

THE **BEST SPOT IN CLASS** IS WAITING FOR YOU.









STEP 1: TAKE your "before" photos and record your measurements.

STEP 2: WATCH the Fire Starter Class on your first DVD to learn the moves.

STEP 3: READ your Fuel the Fire Nutrition Guide, and plan your menu and shopping list from the customizable meal plan.

STEP 4: VISIT the online Message Boards at TeamBeachbody.com for support and advice from Chalene and your TurboFire classmates.

STEP 5: SIGN UP for the Team Beachbody® SuperGym® at BeachbodyGym.com, where you can track your progress and have the chance to win cash and prizes.

STEP 6: TAKE the Beachbody Challenge[™] to stay motivated, get a free tank top, and have the chance to win cash and prizes at BeachbodyChallenge.com.



TURBOFIRE INCLUDES ALL THIS:













FIRE STARTER CLASS

Master the TurboFire moves as Chalene breaks them down for you at a slower pace, so you can be ready for the HIIT classes.

- LOW HIITs: LOW HIIT 20, LOW HIIT 25 CLASSES
 Don't let the "low" (as in low-impact) fool you—these high-intensity workouts ignite the AfterBurn Effect to
- FIRE HIITs: FIRE 30, FIRE 40, FIRE 45, FIRE 55 CLASSES

help you keep burning calories.

Actively recover from the HIIT classes while melting the fat away with these longer cardio classes, which still include the HIITs you love, created by Chalene. • EXTREME HIITs: HIIT 15, HIIT 20, HIIT 25 CLASSES

Give your max for up to 1-minute intervals during these classes, and you'll burn calories for up to 24 hours AFTER your workout's over!

ABS 10 CLASS

Get tight, flat abs in no time with this short, efficient core workout.

STRETCH 10 CLASS

Increase your flexibility, reduce soreness, and lengthen your hardworking muscles by warming down after your HIIT and Fire classes.

PLUS THESE GREAT TOOLS TO HELP YOU REACH YOUR FITNESS GOALS:

- FUEL THE FIRE Nutrition Guide
 Flip through our specially designed Nutrition Guide for easy-to-preprecipes to keep you energized and burning calories.
- TURBOFIRE CLASS SCHEDULE
 Follow this daily schedule and you'll get your best results.
- TeamBeachbody.com
 Sit in on live chats with Chalene, plus get tips, expert advice, and peer support through our helpful online community.



WANT TO TAKE YOUR FITNESS TO THE NEXT LEVEL?

Enhance your fat burn with 5 TurboFire Advanced Classes and equipment. Contact your Team Beachbody® Coach or visit TurboFireAdvanced.com to order:

HIIT 30 CLASS

Get through your longest HIIT Class (packed with 11 Fire Drills), and the AfterBurn Effect will be working overtime.

FIRE 60 CLASS

Add variety to your schedule with Chalene's longest Fire HIIT Class. This one will have you HIITing it 4 times, with Turbo Tracks to motivate you along the way.

SCULPT 30 CLASS

Get stronger for your HIIT classes (and leaner all over) with Chalene's total-body sculpting class. This class features dynamic moves to build endurance while firming and defining your hard-worked muscles.

TONE 30 CLASS

Chalene never wants you (or your muscles!) bored, so she has designed an additional total-body resistance class with new moves that will work you out from top to bottom.

CORE 20 CLASS

Focus on your entire core for 20 powerful minutes and you'll see tight, flat abs in no time.

STRETCH 10 CLASS

Increase your flexibility, reduce soreness, and lengthen your hardworking muscles by warming down after your HIIT classes.

BURN EVEN MORE FAT WITH THESE EFFECTIVE TOOLS.

 PINK TONING BAND WITH HANDLES Get lean curves in less time by adding this Resistance Band to your workouts.



THIGH-FIRMING BAND
Burn fat and build lean muscle
by using this body-sculpting band

in your Sculpting and Toning classes.









WHAT IS HIIT?

High Intensity Interval Training, or HIIT, is a form of cardiovascular training that alternates short explosions of anaerobic exercise with longer, slightly less intense aerobic intervals. This pattern dramatically improves both aerobic and anaerobic energy systems, and your body's ability to burn fat. TurboFire features HIIT workouts, with additional Fire Drills occurring in the Fire classes. When you hear the siren, you'll know you are about to HIIT it.

WHY HIIT WORKS

During steady state aerobic training, such as using a treadmill, you burn stored fat. But when you stop, the fat burn quickly stops too. HIIT training in a TurboFire class extends this calorie burn for hours, because the intense intervals fatigue your muscle groups. As your body replenishes the tired muscles with oxygen, it creates the AfterBurn Effect. 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.



