS THIS POSSIBLE?

According to many recent studies, a very intense training program such as HIIT will improve both the aerobic and anaerobic energy release in your body. When you do the Fire Drills in class—otherwise known as HIIT—you're exercising at your max in up to one-minute intervals. As a result, your body cranks up your metabolism and shifts it into calorie-burner mode.

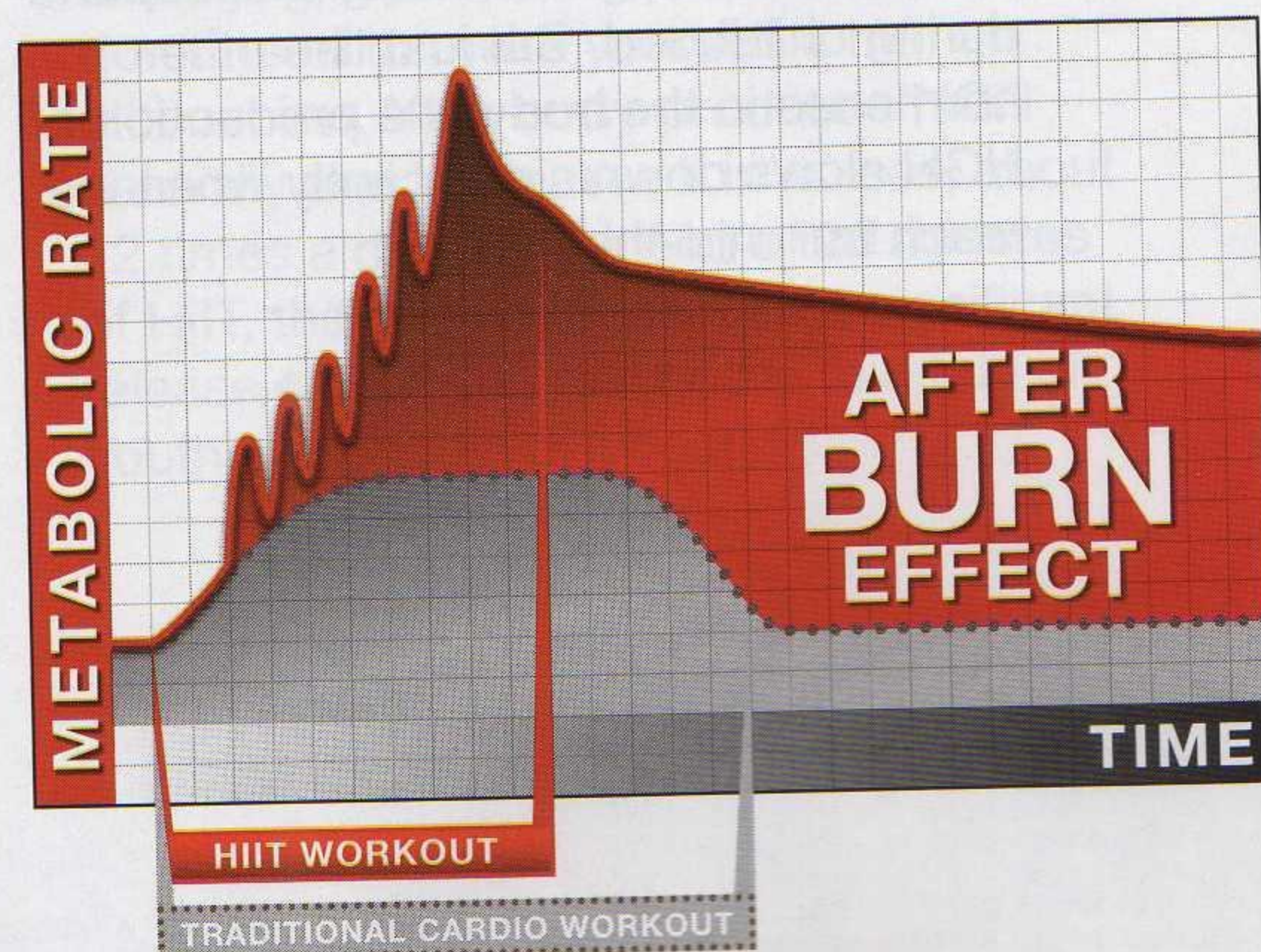
In the period following your class, you end up burning more stored body fat to help recover from the workout. This happens because the intense intervals fatigue your muscle groups. In turn, your body works overtime to replenish the tired muscles with oxygen, creating what we call the AfterBurn Effect.

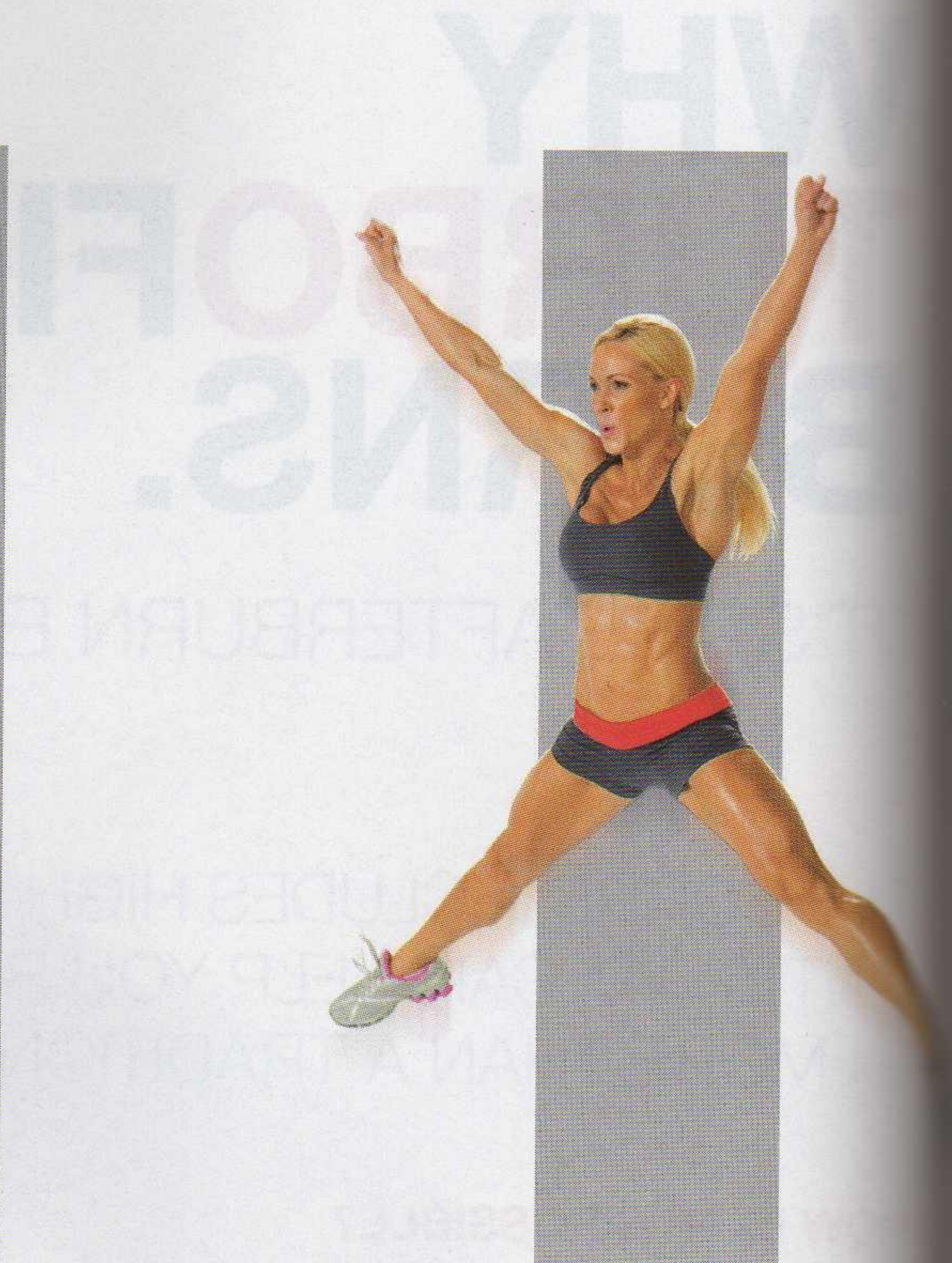
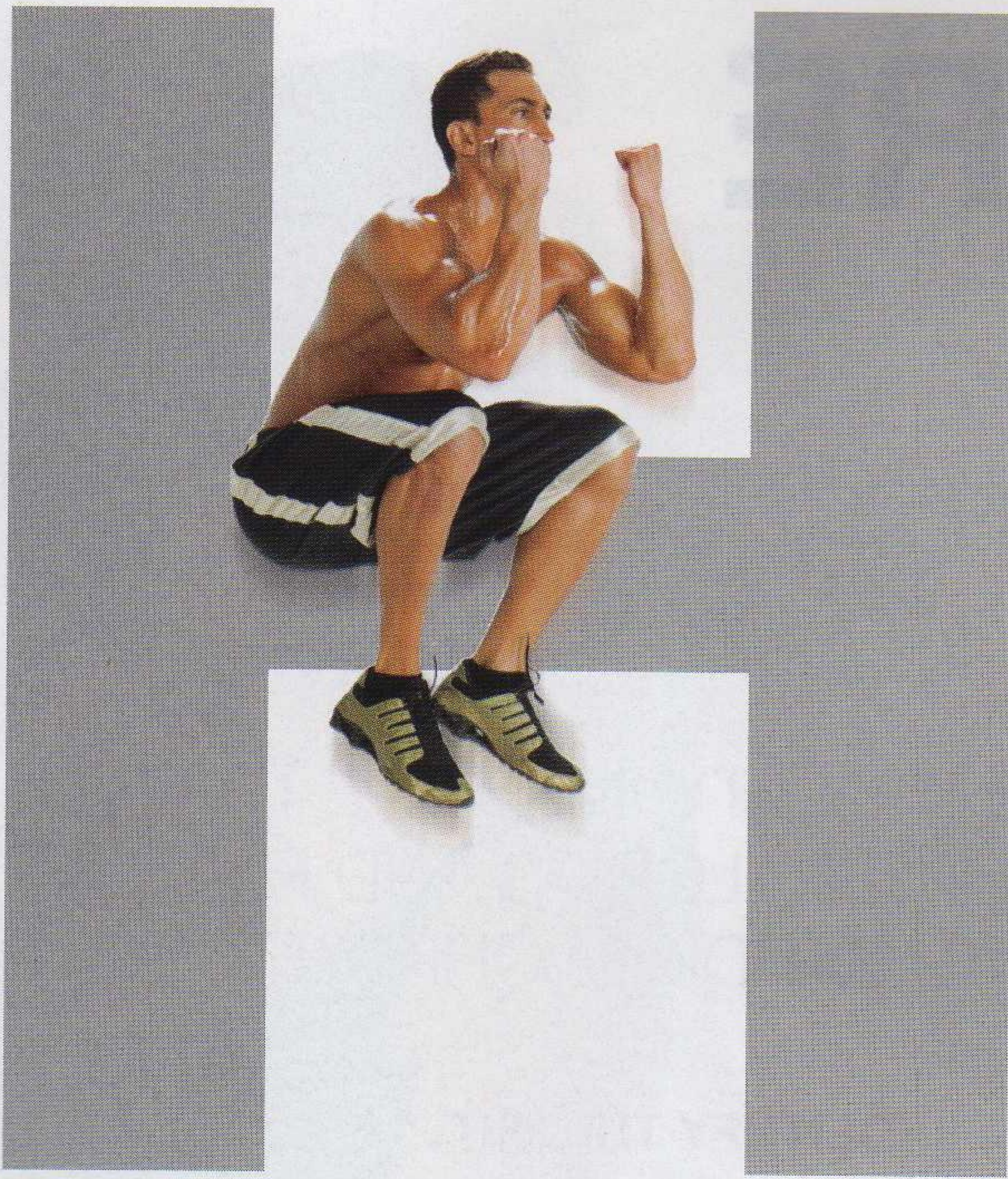
So basically, when you do HIIT your body burns even more calories while you rest, meaning 4 minutes of HIIT can be more effective than 30 to 45 minutes on a treadmill or stair climber. True story.

IDENTIFY THE HIIT.

TurboFire Classes are structured with peak periods called Fire Drills. This interval pattern of steep peaks and deep valleys dramatically improves both aerobic and anaerobic energy systems, which increases the body's ability to burn fat.

Let's put traditional cardio and HIIT side by side. The dotted line represents that person you see at the gym who's always on the treadmill, struggling to lose weight, but remains stagnant with traditional cardio. The red line represents the person who looks fit and seems like they can eat anything because they're working out the right way, with HIIT and TurboFire getting the kind of results they want. Which person would you rather be?



