

# Free BOD Workouts

YOU CAN DO RIGHT IN YOUR HOME!

## 30 DAY BREAKAWAY™

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"A powerful combo of running and resistance training helps accelerate fat loss as you tone your entire body. In just 30 days, you'll be fitter, faster, and ready to crush a 5K."

*with Idalis Velazquez*

## #MBF

Get leaner, get stronger, get healthier as you ignite your metabolism and incinerate fat. For three weeks, you'll follow weightlifting and cardio workouts that are set to the music beat, so you know the intensity you'll need to get maximum results.

*with Megan Davies*

# #mbf

MUSCLE BURNS FAT™

# #mbfa

MUSCLE BURNS FAT ADVANCED™

## #MBFA

After #mbf, blast into the next 3 weeks with #mbfa, where Megan dials up the challenges and intensity to push you harder for an even greater total-body transformation.

*with Megan Davies*

## 10 ROUNDS

"This sweat-drenching boxing program delivers a maximum cardio burn by combining technique, repetition, and intensity for an incredible TOTAL-body workout."

*with Joel Freeman*

# 10 ROUNDS™

# barre™

BLEND

## BARRE BLEND

"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 to energize your entire body."

*with Elise Joan*

## 6 WEEKS OF THE WORK

"Leave your excuses at the door. For six intense weeks, you'll take on relentless functional training to help you gain muscle, drop body fat, and achieve results you've never experienced before."

*with Amoila Cesar*

# 6 WEEKS OF THE WORK™

# MORNING MELTDOWN 100

## MORNING MELTDOWN 100

"Torch calories with high-intensity cardio and resistance training, while a live DJ turns up the energy as you burn off pounds. Your goal: complete 100 workouts and unlock the best version of you."

*with Jericho McMatthews*

## 21 DAY FIX REAL TIME

"Get a major calorie burn, tone your muscles, and lose up to 15 pounds in 21 days with a different 30-minute real-time workout every day. Build on the moves weekly to get total-body results, faster."

*with Autumn Calabrese*

# 21 day FIX

REAL TIME

# 21 day FIX

EXTREME  
REAL TIME

## 21 DAY FIX EXTREME REAL TIME

"21 Day Fix EXTREME Real Time helps you get serious results in 21 days with portion control and intense 30-minute workouts that progress from week to week for faster results."

*with Autumn Calabrese*

## TRANSFORM :20

"Transform :20 is a high-intensity, six-week workout and nutrition program that will help transform your body and mind in just 20 minutes a day."

*with Shaun T*

# TRANSFORM™

# :20

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## LIIFT4™

### LIIFT 4

"LIIFT4 combines heavy lifting and intense cardio to transform your body in 4 days a week. And with 32 unique, real-time workouts, you'll never get bored, because you'll never do the same one twice."

*with Joel Freeman*

### SHIFT SHOP

"Ready to reinvent yourself? The SHIFT SHOP with the Proving Grounds is a comprehensive system that pairs increasingly intense workouts with an eating plan to put your best results within reach."

*with Chris Downing*

## SHIFT SHOP

## 1 mes de más!

### MES DE MÁS

"Logra tus metas, pierde peso y aprende vivir mejor en tan solo un mes aplicando los cambios sencillos que Idalis Velazquez pondrá en tu rutina diaria."

*with Idalis Velazquez*

### CLEAN WEEK

"Clean Week™ is a seven-day fitness and nutrition program designed to help you kick-start healthy habits that get real results and can lead to a lifestyle change that sticks!"

*with Megan Davies*

## clean week™

## double time!

### FREE KIDS WORKOUTS

We want to continue helping families stay healthy and sane by offering some fun ways to expend energy together. With schools out and no formal recess or P.E., we hope you'll use these workouts to make family fitness fun and a part of your daily routine with our free selection of Beachbody Kids Workouts from Beachbody celebrity trainers Tony Horton, Shaun T and Leandro Carvalho. This is a temporary service where we make these free to access. For access to all our content subscribe to Beachbody On Demand."

*with Numerous Trainers*

### SHAUN T WORKOUTS

"These effective and fun workouts give you a taste of the programs available from Shaun T. Whether you're just ramping up or digging deeper, Shaun will inspire you to work your entire body."

*with Shaun T*



\*all images, text and sample workouts from Beachbody