

21 day
FIX
EXTREME



**START
HERE**

READY TO TAKE IT TO THE NEXT LEVEL?

WELCOME TO 21 DAY FIX® EXTREME.

There may have been a point in your fitness journey when all you thought about was getting through the next workout and surviving until the end of the program.

But not anymore. If you're reading this, there's a good chance that fitness has become a part of your life. You feel good and look great, all because of the healthy lifestyle choices you've made. So instead of dying to get a workout over with, you're ready to tackle your next challenge.

21 Day Fix EXTREME is the step up you've been waiting for. For the next 21 days, you'll take on new, intense, fun workouts that will push you beyond what you imagined possible. Not only are these workouts extreme, they're also incredibly effective—and only 30 minutes long. Yes, you will have to push yourself, and yes, you might not be able to complete every workout perfectly the first time around. But follow the workouts, with the provided **21 Day Fix EXTREME Eating Plan**, and watch your body begin to transform.



STILL SIMPLE, JUST EXTREME.

If you're a 21 Day Fix graduate, you've learned how simple it is to follow a portion-controlled eating plan paired with daily exercise routines. If you aren't, no problem; you will be amazed at how easy it is to learn.

But that doesn't mean the next 21 days are going to be effortless. Just the opposite. These workouts provide a high-intensity combination of steady state aerobics, resistance training, and explosive power moves. They target your whole body to help torch calories while creating a leaner, stronger, and more functional physique.



THE CALENDAR

21 DAY FIX EXTREME has one workout for every day of the week. Each workout is designed to utilize multiple muscle groups simultaneously, giving you a more comprehensive workout. The breakdown works like this:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PLYO FIX EXTREME	UPPER FIX EXTREME	PILATES FIX EXTREME	LOWER FIX EXTREME	CARDIO FIX EXTREME	DIRTY 30 EXTREME	YOGA FIX EXTREME

Two additional workouts from the **Ultimate Kit** and a **Bonus Workout** can be rotated into the calendar for greater variety and faster results.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PLYO FIX EXTREME OR POWER STRENGTH EXTREME*	UPPER FIX EXTREME AND 10 MIN HARDCORE	PILATES FIX EXTREME	LOWER FIX EXTREME AND 10 MIN HARDCORE	CARDIO FIX EXTREME	DIRTY 30 EXTREME OR ABC EXTREME*	YOGA FIX EXTREME

* **POWER STRENGTH EXTREME** and **ABC EXTREME** are part of the **21 Day Fix EXTREME Ultimate Kit**. To purchase, contact your Coach, or visit TeamBeachbody.com or FixExtremeUltimate.com.

Fix EXTREME does not contain a "doubles" calendar because if you're pushing yourself to the limit, using correct resistance and intensity, 30 minutes should leave your muscles and cardiovascular system fully taxed after every workout. Also, more than one workout a day may cause overtraining, joint stress, and eventually, injury.



WORKOUT BREAKDOWN

1

PLYO FIX EXTREME

An explosive lower-body workout that uses jumping and resistance to torch calories and sculpt muscles.

2

UPPER FIX EXTREME

By alternating opposing muscle groups, this no-rest upper-body workout will shred your chest, back, shoulders, and arms.

3

PILATES FIX EXTREME

Using a resistance band for every exercise, this intense mat workout works the entire body, placing emphasis on the core.

4

LOWER FIX EXTREME

Glutes, quads, hamstrings, and calves will get stronger, leaner, and more defined with 30 minutes of challenging resistance work.

5

CARDIO FIX EXTREME

Combining weighted cardio moves with traditional metabolic training intervals keeps your heart rate soaring.

6

DIRTY 30 EXTREME

Using only seven compound moves focusing on multiple body parts at a time, this workout will leave you burning more calories while defining your muscles. Get down and dirty, and get it done.

7

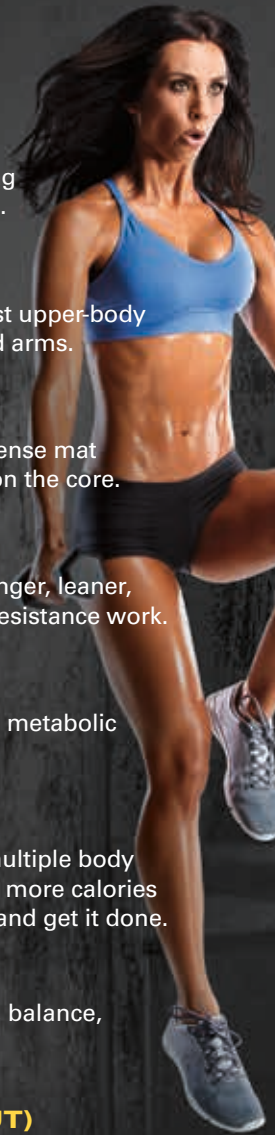
YOGA FIX EXTREME

A fast-paced flow yoga class, combining strength, balance, flexibility, and power.