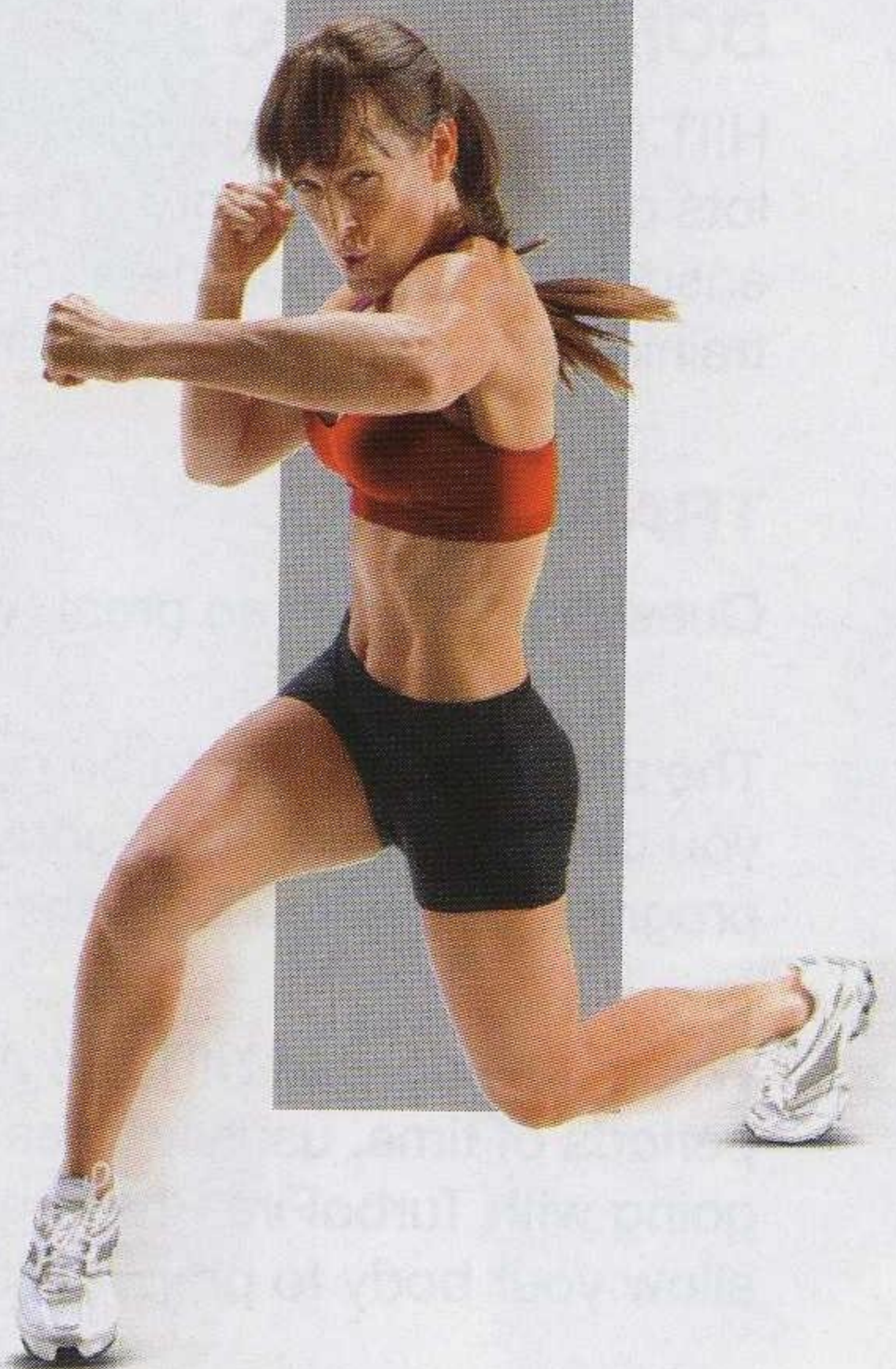
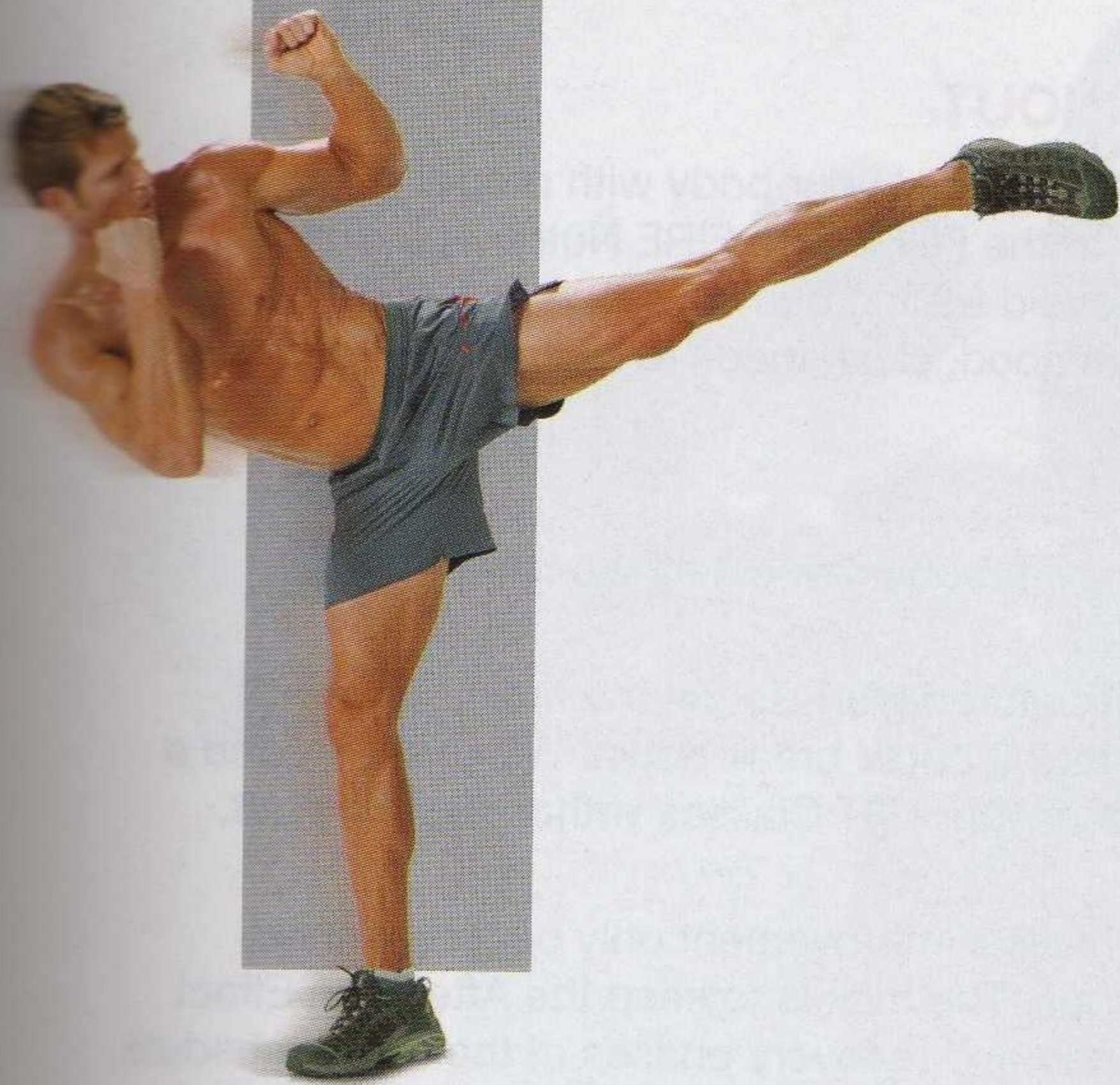


THE SKINNY ON HIIT and HGH.

The human growth hormone (aka HGH) is a very powerful substance that's naturally produced by our bodies. Among other things, it's responsible for growth spurts during childhood. But just like other hormones in the body, the production of HGH slows down significantly when we reach our mid-thirties.

In a recent study,* researchers found that HIIT can trigger the body to produce more HGH. When the human growth hormone is released during exercise, you wind up burning fat after training. Which means that even though you may be resting, you're still experiencing the calorie-melting benefits of the AfterBurn Effect.

*Campbell P., *Ready, Set, GO! Synergy Fitness*, 2007.



According to the study, in a 30-second all-out effort sprint, this hormone increased in the body as much as 530%. In fact, the growth hormone circulated in the body for two hours after this type of high intensity exercise. So the idea that exercise is the key to feeling younger isn't too far from the truth.

HERE'S TO A YOUNGER YOU.

Recently, there's been some controversy surrounding HGH. Many well-known celebs are getting artificial HGH injections for its anti-aging, rejuvenating properties. But you don't need to make yourself a human pincushion. Your body produces HGH naturally and it releases it in pulses, about 12 times a day. By the end of 20 minutes of HIIT, the body experiences a significant release of HGH. In reality, the fountain of youth is a puddle of sweat.



DON'T GO INTO TURBO BURNOUT.

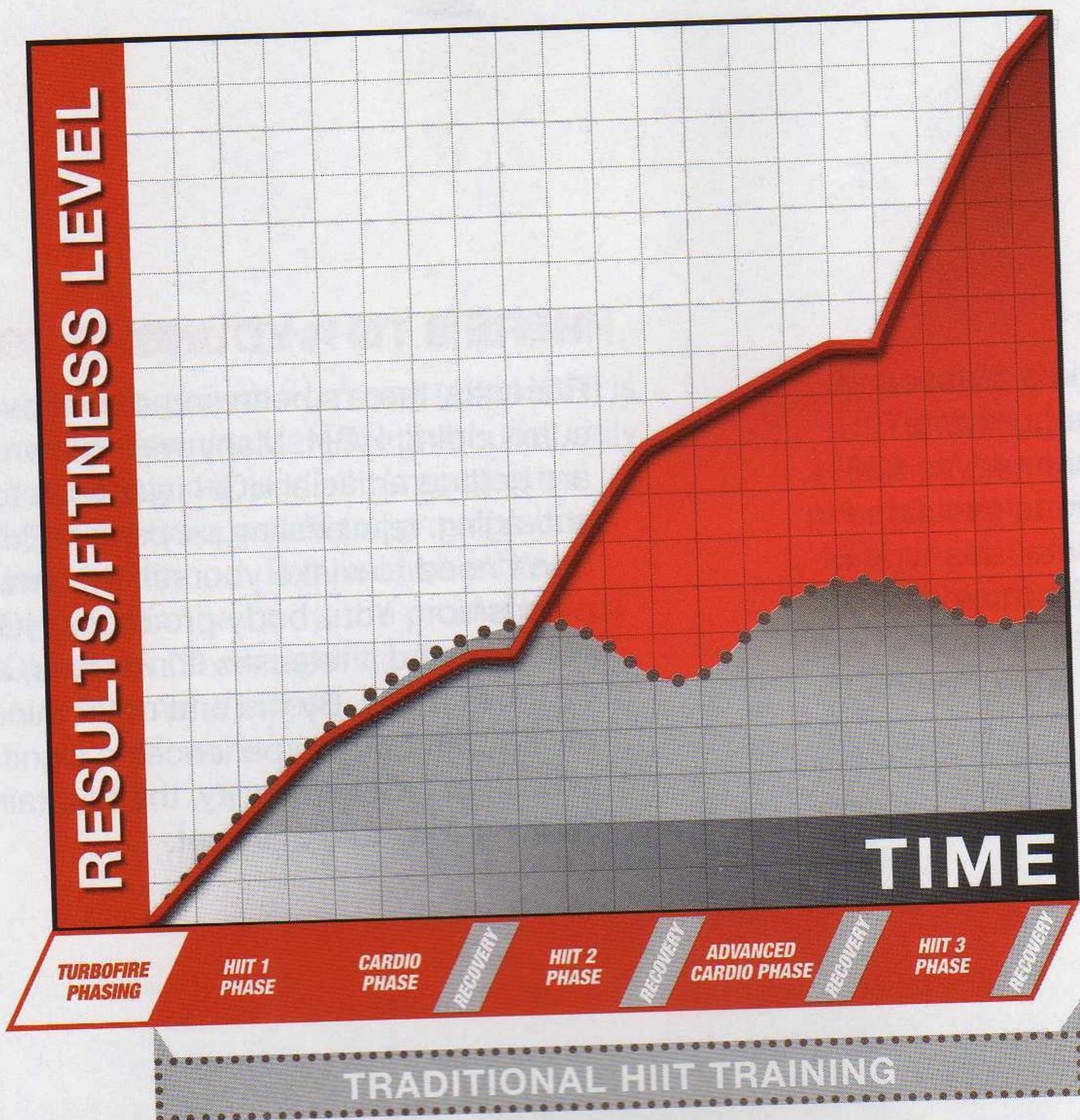
HIIT is both tough and tiring. Make sure you fuel your body with proper nutrition, lots of water, and plenty of rest. Refer to the FUEL THE FIRE Nutrition Guide to ensure you fuel your metabolism and avoid feeling burned out. A well thought-out training program requires eating enough good, clean foods to sustain your strength.

TRAIN SMART.

Question: If HIIT is so great, why isn't everybody doing it all the time?

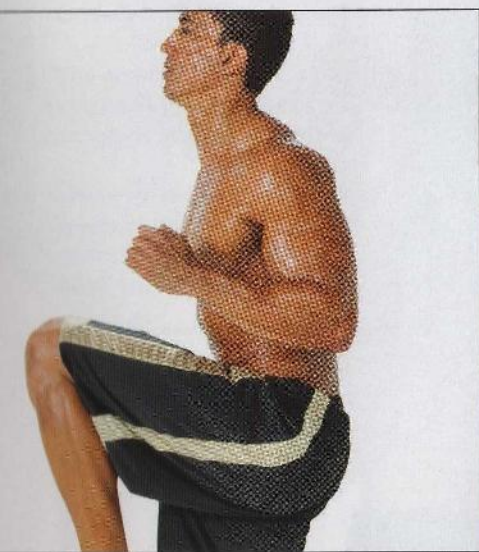
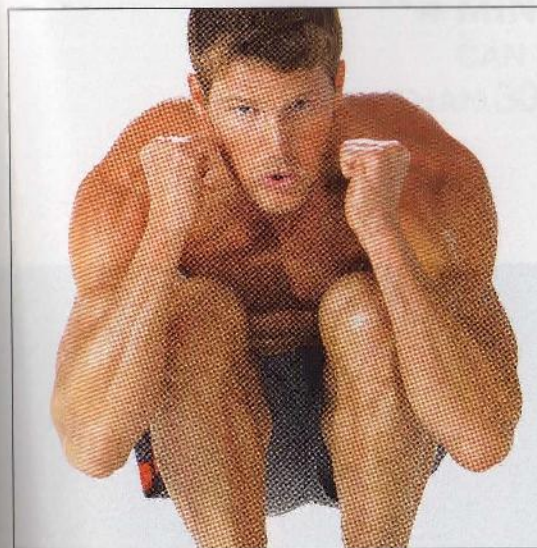
The answer: It needs to be part of a structured plan. To get the most out of HIIT, you can't just push your body indefinitely. It could break down. We've developed a program where you'll get the most out of your HIIT Classes without burning out.

When training with HIIT, results and physical improvement only occur for short periods of time, usually three weeks tops. The trick is to keep the AfterBurn Effect going with TurboFire Phasing. The cardio and recovery phases of the class schedule allow your body to prep itself for the rigors of HIIT. And to continue to burn calories.



As opposed to other traditional HIIT programs, TurboFire Phasing keeps you from seeing a plateau in your results.

AM I READY FOR HIIT?



BEFORE YOU GET ALL FIRED UP, MAKE SURE YOU'RE FIT ENOUGH TO DO HIGH INTENSITY INTERVAL TRAINING.*

YOU'RE READY FOR **TURBOFIRE** IF YOU ANSWER "YES" TO THE FOLLOWING:

1. I can do a full month of 30 minutes of intense cardio 3+ times a week.
 YES NO
2. I have a healthy heart.
 YES NO
3. I have strong knees and joints.
 YES NO



TURBO FIRE®

PREP SCHEDULE

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	FIRE 30 CLASS + STRETCH 10 CLASS ____ : ____ AM/PM	STRETCH 40 CLASS ____ : ____ AM/PM	Rest	TONE 30 CLASS ____ : ____ AM/PM	FIRE 45 EZ CLASS + STRETCH 10 CLASS ____ : ____ AM/PM	CORE 20 CLASS ____ : ____ AM/PM	STRETCH 40 CLASS ____ : ____ AM/PM
2	FIRE 45 EZ CLASS + STRETCH 10 CLASS ____ : ____ AM/PM	STRETCH 40 CLASS ____ : ____ AM/PM	Rest	SCULPT 30 CLASS ____ : ____ AM/PM	CORE 20 CLASS + STRETCH 10 CLASS ____ : ____ AM/PM	FIRE 30 CLASS + STRETCH 10 CLASS ____ : ____ AM/PM	STRETCH 40 CLASS ____ : ____ AM/PM
3	FIRE 45 EZ CLASS + STRETCH 10 CLASS ____ : ____ AM/PM	TONE 30 CLASS + STRETCH 10 CLASS ____ : ____ AM/PM	Rest	FIRE 30 CLASS + STRETCH 10 CLASS ____ : ____ AM/PM	STRETCH 40 CLASS ____ : ____ AM/PM	CORE 20 CLASS + STRETCH 10 CLASS ____ : ____ AM/PM	STRETCH 40 CLASS ____ : ____ AM/PM
4	FIRE 45 EZ CLASS + STRETCH 10 CLASS ____ : ____ AM/PM	TONE 30 CLASS + STRETCH 10 CLASS ____ : ____ AM/PM	Rest	FIRE 30 CLASS + STRETCH 10 CLASS ____ : ____ AM/PM	CORE 20 CLASS + STRETCH 10 CLASS ____ : ____ AM/PM	FIRE 45 EZ CLASS ____ : ____ AM/PM	CORE 20 CLASS + STRETCH 10 CLASS ____ : ____ AM/PM
5	FIRE 30 CLASS + STRETCH 10 CLASS ____ : ____ AM/PM	FIRE 45 EZ CLASS ____ : ____ AM/PM	Rest	SCULPT 30 CLASS + STRETCH 10 CLASS ____ : ____ AM/PM	CORE 20 CLASS + STRETCH 10 CLASS ____ : ____ AM/PM	FIRE 55 EZ CLASS ____ : ____ AM/PM	CORE 20 CLASS + STRETCH 10 CLASS ____ : ____ AM/PM TRACK YOUR RESULTS