BEFORE YOU GET 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:

- I can do 30 minutes of intense cardio 3 times a week for a full month.
 YES NO
- 2. I have a healthy heart.
- 3. I have no knee or ankle injuries.

 □ YES □ NO

KNOW WHEN TO SAY WHEN

Always know your limits and 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.

- **1 WARM UP.** When you feel flexible and break a light sweat, you're ready.
- 2 STAY IN CONTROL. Once your muscles begin to shake, ease up, and maintain proper form to avoid injury.
- **3 MAINTAIN PROPER FORM.** Watch the Fire Starter Class to see Chalene break down the moves and teach you proper form.
- 4 LISTEN TO YOUR BODY. If something feels wrong, it probably is. Assess your discomfort, and decide whether you need to ease up to avoid injury.
- **5 COOL DOWN.** After a workout, follow with the Stretch 10 Class to avoid injury and allow your heart rate to slow down.



WELCOME TO TURBOFIRE®

I am truly so excited that you're joining me!

This crazy-fun, crazy-intense cardio program is the result of my obsession with motivating music, fun, results, and moves that awaken your inner athlete! But it all starts with the music! I learned to mix and master the hottest, most motivating, most heart-pumping beats to inspire you to punch harder, kick higher, and get your best results.

LET'S TURN UP THE BURN

People couldn't get enough of Turbo Jam®, my first cardio-kickboxing DVD, because it was fun and challenging . . . but to be honest, some found it a bit too "dancy." NOT TurboFire®! With TurboFire, I tap into your inner athlete. We take it to the next level, incorporating High Intensity Interval Training (HIIT) to help you train the way top athletes do for awesome results. And don't let the names of our low-impact "low" HIIT classes fool you—these are HIGH-intensity workouts that will ignite the AfterBurn Effect—but you never have to jump! Let's face it, not everyone has the knees of an 18-year-old!

I know what it's like to be new or to feel like a goofball when you're starting a new program. I get it! I'll help you get started with my Fire Starter Class. We'll go over the moves step by step, at a SLOWER pace, until you're ready to HIIT it. As your classes get more intense, you'll get hooked on the adrenaline high, burn a bazillion calories, and finally shed those extra pounds!

JOIN THE TURBO PARTY FROM YOUR LIVING ROOM ... OR LIVE!

After 20 years of teaching, I've learned that the support, excitement, and awesome live energy of a class setting will inspire you to push even harder. Now I'm bringing that same experience to you, not just with this DVD system, but also LIVE at your local gym with Turbo Kick®. Check TurboKick.com to find a live class near you! Plus I'm always looking for people to help spread the fire. Want to become a Turbo Kick instructor? It only takes a day to get certified, and it's one of the most rewarding things you'll ever do! Even if you're thinking, "I don't know if I want to teach," this experience is an amazing opportunity to perfect your form and technique so you get the most efficient workout every time you do Turbo Kick! Check TurboKick.com to find out more.

I hope you'll come to love TurboFire as much as I do. Stick with it and you'll punch and kick your way to toned arms, lean legs, and tight, sexy abs! I can't wait to hear your Success Story!

You can do anything you set your mind to!





CHECK OUT THESE OTHER BEACHBODY® PRODUCTS.

They're available through your Team Beachbody® Coach, TeamBeachbody.com, or Beachbody.com.

JUMP MAT

Reduce joint soreness during your TurboFire workout with this secure, high-quality, shock-absorbing mat.



TURBO SCULPTING GLOVES

Wear these gloves to add intensity to your workouts, and get the lean, toned arms and shoulders you've always wanted.



SHAKEOLOGY®

Packed with powerful superfoods from around the world, this delicious shake will energize you, reduce cravings, and help you lose weight.* Also available in vegan flavors.



RESULTS AND RECOVERY FORMULA®

Reenergize and reduce muscle soreness* after your workouts with this smooth, delicious orange-flavored drink, filled with vitamins and antioxidants.



E&E ENERGY AND ENDURANCE™

A powerful formula that can help you dramatically improve your energy, endurance, and focus—so you can get the most out of your workout!



CHALEAN EXTREME®

This program can burn up to 60% of your body fat, in 3 months, so add it to your TurboFire class schedule, boost your metabolism, and get lean all over.



TURBO JAM®

It's the program that kick-started the Turbo craze. Each workout is packed with calorie-blasting kickboxing moves and dance music to get you moving.



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

WARNING: Consult your physician or healthcare professional and follow all enclosed safety and other instructions before beginning this or any exercise program, starting this or any nutrition plan, or using any supplement or meal replacement program—particularly if pregnant, breast feeding, providing to a child, or if you have any other unique or special needs or limitations. Keep out of reach of children or others who require supervision.

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