8

10 MIN HARDCORE (BONUS WORKOUT)

An ab-shredding workout, utilizing a single dumbbell to increase intensity that will carve out lean, ripped abs.



ULTIMATE WORKOUTS*

1 POWER STRENGTH EXTREME

Nine total-body exercises that use functional movement patterns to increase your strength, endurance, and power.

2 ABC EXTREME

Push your **A**bs, **B**utt, and **C**ardio to the extreme—and get a competition body that's ready for the stage.

** POWER STRENGTH EXTREME and ABC EXTREME are part of the 21 Day Fix EXTREME Ultimate Kit. To purchase, contact your Coach, or visit TeamBeachbody.com or FixExtremeUltimate.com.*

WHAT DO I NEED FOR THE WORKOUTS?

You'll need a set of light dumbbells, a set of heavy dumbbells, and a resistance band. For women, we recommend a light set of 3- to 5-pound dumbbells, and a heavier set of 8- to 15-pound dumbbells. For men, a set of 8- to 10-pound dumbbells, and a heavier set of 15- to 25-pound dumbbells. These are just suggested weights. You may require more or less resistance.

Keep in mind, several workouts utilize a pink resistance band (15 pounds), which is included in the **21 Day Fix EXTREME Ultimate Kit**. Other resistance bands can be used, but the program was designed for the pink band, so you can maximize the performance and efficiency in your workouts.

It will also be helpful to have a yoga mat and a **Beachbody® Core Comfort Mat** for several of the workouts. Don't forget to always have a towel and water nearby too.



YOU'RE READY TO ROCK... LET'S DO THIS!

1 READ THE 21 DAY FIX EXTREME EATING PLAN AND FOLLOW THE CALENDAR

Read the guide, adhere to the eating plan, and use your color-coded containers. You're only cheating yourself if you don't give it your all. And for optimal results, use the calendar provided, following workouts as suggested.

2 USE THE TRANSFORMATION TRACKER AND SOCIAL MEDIA

Take your "before" and "after" photos, plus your measurements using the Transformation Tracker, and don't forget social media (#21DFX) to share your transformation with the 21 Day Fix EXTREME community. Sharing your amazing progress with others over the next 21 days will be encouraging and inspiring.

3 GET SUPPORT

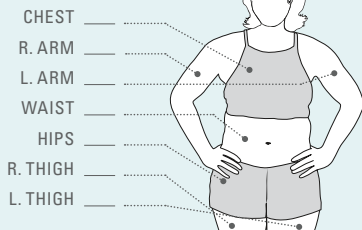
Surrounding yourself with supportive people is fantastic, and Beachbody has an entire online community who are accessible to you 24 hours a day. You'll find experts there to answer your questions, peer support, trainer chats, and newsletters full of invaluable fitness and nutrition tips to help you on your journey. Just go to [TeamBeachbody.com](https://www.TeamBeachbody.com) to get started.

4 STAY CONSISTENT

For the next 21 days, stick to the program. Schedule your workouts and make them a priority. Find motivation in your life, and use it to push yourself. And never give up on what you have the potential to accomplish. You've got this!

TRANSFORMATION TRACKER

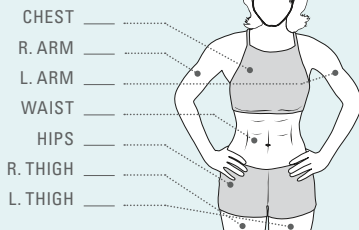
RECORD "BEFORE" STATS



TOTAL INCHES _____

WEIGHT _____

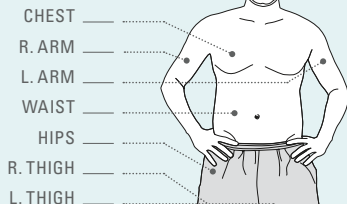
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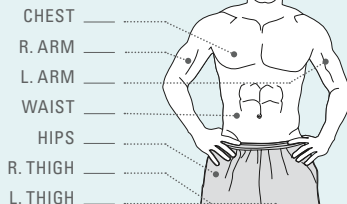
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WEIGHT _____

RECORD "AFTER" STATS



TOTAL INCHES _____

WEIGHT _____

CONSULT YOUR PHYSICIAN AND FOLLOW ALL SAFETY INSTRUCTIONS BEFORE BEGINNING THIS OR ANY EXERCISE PROGRAM AND NUTRITION PLAN.

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