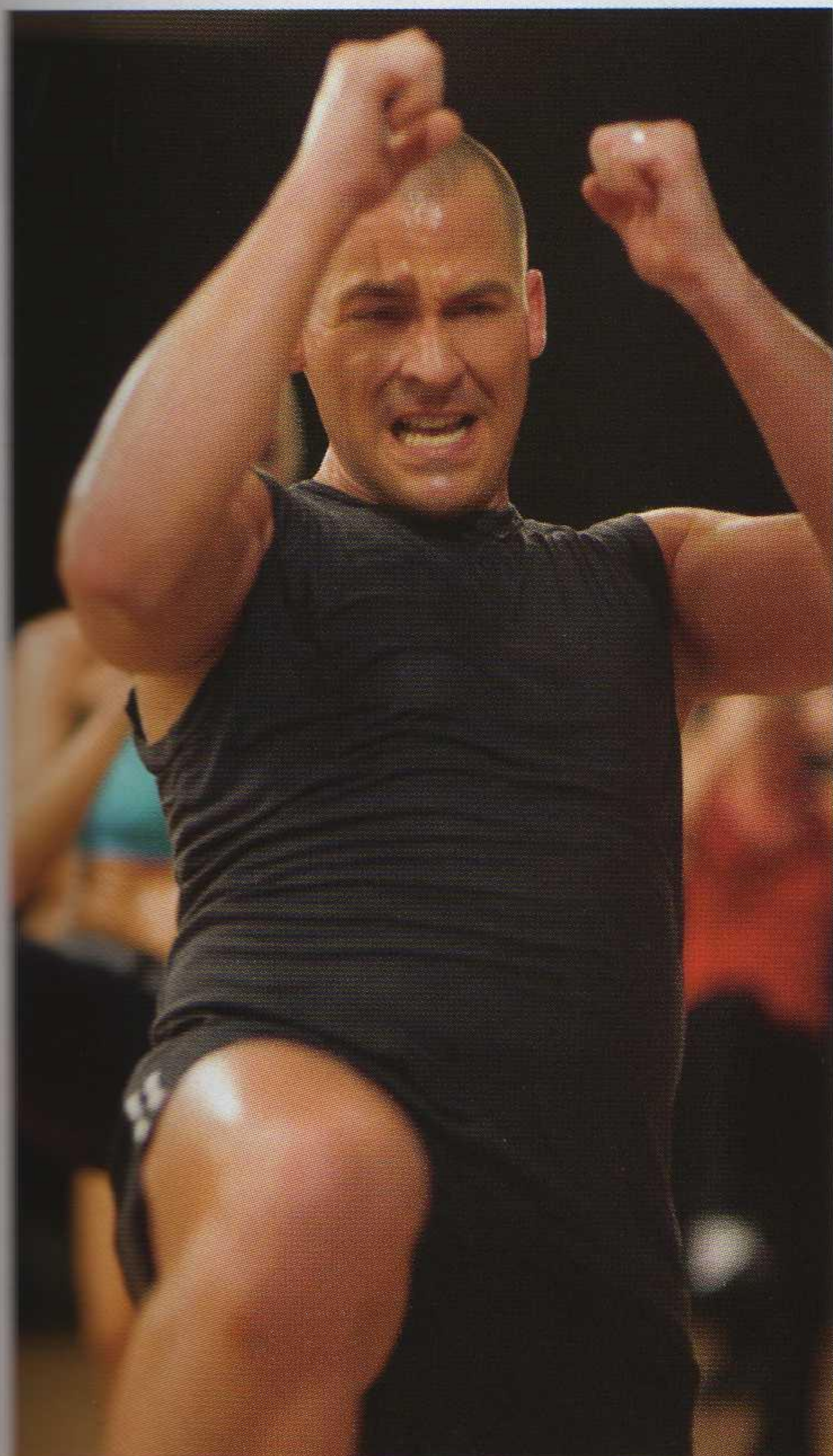
TURBO FIRE®

PREP SCHEDULE

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6	FIRE 30 CLASS + STRETCH 10 CLASS ____ : ____ AM/PM	FIRE 55 EZ CLASS ____ : ____ AM/PM	Rest	SCULPT 30 CLASS + STRETCH 10 CLASS ____ : ____ AM/PM	FIRE 45 EZ CLASS + STRETCH 10 CLASS ____ : ____ AM/PM	CORE 20 CLASS + STRETCH 10 CLASS ____ : ____ AM/PM	STRETCH 40 CLASS ____ : ____ AM/PM
7	FIRE 30 CLASS + STRETCH 10 CLASS ____ : ____ AM/PM	FIRE 55 EZ CLASS ____ : ____ AM/PM	Rest	HIIT 15 CLASS + STRETCH 10 CLASS ____ : ____ AM/PM	SCULPT 30 CLASS + CORE 20 CLASS ____ : ____ AM/PM	FIRE 45 EZ CLASS + STRETCH 10 CLASS ____ : ____ AM/PM	CORE 20 CLASS + STRETCH 10 CLASS ____ : ____ AM/PM
8	FIRE 30 CLASS + STRETCH 10 CLASS ____ : ____ AM/PM	FIRE 55 EZ CLASS ____ : ____ AM/PM	Rest	HIIT 15 CLASS + STRETCH 10 CLASS ____ : ____ AM/PM	SCULPT 30 CLASS + CORE 20 CLASS ____ : ____ AM/PM	FIRE 45 EZ CLASS + STRETCH 10 CLASS ____ : ____ AM/PM	CORE 20 CLASS + STRETCH 40 CLASS ____ : ____ AM/PM
9 RECOVERY	STRETCH 40 CLASS ____ : ____ AM/PM	FIRE 45 CLASS + STRETCH 10 CLASS ____ : ____ AM/PM	Rest	CORE 20 CLASS + STRETCH 10 CLASS ____ : ____ AM/PM	FIRE 45 EZ CLASS + STRETCH 10 CLASS ____ : ____ AM/PM	FIRE 45 EZ CLASS + STRETCH 10 CLASS ____ : ____ AM/PM	STRETCH 40 CLASS ____ : ____ AM/PM TRACK YOUR RESULTS

KNOW WHEN TO SAY WHEN.

Always know your limits and know when to slow down your intensity. You don't want to risk injuring yourself. We've outlined some basic rules to keep you going strong. Before every class, be sure to warm up. Remember to stay in control, maintain proper form, and listen to your body. And don't forget to always cool down.



RED ALERT:

ALWAYS EXERCISE ON THE SIDE OF CAUTION AND USE THESE SIMPLE RULES TO AVOID GETTING HURT.

1. WARM UP

When your body feels flexible and you break into a light sweat, you're ready to continue. If your muscles are still stiff, repeat the warm-up or add in some stretches. Don't worry, it's your class and you're in control. So make sure your body temperature's up and your muscles are limber for Tuck Jumps. The warmer the muscles, the better you'll be punching and kicking, too. Promise.

2. STAY IN CONTROL

Once your muscles begin to really shake, ease up. Take it down a notch and maintain proper form to get the most out of class without getting injured.

3. MAINTAIN PROPER FORM

Form = Results. Watch the breakdowns in the New to Class section and see how Chalene performs certain moves. She can wait to start class until you know how to do the moves properly.

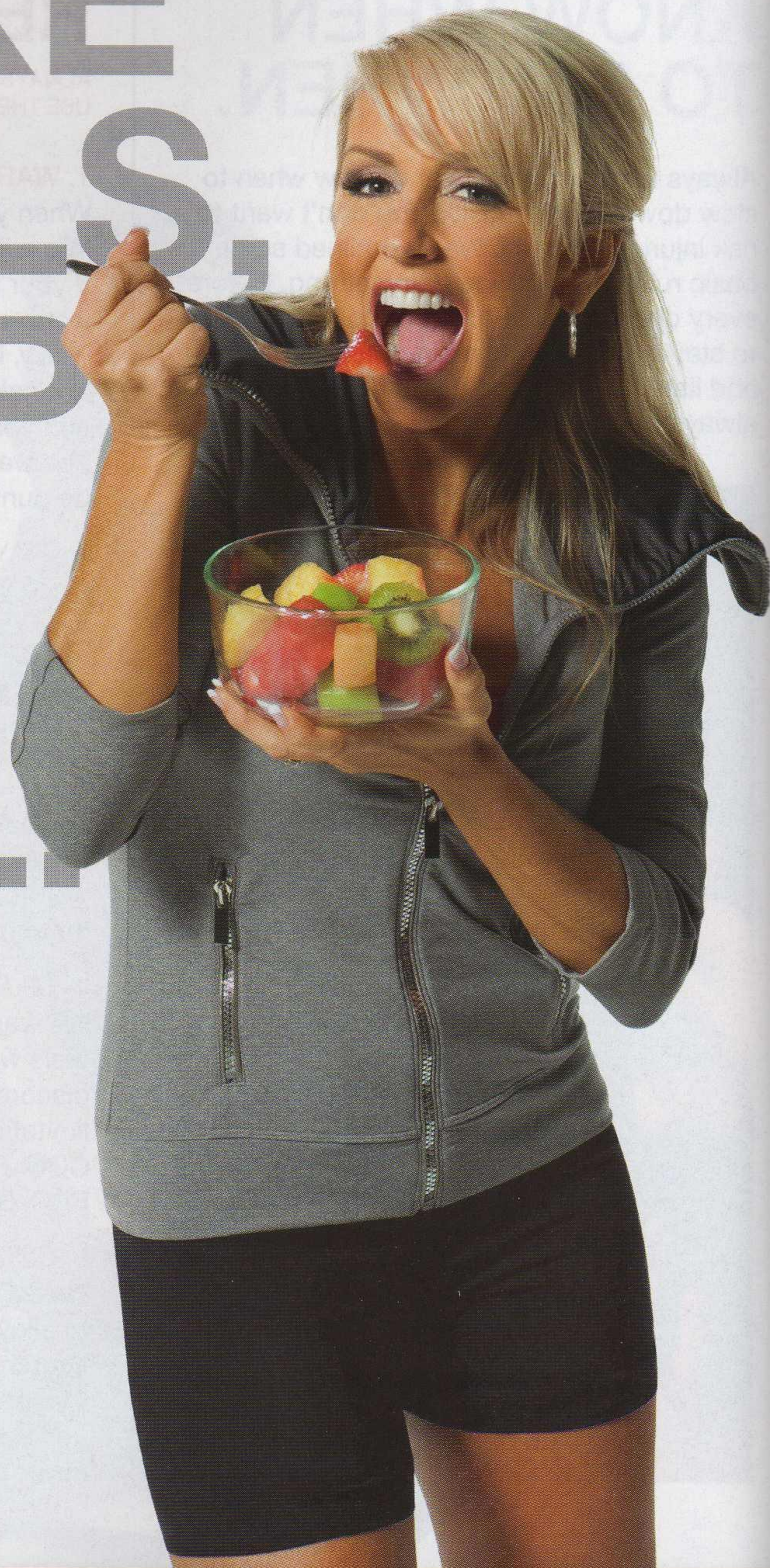
4. LISTEN TO YOUR BODY

We want you to be proactive. If something feels wrong, it probably is. Assess the discomfort and decide whether it's a physical limitation or if you're just having an off day. CON: Push too hard and you may get hurt. PRO: Stay healthy and the results will come fast.

5. COOL DOWN

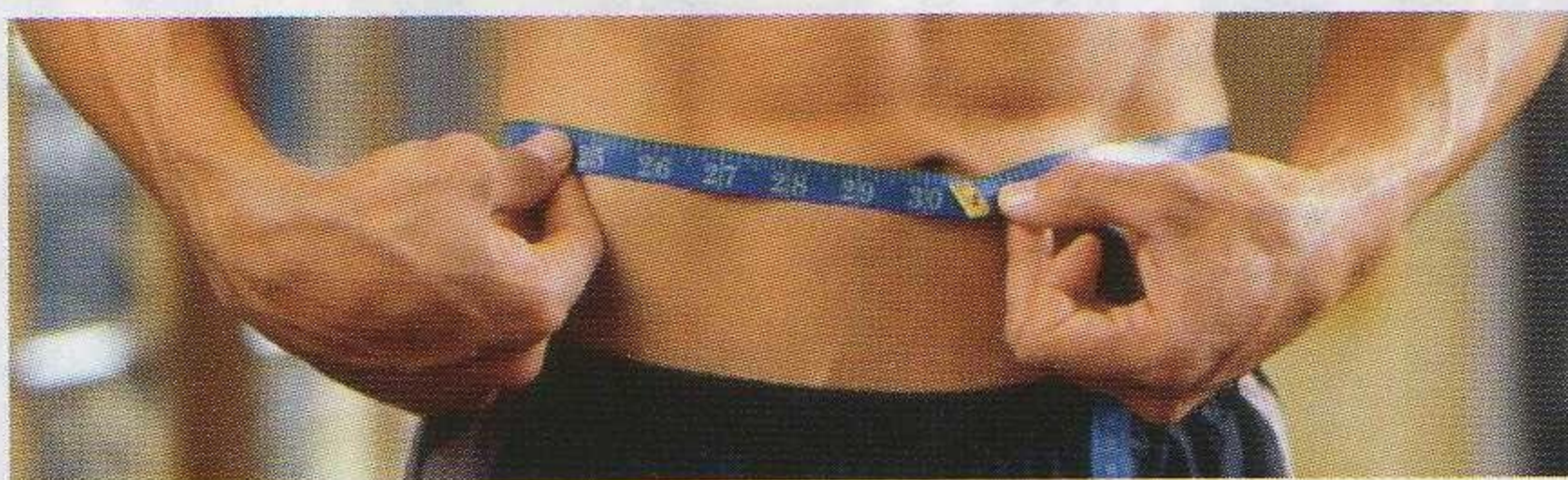
Take a few minutes at the end of your class to allow your heart rate to drop while you stretch out your muscles with the Stretch 10 Class. It will keep you injury free and speed up your body's ability to recover. Remember, never skip this class.

MAKE GOALS, KEEP IT REAL.



You can easily fall into burnout mode if you try to do too much. Try not to choose goals that aren't attainable. Start by taking small steps. Here are some tips to help keep you from going on the rebound.

GIVE YOURSELF A REALISTIC AMOUNT OF WEIGHT TO LOSE.



Begin with weight loss goals that are in increments of 5 pounds. Over time, those 5-pound increments will add up and you'll feel good about it, too. Just watch.

SCHEDULE A TIME AND BE THERE.

Class always starts when you're ready to Push Play. But you need to commit to it. Incorporate your workout during a time that's good for you. Stick with it.



EAT WELL AND STAY SATISFIED.



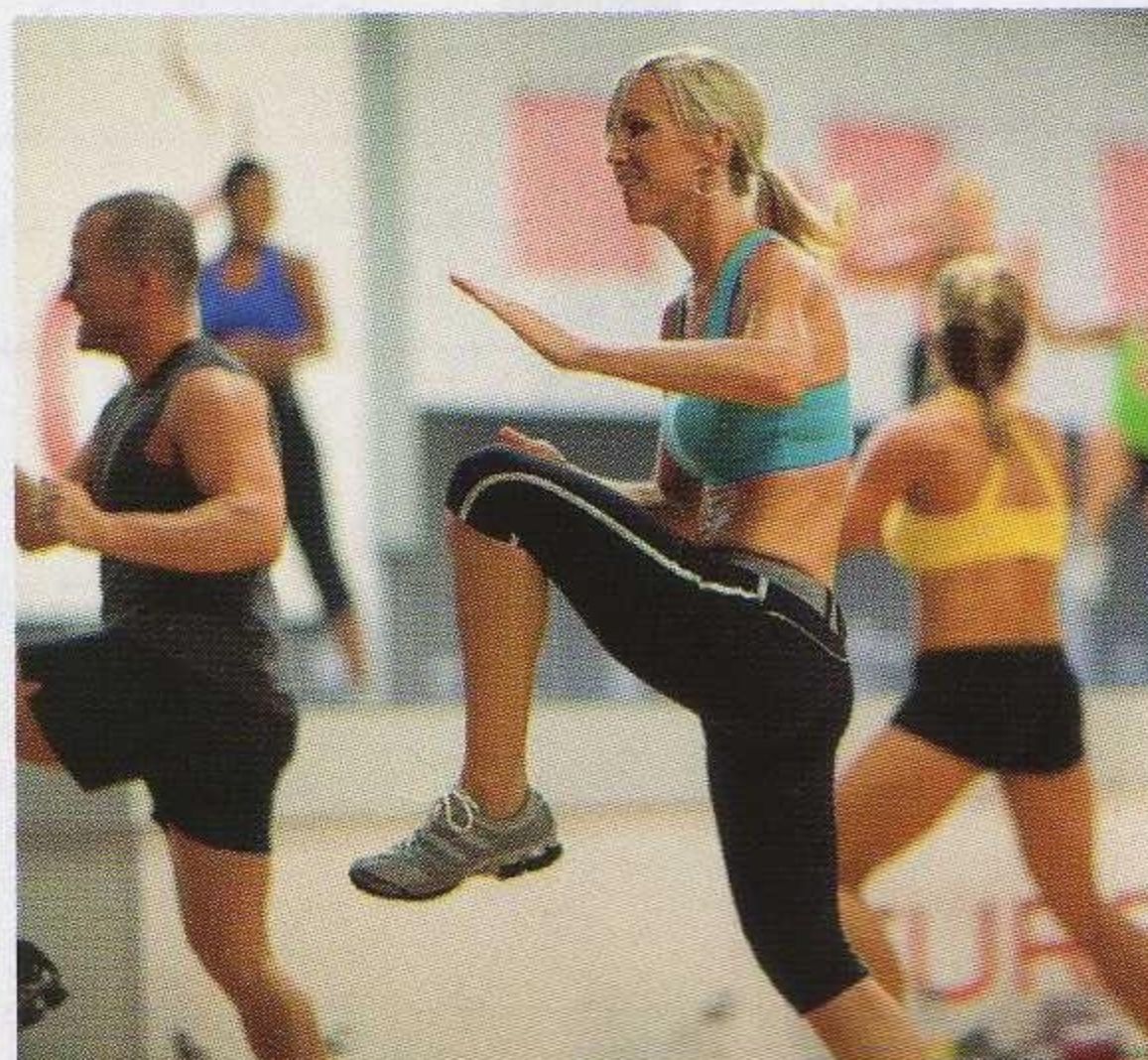
Depriving yourself of food has a backlash. Want a piece of chocolate? Have one. Not an entire box, of course. Better yet, have a glass of Chocolate Shakeology®. Or substitute a piece of fruit and curb that sweet tooth. Refer to the Nutrition Guide so you can reduce the amount of calories you eat with The Daily Deficit method below. Over the course of 12 or 20 weeks, you'll lose weight (as in stored fat, not water weight) to hit a very specific weight goal.

THE DAILY DEFICIT BREAKDOWN.

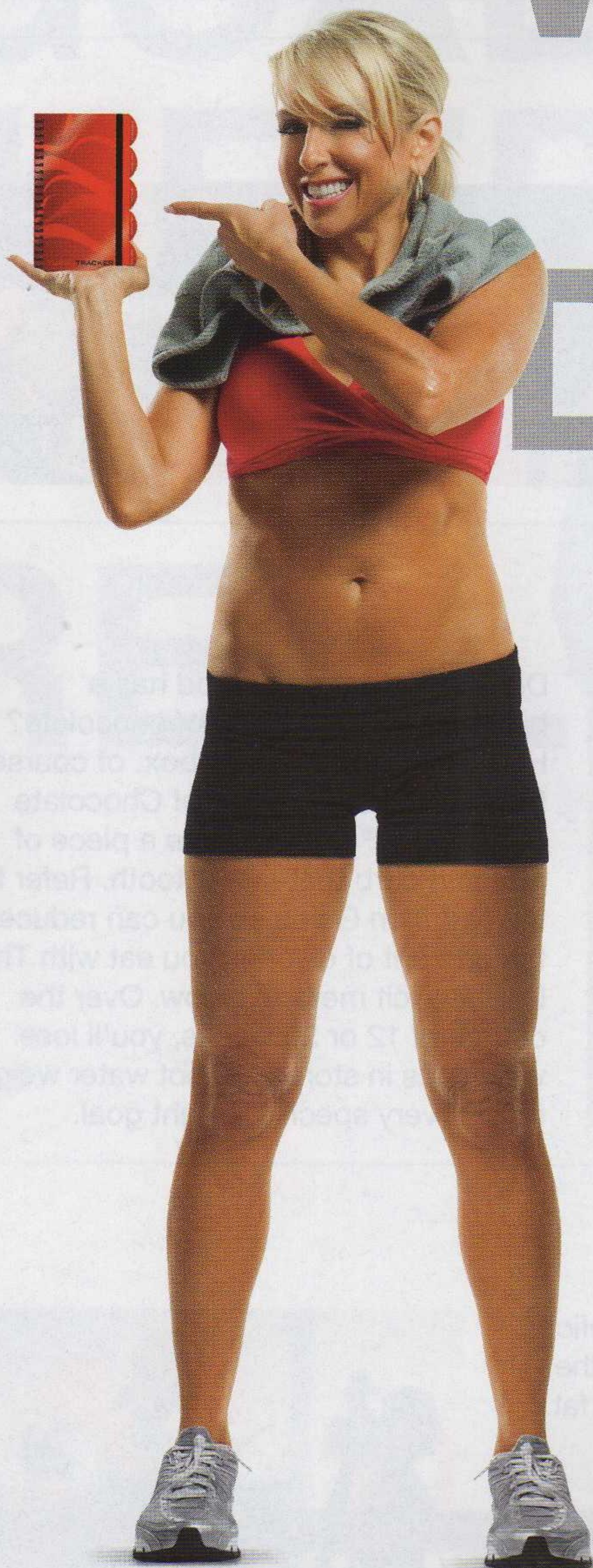
Once you accumulate a 3,500-calorie deficit between the calories you consume and the ones you burn, you'll drop one pound of fat. Here's how the math works, day by day:

450 calories = lose 1/8 pound a day,
11 pounds of fat in 12 weeks
900 calories = lose 1/4 pound a day,
22 pounds of fat in 12 weeks
1,100 calories = lose 1/3 pound a day,
30 pounds of fat in 12 weeks

See the FUEL THE FIRE Nutrition Guide for details.



DID YOU WRITE THAT DOWN?



Have you ever paid close attention to what you eat or how much you work out every day? If you wrote everything down, you might be surprised to see what habits, both good and bad, you've developed. Keeping a journal of your daily activities and eating can help break you of the bad ones. By writing these things down or journaling, you hold yourself responsible for eating that candy bar or skipping your workout another day.

Reflecting back on your day allows you to see patterns so you can make adjustments to reach your fitness goals. On the flip side, when you eat well and work out consistently, you'll also feel good about yourself. This is how journaling helps you achieve all the goals you desire.

The Daily Tracker Sheet on the opposite page will help you be on track with your TurboFire goals. Make photocopies for each day of the program. Fill out the sheets as you go and within the first week you'll be able to notice things you can do to eat better or motivate yourself. Or save time at the copy machine and get the TurboTracker. This handy tool is great on the go and makes it easier to keep tabs on yourself.

TURBO TIP

It's easy to forget about the foods we eat throughout the day. The cure for "caloric amnesia" is to log every bite you put in your mouth. It'll also help you see what needs to be cut from your eating plan.

TURBO FIRE[®]

DAILY TRACKER SHEET

Calorie Target _____

FUEL TRACKER

BREAKFAST	TIME	CALORIES
BREAKFAST TOTALS ⇨		

BREAKFAST TOTALS ⇨

SNACK 1	TIME	CALORIES
SNACK TOTALS ⇨		

SNACK TOTALS ⇨

LUNCH	TIME	CALORIES
LUNCH TOTALS ⇨		

LUNCH TOTALS ⇨

SNACK 2	TIME	CALORIES
SNACK TOTALS ⇨		

SNACK TOTALS ⇨

DINNER	TIME	CALORIES
DINNER TOTALS ⇨		

DINNER TOTALS ⇨

TOTAL CALORIES CONSUMED ⇨

WATER (8-oz. glasses)

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

VITAMINS/SUPPLEMENTS

SLEEP (hrs.)

Date _____

Week # _____

Day _____

BURN TRACKER

TURBOFIRE CLASS	TIME	DURATION	INTENSITY

OTHER ACTIVITIES	TIME	DURATION	INTENSITY

CHALENE'S TIP OF THE DAY:

"Ask yourself every couple of minutes, 'Can I go harder? Can I do more?' You've got so much power. Show me."

ENERGY LEVEL 1 2 3 4 5 6 7 8 9

TODAY'S

NOTES

KEEP TABS ON YOURSELF WITH THE **TURBOTRACKER**



Ready to get serious about journaling? The TurboTracker food and fitness journal is a fabulous tool to get you started on the right foot. And it's small enough to fit in your purse, briefcase, or backpack so you can take it everywhere you go. In addition, the TurboTracker is packed with lots of useful information to guide you through your goals, track your habits, and keep you up to speed with your new TurboFire Class Schedule.

TO EAT BETTER, JUST WRITE ABOUT IT.

The best way to track what you put into your body is to make a list. Just fill out the Burn Tracker and Fuel Tracker sheets every day of TurboFire program or the 5-Day Inferno Plan.

Carry your TurboTracker with you and use it every day. You'd be surprised about where those extra calories are coming from. In fact, you may even catch yourself with your hand in the cookie jar. Now that you've noticed it, you can change that habit.

GOALS MADE POSSIBLE THROUGH JOURNALING.

Paying attention to your daily routine makes you realize what you eat, how much you work out, and where you can cut back. By writing that down in your TurboTracker you can keep on top of your habits, routines, and your body, in general. You can even reflect on your long-term goals and view your stats over time on the weekly Measurement Trackers.

Just remember, no goal is too small. If you want to lose 2 pounds, write it down in your TurboTracker. When you accomplish a goal, it'll make you feel good about yourself. When you write down every little thing you put in your mouth, you really do track your calorie intake.

MORE TOOLS AT YOUR FINGERTIPS.

Want to know the nutritional content of a bagel? The TurboTracker can tell you. There's a Food Stats section that lists the top calorie-conscious foods so you can follow your caloric intake. And write it down, of course. The TurboTracker also contains cheat sheets, including The 5-Day Inferno Plan, Nutritional Facts, and Calculating Your Calorie Target in case you need a quick lesson whenever in doubt.

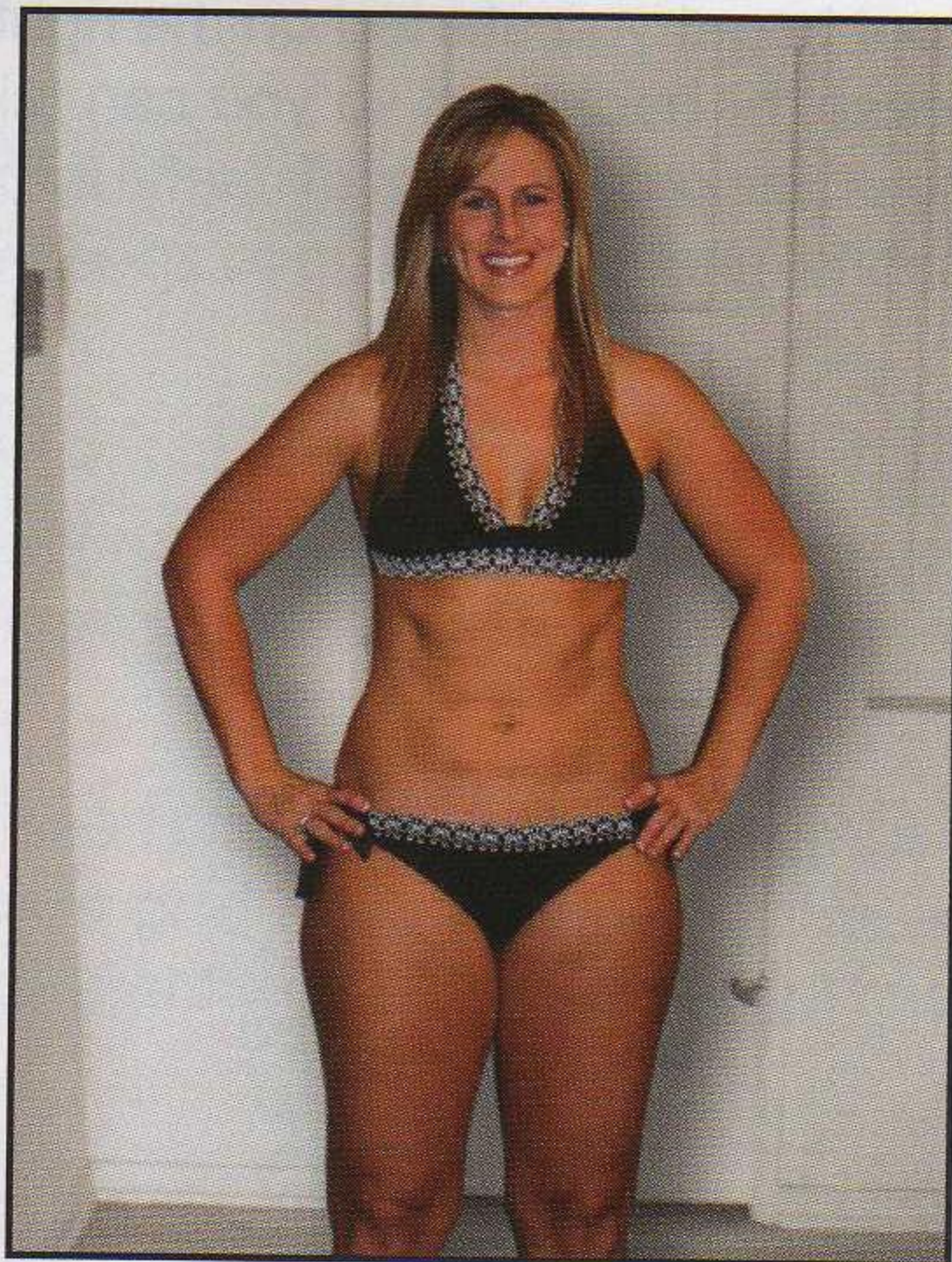
To order the TurboTracker, visit TurboFireAdvanced.com. If you're a member of the Team Beachbody® community, contact your Coach or go to TeamBeachbody.com today.

GIVE IT YOUR BEST SHOT.

On the outside, TurboFire will firm up muscles and sculpt your body. To track your results and progress, begin with a "before" photo. Before you begin the TurboFire program, take your first series of photos by following these easy guidelines.



BEFORE



AFTER

1

CLOTHES

Wear a swimsuit or something comparable so you can see what areas need work. The more skin you show, the more you'll see what's changed.

2

BACKDROP

Use a plain background or white wall as your backdrop.

3

ANGLES

Take a few front shots with your hands on your hips, some side shots with both hands at your sides, and a couple of back shots with your hands on your hips or posed with biceps flexed.

4

POSE

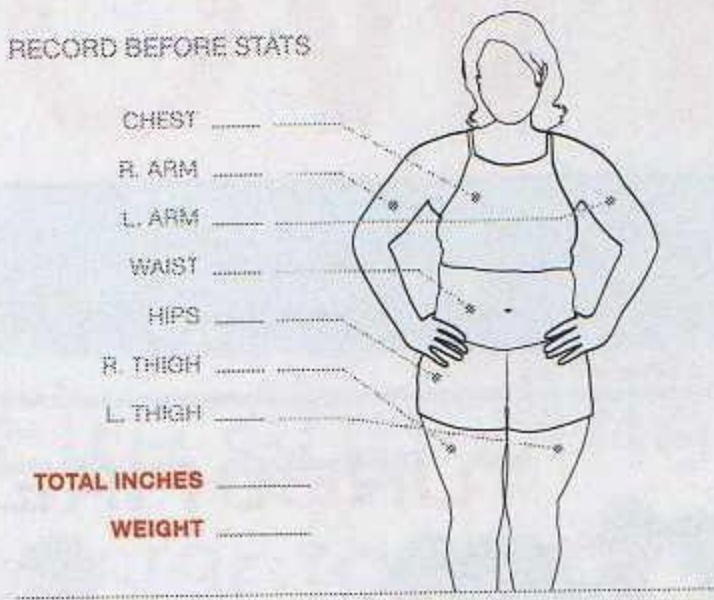
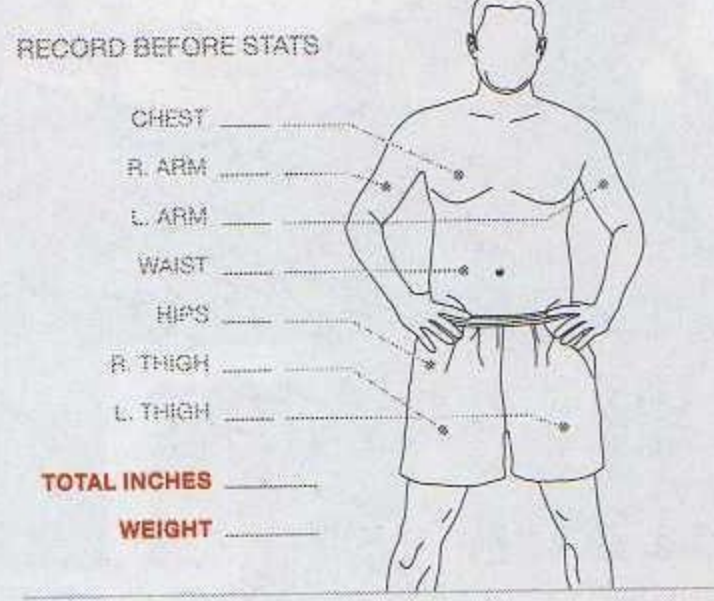
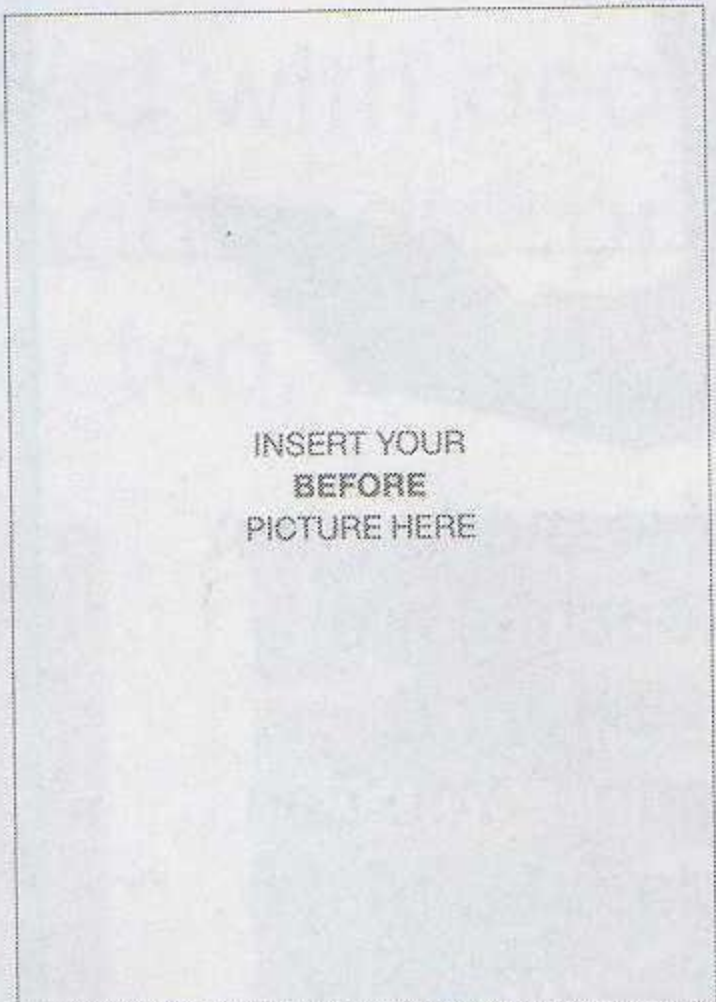
Don't suck it in or push it out. You want a true reflection of your body's appearance so you can see how much sexier you look after TurboFire has done a number on you.

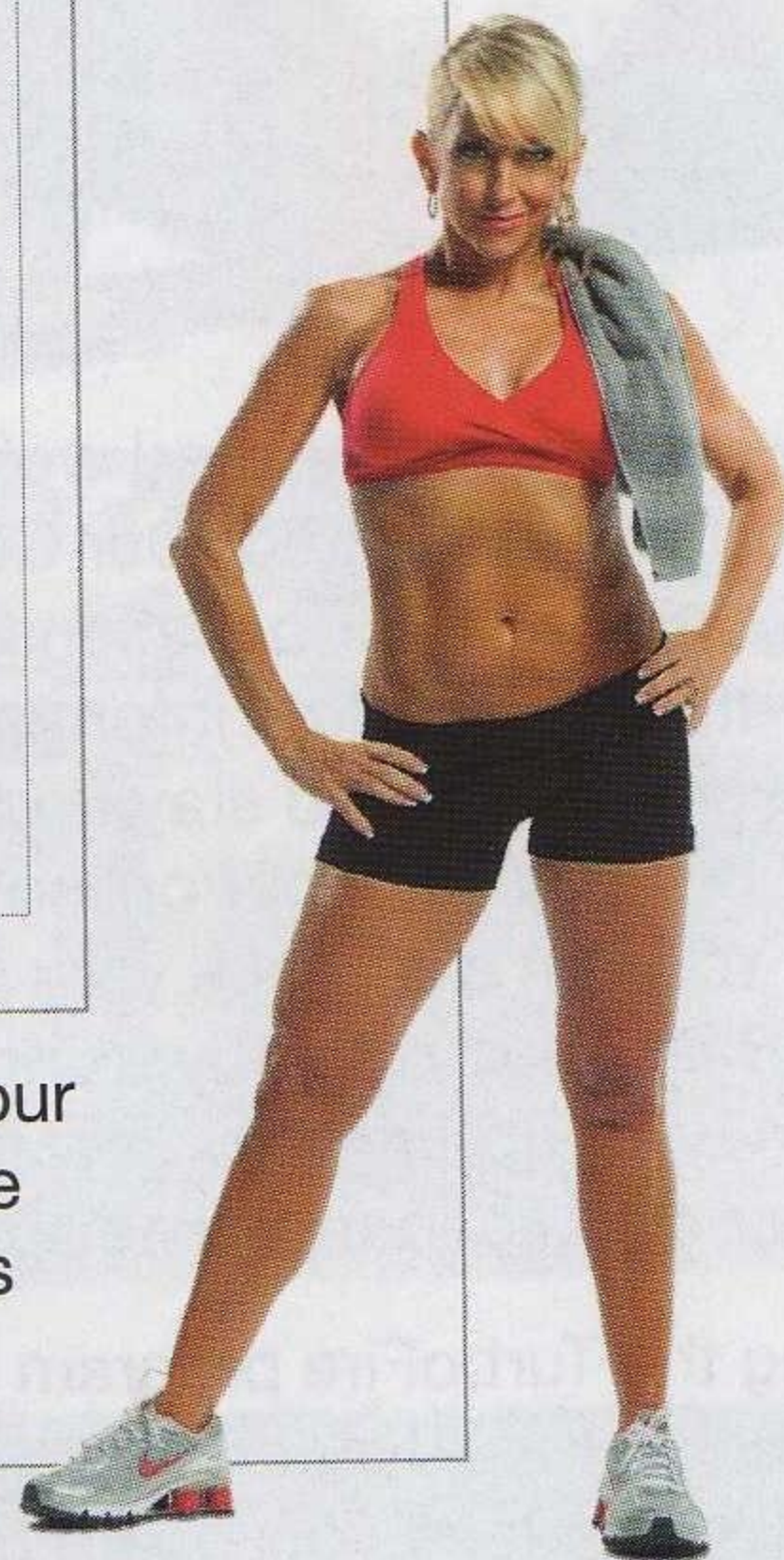
5

SEND

Create a free profile page and post your photos online at TeamBeachbody.com.

MEASURE YOUR SUCCESS.

<p>MY MEASUREMENT TRACKER</p> <p>RECORD BEFORE STATS</p> <p>CHEST _____</p> <p>R. ARM _____</p> <p>L. ARM _____</p> <p>WAIST _____</p> <p>HIPS _____</p> <p>R. THIGH _____</p> <p>L. THIGH _____</p> <p>TOTAL INCHES _____</p> <p>WEIGHT _____</p>  <p>RECORD BEFORE STATS</p> <p>CHEST _____</p> <p>R. ARM _____</p> <p>L. ARM _____</p> <p>WAIST _____</p> <p>HIPS _____</p> <p>R. THIGH _____</p> <p>L. THIGH _____</p> <p>TOTAL INCHES _____</p> <p>WEIGHT _____</p> 	<p>BEFORE TURBOFIRE _____</p> <p>MY BEFORE WEIGHT: <input type="text"/></p> <p>MY TARGET WEIGHT: <input type="text"/></p> <p>INSERT YOUR BEFORE PICTURE HERE</p> 
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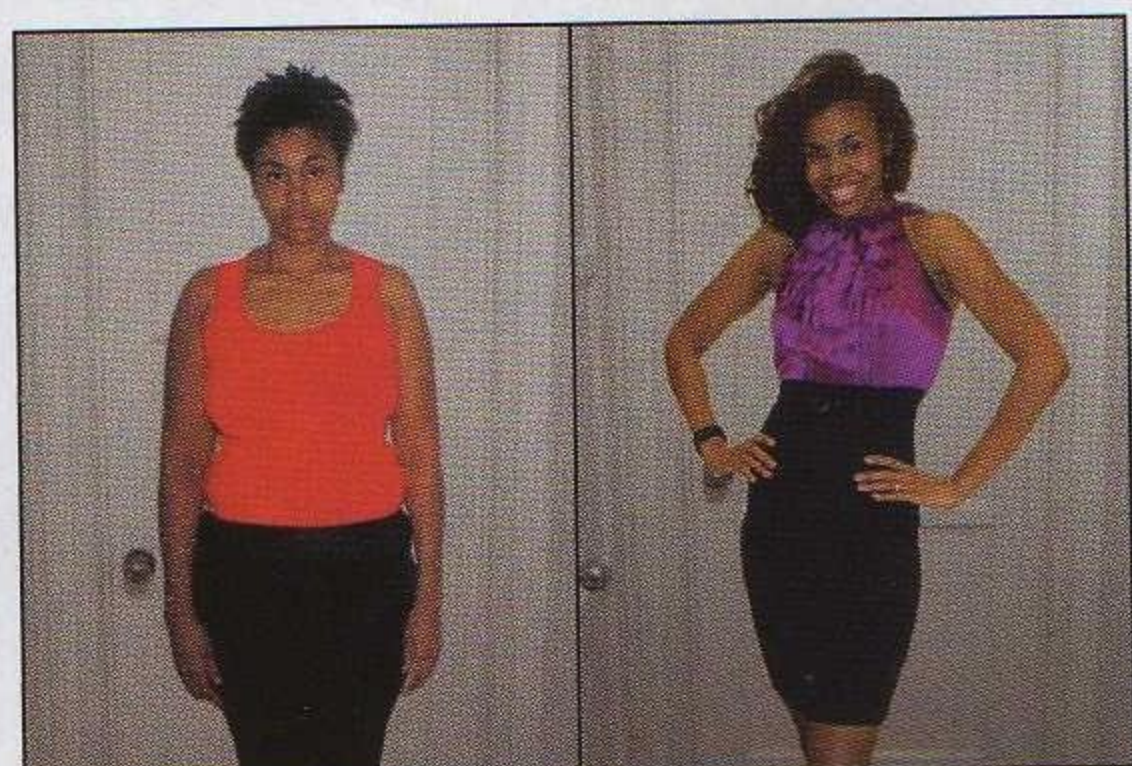


Another way to track your progress is by taking your measurements. Simply follow the directions on the Measurement Tracker. Make note of your progress every week to see how you're doing.

SHARE YOUR SUCCESS STORY.

Send in your "before" and "after" photos along with your stats and we'll send you a FREE TurboFire T-shirt. Mail your information to us.

Success Stories
Beachbody/Product Partners, LLC
3301 Exposition Blvd., 3rd Floor
Santa Monica, CA 90404



WE'RE HERE TO MOTIVATE YOU.

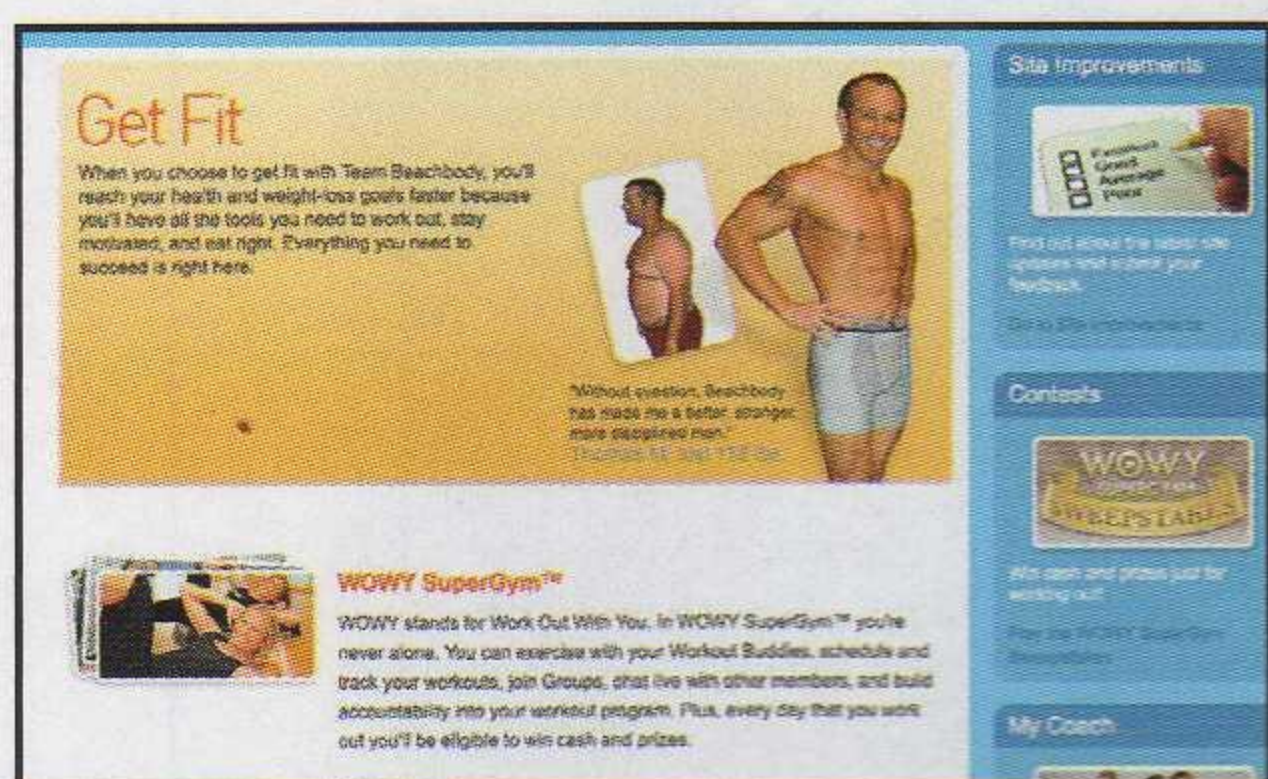
TeamBeachbody.com



You've set your goals and we've made ours: to keep you motivated. Our Coaches are always available for questions, support, motivation, or product information. You can get peer support and stay updated with the latest fitness tips in our online community, 24/7. You can also track your progress on TeamBeachbody.com by using the WOWY SuperGym[®], update your results on your Goal Tracker, and keep real-time stats on yourself.



Buying the TurboFire program is a step in the right direction. However, to get the best results possible, you also need support, accountability, and a commitment to exercise and a healthy diet. That's where your Team Beachbody[®] Club Membership comes in. It's another great tool to help keep you on track with your food and fitness goals.



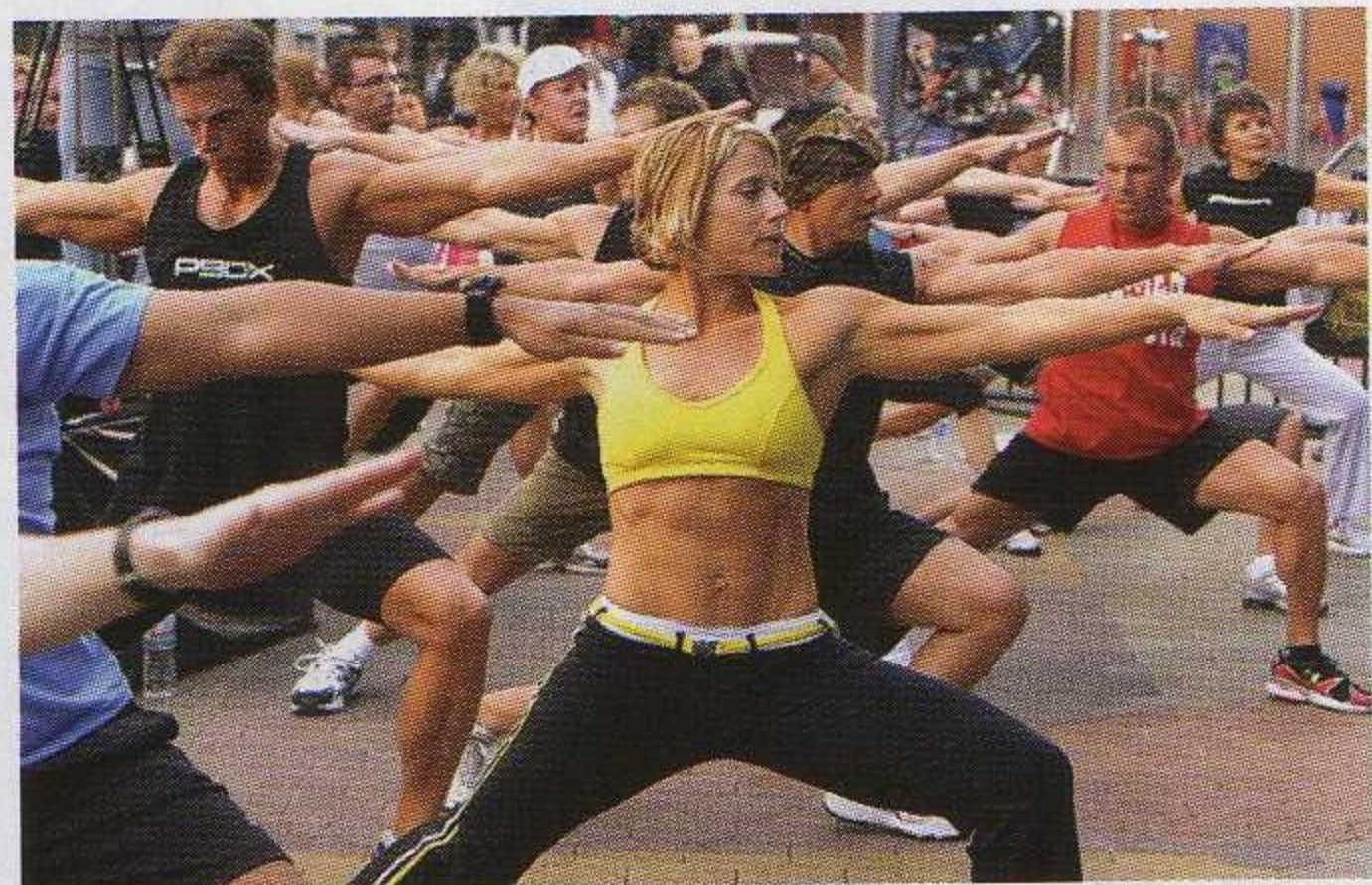
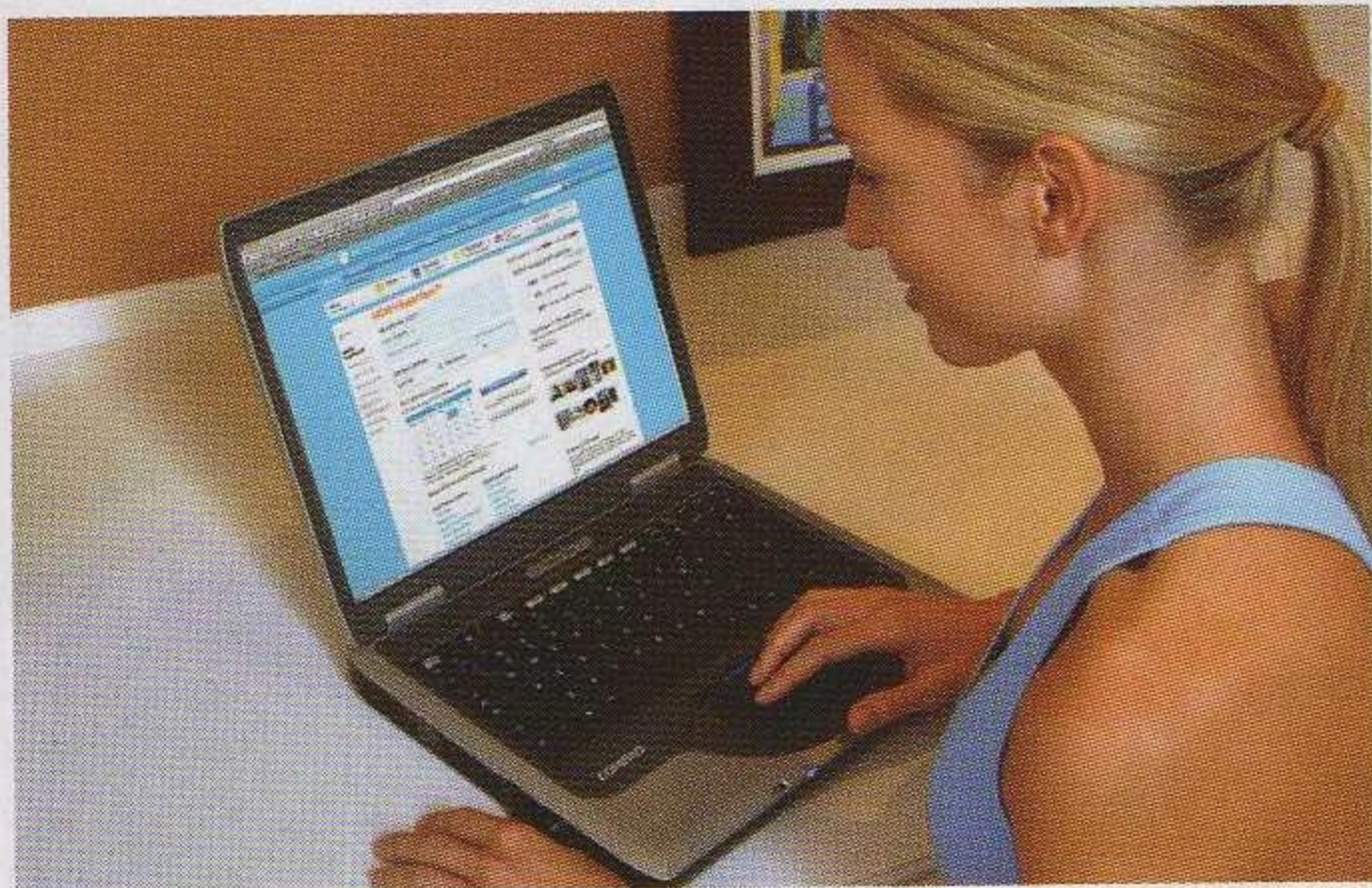
Here are some of the key benefits of Club Membership:

- 10% discount on fitness programs, gear, and supplements.
- Full access to Beachbody TV, including exclusive Trainer Tips, Healthy Eating Tips, Style Tips, and Lifestyle Tips.
- VIP access to our celebrity trainers. Watch their videos, ask them questions, and read their motivational articles.
- Chat live with your favorite trainers in the exclusive VIP Chatroom.
- Personalized meal plans and delicious recipes make it easy to lose weight.
- Your own personal blog to journal your progress and share your ideas and opinions.
- Access to fitness articles and tips on how to maximize your workouts.
- Access to nutrition articles and tips on how to make healthy eating simple, yet satisfying.
- Access to new, healthy, and delicious recipes.

STAY CONNECTED.

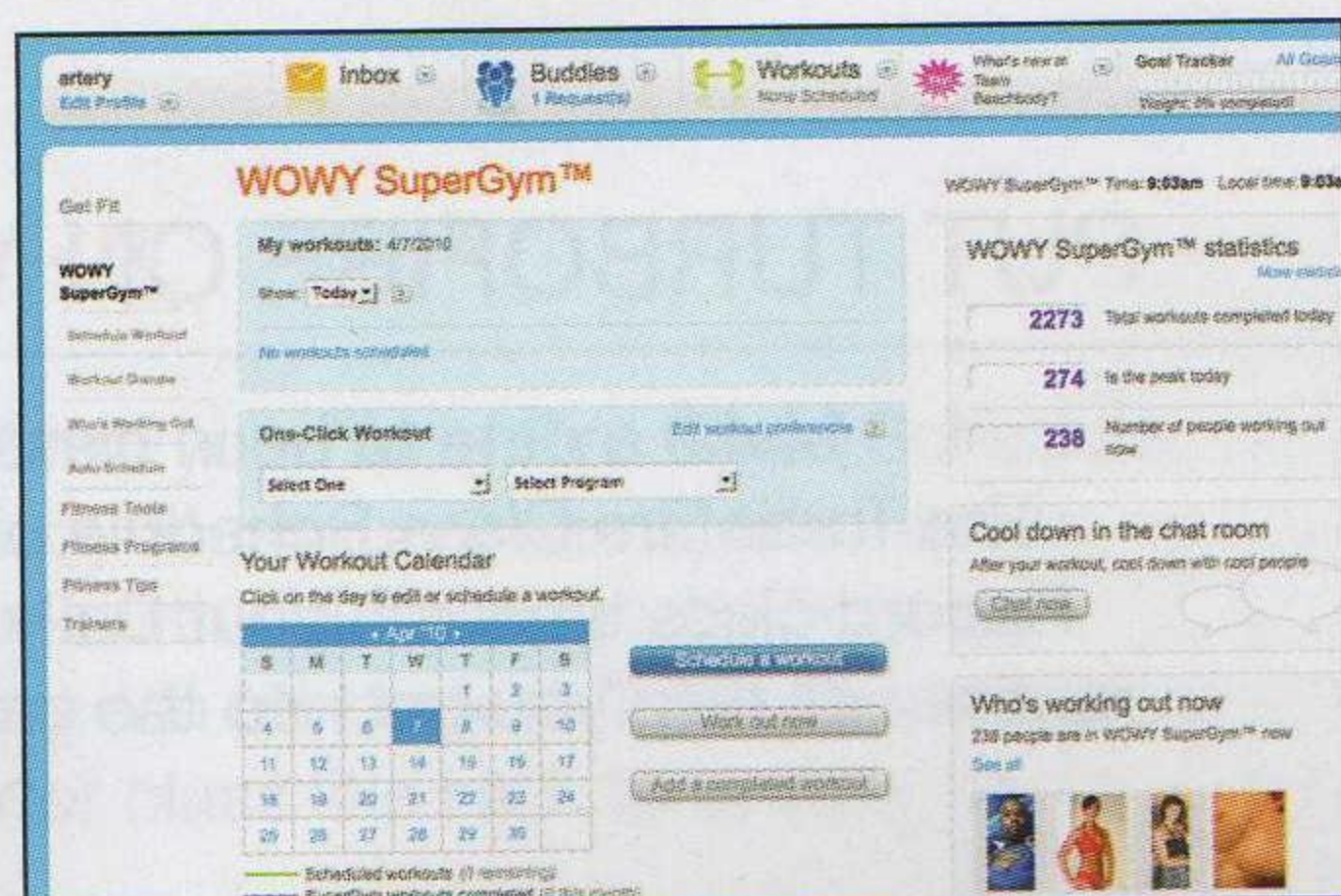
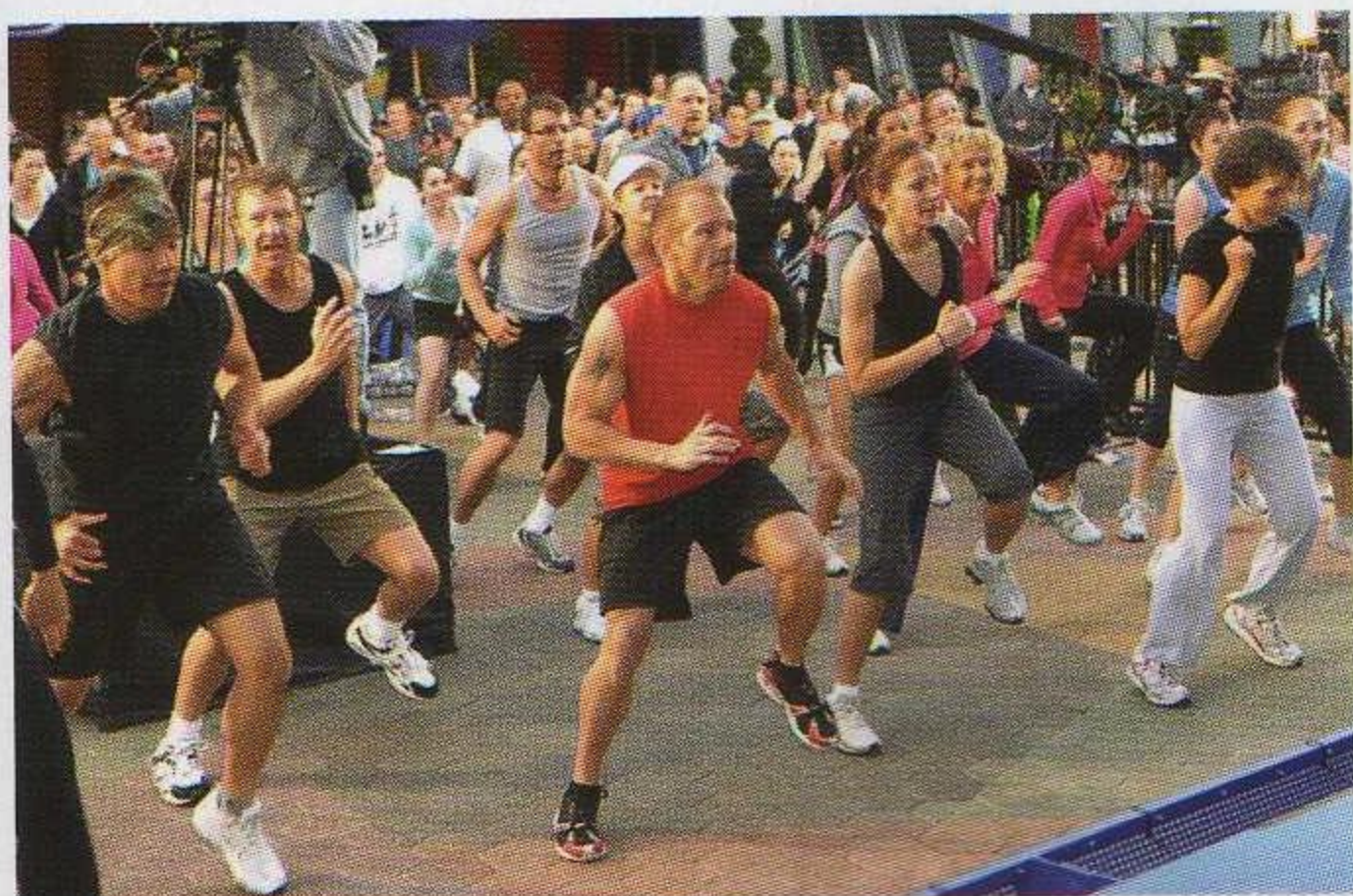
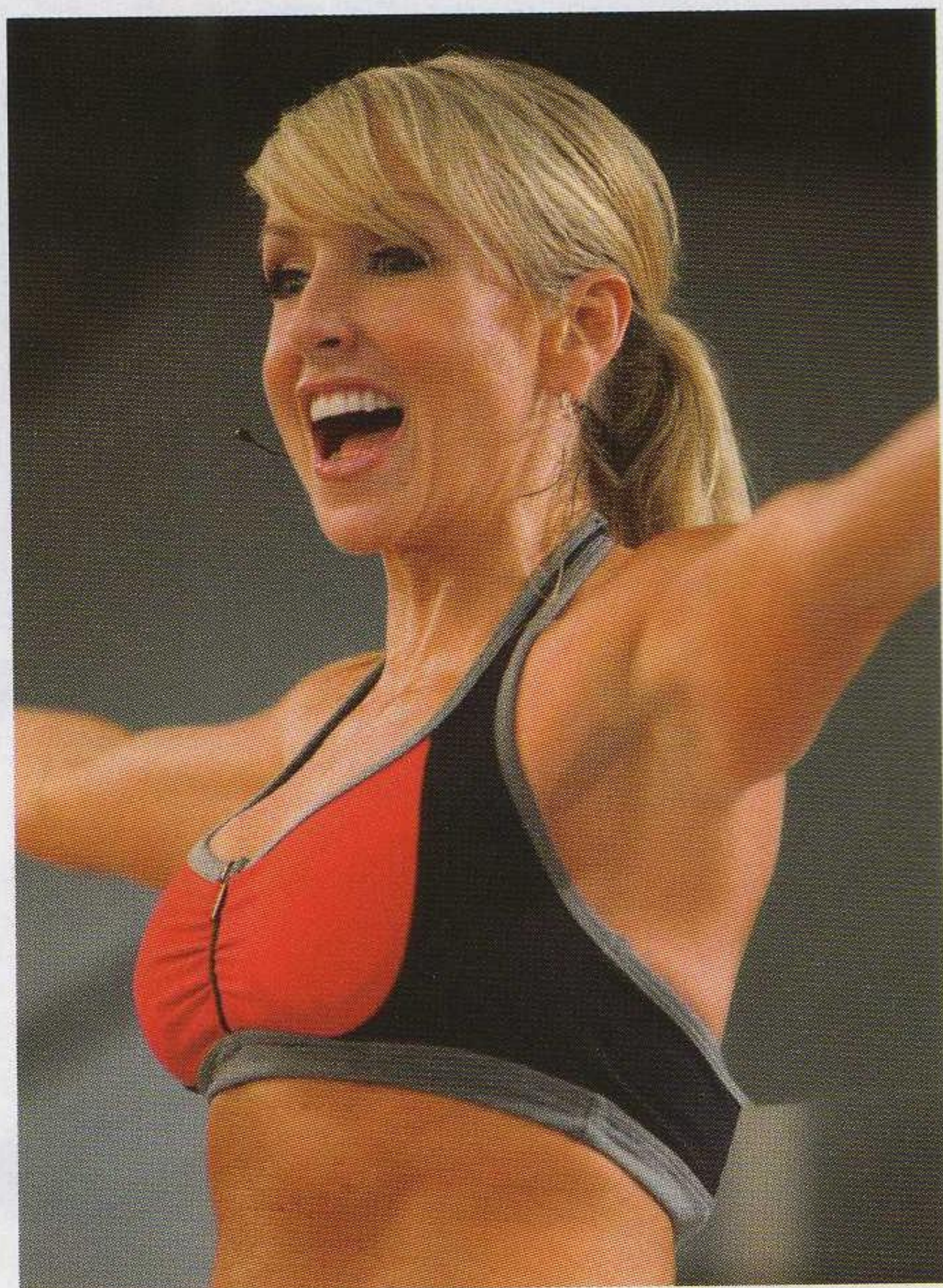
WOWY SuperGym[®]

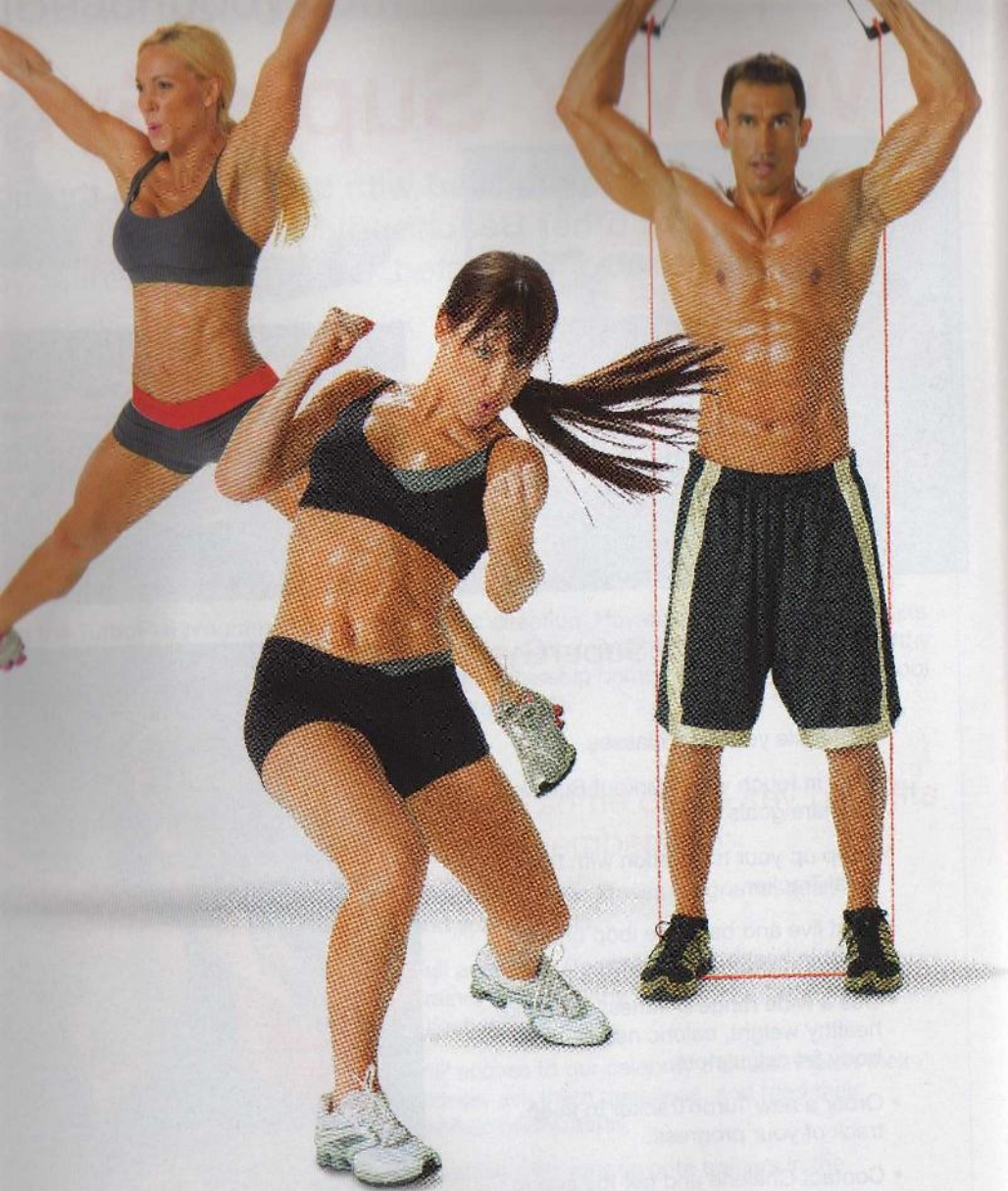
Imagine a virtual gym filled with people going through TurboFire and other Beachbody[®] programs. It's never been easier to stay connected, because it's live near you.



At the WOWY SuperGym[®] you can:

- Schedule your own classes.
- Stay in touch with Workout Buddies to share goals.
- Keep up your motivation with the Goal Tracker.
- Chat live and be in the loop on the latest in health and fitness.
- Use a wide range of fitness tools like healthy weight, caloric needs, and body fat calculators.
- Order a new TurboTracker to keep track of your progress.
- Contact Chalene and get the scoop on all things TurboFire.





PUT TURBOFIRE ON YOUR CALENDAR.

Make a date to be in class and don't stand yourself up. The TurboFire Class Schedule plans out your classes for you. Record class times on your Daily Tracker Sheet. Developing a routine will help you get into the groove without skipping a beat.



IN A TIME CRUNCH?

Sometimes life gets in the way of your TurboFire Class Schedule. Check out the Team Beachbody Message Boards. Our fitness experts and coaches can work with you to alter your routine. Once you have more time, you can go back to TurboFire in full throttle mode. Or take a shorter class like HIIT 15 or Abs 10.

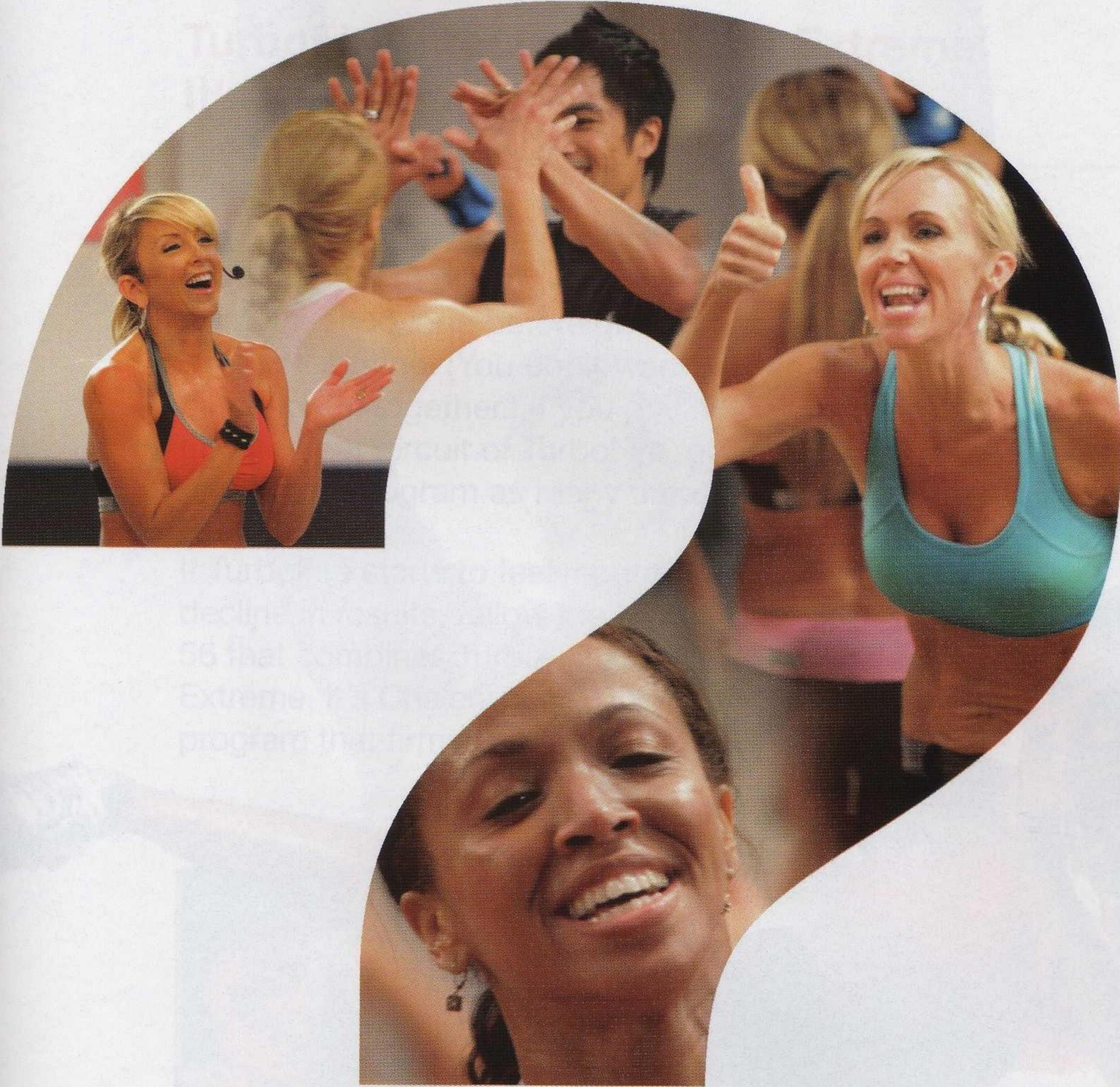
CONGRATULATIONS

ON COMPLETING THE **TURBOFIRE** PROGRAM.

If you followed the program closely and fueled your body with clean nutrition, then you're probably in the best shape of your life. Or close to being at the peak of your health and fitness. Maybe you haven't reached your ultimate fitness goals, and that's okay, too. Keep up a regular workout routine combined with a balanced diet to continue seeing results.

Since you're finished with the TurboFire Classes, feel free to take a short break from the regimented schedule. You'll still need to work out regularly, but you can also incorporate new activities into your lifestyle for the coming weeks. Do some of the workouts or physical activities you've always wanted to do. In other words, enjoy your newfound fitness. You've earned it.

WHERE DO I GO FROM HERE



Available
Team/30

TurboFire® meets ChaLEAN Extreme®. It's the ultimate hybrid program.

Over the next few weeks, your body will still be working hard at playing catch-up. Make sure you don't take too long before getting back into a firm exercise routine. (You don't want to lose all the hard work altogether.) If you decide to jump back into another circuit of TurboFire, go ahead. You can repeat the program as many times as you like.

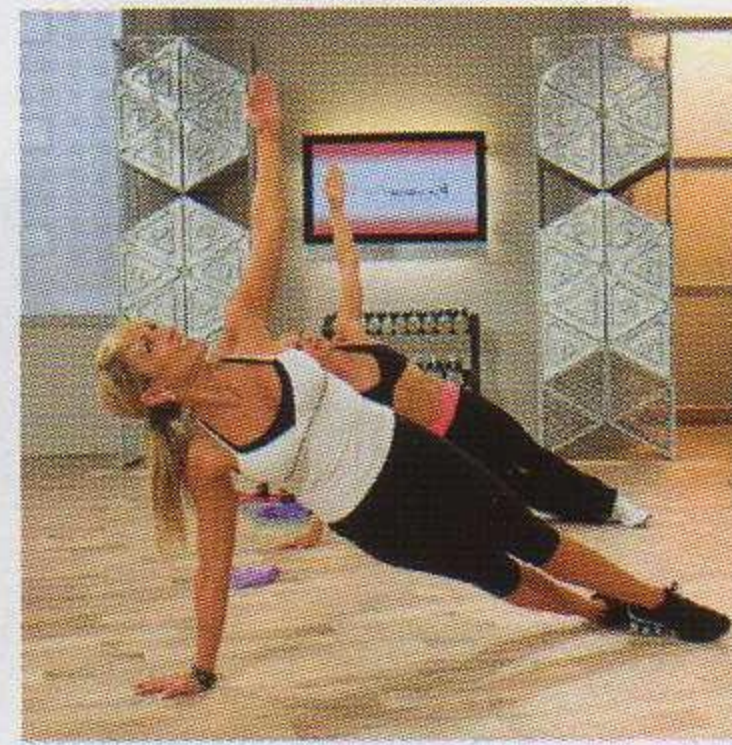
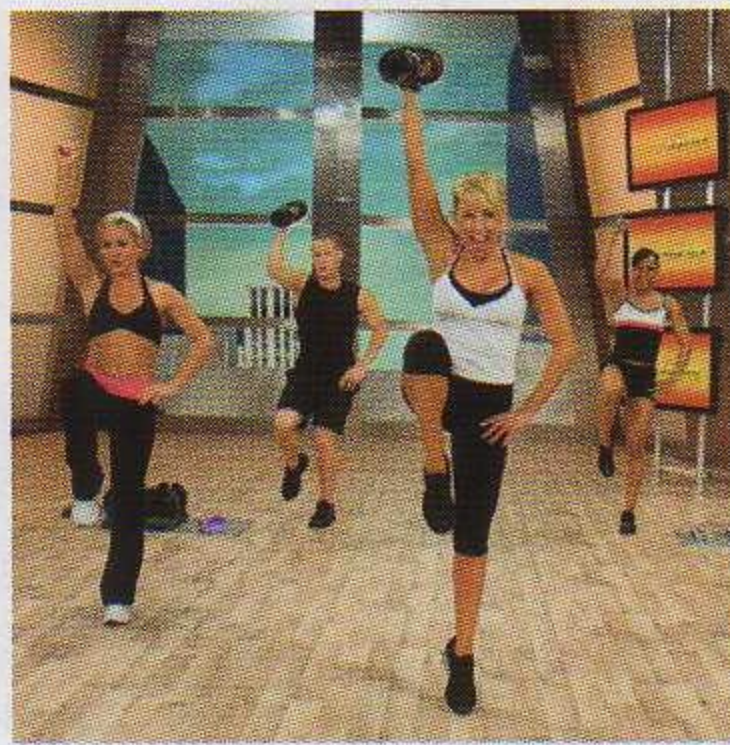
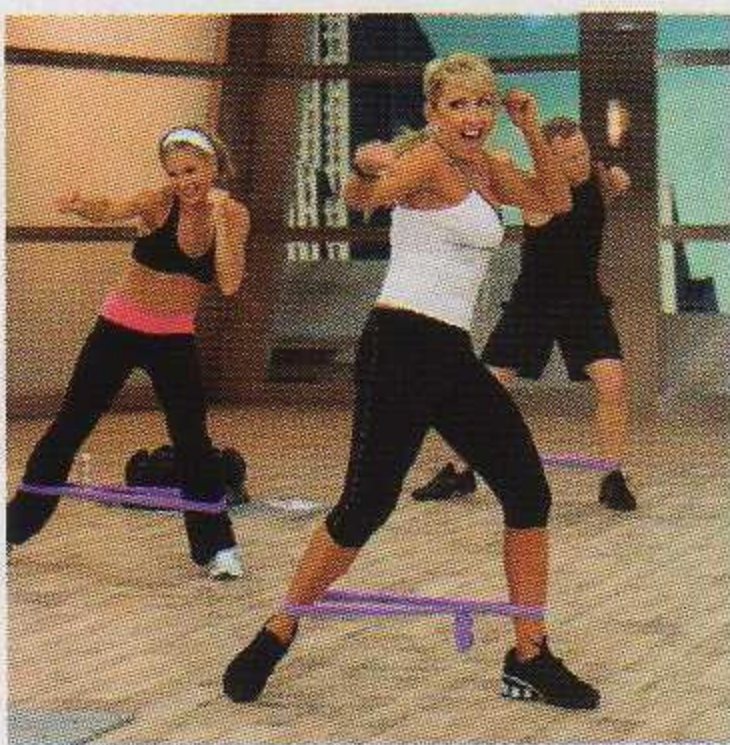
If TurboFire starts to feel repetitive or if you notice a decline in results, follow the Hybrid Schedule on page 56 that combines TurboFire Classes with ChaLEAN Extreme. It's Chalene's other tried and proven program that firms up muscles to burn excess fat.



Available through your TeamBeachbody® Coach or at
TeamBeachbody.com or Beachbody.com.

It's like having Chalene as your very own personal instructor, pushing you to that next level of fitness.

The ChaLEAN Extreme program, unlike TurboFire, is less choreographed and focuses more on building lean muscle through resistance and strength training. In fact, it's like having Chalene as your very own personal instructor, pushing you to that next level of fitness. Building more muscle is the best way to change the shape of your body. You'll be toned, fit, and stronger without adding more bulk. By building muscle with strength training, your metabolism will continue to burn calories long after you're finished with your workout.



If you immediately transition from TurboFire to ChaLEAN Extreme, you'll notice it's less intense at first. That's because you're jumping from the end of one program to the beginning of another. Plus, ChaLEAN Extreme is designed for anyone, as opposed to TurboFire, which requires you to start with a strong fitness base. For this reason, you should begin the Hybrid Schedule we've designed as soon as you're finished with your TurboFire Classes. The initial phase can double as a recovery phase in your training routine. And you'll even notice your body performing better the next time you take another TurboFire Class.

TURBO FIRE
& CHALEAN
EXTREME
HYBRID
SCHEDULE



TURBO FIRE®

TURBOFIRE & CHALEAN EXTREME® HYBRID SCHEDULE

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 RECOVERY	STRETCH 40 CLASS ____ : ____ AM/PM	AB BURNER + RECHARGE ____ : ____ AM/PM	Rest	BURN CIRCUIT 1 ____ : ____ AM/PM	CORE 20 CLASS + STRETCH 10 CLASS ____ : ____ AM/PM	BURN IT OFF + STRETCH 10 CLASS ____ : ____ AM/PM	AB BURNER + RECHARGE ____ : ____ AM/PM
2 RECOVERY	BURN CIRCUIT 2 ____ : ____ AM/PM	EXTREME ABS + RECHARGE ____ : ____ AM/PM	Rest	BURN CIRCUIT 3 ____ : ____ AM/PM	CORE 20 CLASS + STRETCH 10 CLASS ____ : ____ AM/PM	BURN INTERVALS + STRETCH 10 CLASS ____ : ____ AM/PM	ABS 10 CLASS + RECHARGE ____ : ____ AM/PM
3 RECOVERY	BURN CIRCUIT 1 ____ : ____ AM/PM	EXTREME ABS + RECHARGE ____ : ____ AM/PM	Rest	BURN CIRCUIT 2 + STRETCH 10 CLASS ____ : ____ AM/PM	BURN INTERVALS + AB BURNER ____ : ____ AM/PM	BURN CIRCUIT 3 + STRETCH 10 CLASS ____ : ____ AM/PM	ABS 10 CLASS + STRETCH 40 CLASS ____ : ____ AM/PM
4 TRANSITION	FIRE 45 CLASS + STRETCH 10 CLASS ____ : ____ AM/PM	HIIT 15 CLASS + STRETCH 10 CLASS ____ : ____ AM/PM	Rest	FIRE 30 CLASS + ABS 10 CLASS ____ : ____ AM/PM	FIRE 45 EZ CLASS + STRETCH 10 CLASS ____ : ____ AM/PM	CORE 20 CLASS + STRETCH 40 CLASS ____ : ____ AM/PM	FIRE 45 CLASS + STRETCH 10 CLASS ____ : ____ AM/PM TRACK YOUR RESULTS

TURBO FIRE®

TURBOFIRE & CHALEAN EXTREME® HYBRID SCHEDULE

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5 HYPERTROPHY	PUSH CIRCUIT 1 + STRETCH 10 CLASS ____ : ____ AM/PM	BURN IT OFF + EXTREME ABS ____ : ____ AM/PM	Rest	PUSH CIRCUIT 2 + STRETCH 10 CLASS ____ : ____ AM/PM	BURN INTERVALS + AB BURNER ____ : ____ AM/PM	PUSH CIRCUIT 3 + STRETCH 10 CLASS ____ : ____ AM/PM	FIRE 45 EZ CLASS + ABS 10 CLASS ____ : ____ AM/PM
6 HYPERTROPHY	PUSH CIRCUIT 1 + STRETCH 10 CLASS ____ : ____ AM/PM	BURN IT OFF + EXTREME ABS ____ : ____ AM/PM	Rest	PUSH CIRCUIT 2 + STRETCH 10 CLASS ____ : ____ AM/PM	BURN INTERVALS + AB BURNER ____ : ____ AM/PM	PUSH CIRCUIT 3 + STRETCH 10 CLASS ____ : ____ AM/PM	FIRE 45 EZ CLASS + ABS 10 CLASS ____ : ____ AM/PM
7 HYPERTROPHY	PUSH CIRCUIT 1 + STRETCH 10 CLASS ____ : ____ AM/PM	FIRE 30 CLASS + ABS 10 CLASS ____ : ____ AM/PM	Rest	PUSH CIRCUIT 2 + STRETCH 10 CLASS ____ : ____ AM/PM	FIRE 30 CLASS + ABS 10 CLASS ____ : ____ AM/PM	PUSH CIRCUIT 3 + STRETCH 10 CLASS ____ : ____ AM/PM	FIRE 55 EZ CLASS + ABS 10 CLASS ____ : ____ AM/PM
8 HYPERTROPHY	PUSH CIRCUIT 1 + STRETCH 10 CLASS ____ : ____ AM/PM	FIRE 45 CLASS + ABS 10 CLASS ____ : ____ AM/PM	Rest	PUSH CIRCUIT 2 + STRETCH 10 CLASS ____ : ____ AM/PM	FIRE 45 CLASS + ABS 10 CLASS ____ : ____ AM/PM	PUSH CIRCUIT 3 + STRETCH 10 CLASS ____ : ____ AM/PM	FIRE 55 EZ CLASS + ABS 10 CLASS ____ : ____ AM/PM

TRACK YOUR RESULTS

TURBO FIRE®

TURBOFIRE & CHALEAN EXTREME® HYBRID SCHEDULE

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9 TRANSITION	HIIT 15 CLASS + STRETCH 10 CLASS ____ : ____ AM/PM	FIRE 45 CLASS + AB BURNER ____ : ____ AM/PM	Rest	HIIT 15 CLASS + SCULPT 30 CLASS ____ : ____ AM/PM	FIRE 45 EZ CLASS + STRETCH 10 CLASS ____ : ____ AM/PM	CORE 20 CLASS + STRETCH 40 CLASS ____ : ____ AM/PM	FIRE 55 EZ CLASS + STRETCH 10 CLASS ____ : ____ AM/PM
10 HIIT	HIIT 20 CLASS + TONE 30 CLASS ____ : ____ AM/PM	BURN IT OFF + EXTREME ABS ____ : ____ AM/PM	Rest	HIIT 25 CLASS + SCULPT 30 CLASS ____ : ____ AM/PM	BURN INTERVALS + AB BURNER ____ : ____ AM/PM	HIIT 20 CLASS + TONE 30 CLASS ____ : ____ AM/PM	FIRE 55 EZ CLASS + STRETCH 10 CLASS ____ : ____ AM/PM
11 HIIT	HIIT 25 CLASS + SCULPT 30 CLASS ____ : ____ AM/PM	FIRE 45 CLASS + ABS 10 CLASS ____ : ____ AM/PM	Rest	HIIT 25 CLASS + TONE 30 CLASS ____ : ____ AM/PM	FIRE 45 EZ CLASS + ABS 10 CLASS ____ : ____ AM/PM	HIIT 25 CLASS + SCULPT 30 CLASS ____ : ____ AM/PM	FIRE 30 CLASS + ABS 10 CLASS ____ : ____ AM/PM
12 HIIT	HIIT 25 CLASS + TONE 30 CLASS ____ : ____ AM/PM	FIRE 60 CLASS + ABS 10 CLASS ____ : ____ AM/PM	Rest	HIIT 30 CLASS + SCULPT 30 CLASS ____ : ____ AM/PM	FIRE 55 EZ CLASS + ABS 10 CLASS ____ : ____ AM/PM	HIIT 25 CLASS + TONE 30 CLASS ____ : ____ AM/PM	FIRE 30 CLASS + ABS 10 CLASS ____ : ____ AM/PM TRACK YOUR RESULTS

TURBO FIRE®

TURBOFIRE & CHALEAN EXTREME® HYBRID SCHEDULE

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
13 RECOVERY	Rest	AB BURNER + RECHARGE ____ : ____ AM/PM	FIRE 45 EZ CLASS + STRETCH 10 CLASS ____ : ____ AM/PM	ABS 10 CLASS + STRETCH 40 CLASS ____ : ____ AM/PM	FIRE 45 EZ CLASS + STRETCH 10 CLASS ____ : ____ AM/PM	STRETCH 40 CLASS ____ : ____ AM/PM	Rest
14 CARDIO/ SCULPT	FIRE 45 CLASS + STRETCH 10 CLASS ____ : ____ AM/PM	LEAN 1 + ABS 10 CLASS ____ : ____ AM/PM	Rest	FIRE 60 CLASS + STRETCH 10 CLASS ____ : ____ AM/PM	LEAN 2 + EXTREME ABS ____ : ____ AM/PM	FIRE 55 EZ CLASS + STRETCH 10 CLASS ____ : ____ AM/PM	LEAN 3 + AB BURNER ____ : ____ AM/PM
15 CARDIO/ SCULPT	FIRE 60 CLASS + STRETCH 10 CLASS ____ : ____ AM/PM	LEAN 1 + ABS 10 CLASS ____ : ____ AM/PM	Rest	FIRE 60 CLASS + STRETCH 10 CLASS ____ : ____ AM/PM	LEAN 2 + CORE 20 ____ : ____ AM/PM	FIRE 55 EZ CLASS + STRETCH 10 CLASS ____ : ____ AM/PM	LEAN 3 + EXTREME ABS ____ : ____ AM/PM
16 CARDIO/ SCULPT	FIRE 60 CLASS + STRETCH 10 CLASS ____ : ____ AM/PM	LEAN 1 + CORE 20 CLASS ____ : ____ AM/PM	Rest	FIRE 60 CLASS + STRETCH 10 CLASS ____ : ____ AM/PM	LEAN 2 + CORE 20 CLASS ____ : ____ AM/PM	FIRE 60 CLASS + STRETCH 10 CLASS ____ : ____ AM/PM	LEAN 3 + CORE 20 CLASS ____ : ____ AM/PM TRACK YOUR RESULTS

TURBO FIRE®

TURBOFIRE & CHALEAN EXTREME® HYBRID SCHEDULE

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
17 TRANSITION _____ : _____ AM/PM	FIRE 45 EZ CLASS + STRETCH 10 CLASS _____ : _____ AM/PM	BURN INTERVALS + EXTREME ABS _____ : _____ AM/PM	Rest	CORE 20 CLASS + STRETCH 40 CLASS _____ : _____ AM/PM	FIRE 30 CLASS + STRETCH 10 CLASS _____ : _____ AM/PM	FIRE 45 EZ CLASS + STRETCH 10 CLASS _____ : _____ AM/PM	CORE 20 CLASS + STRETCH 10 CLASS _____ : _____ AM/PM
18 HIIT _____ : _____ AM/PM	HIIT 20 CLASS + UPPER 20 CLASS _____ : _____ AM/PM	FIRE 60 CLASS + ABS 10 CLASS _____ : _____ AM/PM	Rest	HIIT 25 CLASS + LOWER 20 CLASS _____ : _____ AM/PM	FIRE 55 EZ CLASS + AB BURNER _____ : _____ AM/PM	HIIT 20 CLASS + SCULPT 30 CLASS _____ : _____ AM/PM	FIRE 45 EZ CLASS + ABS 10 CLASS _____ : _____ AM/PM
19 HIIT _____ : _____ AM/PM	HIIT 25 CLASS + UPPER 20 CLASS _____ : _____ AM/PM	FIRE 60 CLASS + ABS 10 CLASS _____ : _____ AM/PM	Rest	HIIT 30 CLASS + LOWER 20 CLASS _____ : _____ AM/PM	FIRE 55 EZ CLASS + EXTREME ABS _____ : _____ AM/PM	HIIT 25 CLASS + SCULPT 30 CLASS _____ : _____ AM/PM	FIRE 45 EZ CLASS + ABS 10 CLASS _____ : _____ AM/PM
20 HIIT _____ : _____ AM/PM	HIIT 30 CLASS + UPPER 20 CLASS _____ : _____ AM/PM	FIRE 60 CLASS + ABS 10 CLASS _____ : _____ AM/PM	Rest	HIIT 30 CLASS + LOWER 20 CLASS _____ : _____ AM/PM	FIRE 55 EZ CLASS + CORE 20 CLASS _____ : _____ AM/PM	HIIT 30 CLASS + SCULPT 30 CLASS _____ : _____ AM/PM	FIRE 45 EZ CLASS + ABS 10 CLASS _____ : _____ AM/PM TRACK YOUR RESULTS



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