



CORE DE FORCE™

QUICK-START GUIDE

YOUR 30-DAY COUNTDOWN TO A KNOCKOUT BODY

If you want great results that leave you feeling **EMPOWERED**, nothing beats the mixed martial arts-style training of **CORE DE FORCE™**! It's addictive and most importantly—it works.

CORE DE FORCE takes the best of mixed martial arts and puts it into one complete body-shredding program. **DYNAMIC BOXING, KICKBOXING, AND MUAY THAI MOVES. EXPLOSIVE BODYWEIGHT TRAINING.** And **CARDIO CONDITIONING** to give you a 360-degree core blast which can carve definition at lightning speed.

And with each workout broken into 3-minute rounds, **REACHING YOUR GOALS HAS NEVER BEEN MORE FUN AND EFFECTIVE.** Just hit it hard 3 minutes at a time and before you know it, you'll be done. And in 30 days?

A TOTAL KNOCKOUT.

**“GET READY TO FIGHT FOR IT...
MOVE BY MOVE, ROUND BY ROUND,
REMEMBER ONE SIMPLE FACT:
YOU GOT THIS.”**



START HERE

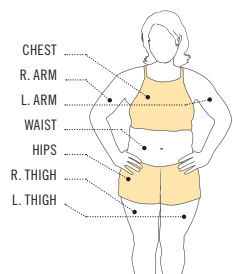
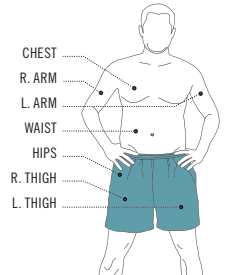
STEP



TRACK YOUR PROGRESS

Let's be real—some progress can't be measured on a scale. The best way to see how much your body is changing is to take **progress photos** and keep track of your **measurements** using the Transformation Tracker below.

M E A S U R E M E N T S

	DAY 1	DAY 30
	CHEST	
	R. ARM	
	L. ARM	
	WAIST	
	HIPS	
	R. THIGH	
	L. THIGH	
	TOTAL INCHES	
	WEIGHT	

CORE TIP: ENTER THE BEACHBODY CHALLENGE® TO WIN SERIOUS CASH!

Don't forget to send your "before" and "after" photos to TakeBBChallenge.com after you complete the program. It's the only way to get your FREE CORE DE FORCE T-shirt and be entered to win big cash and prizes!

STEP

2

DIVE INTO THE CORE DE FORCE EATING PLAN

Follow the steps on pg. 1 of your CORE DE FORCE Eating Plan and find your Food Plan. It tells you exactly what and how much to eat to get the best CORE DE FORCE results.



CORE TIP: FOLLOWING YOUR PLAN IS A CINCH WITH THESE HELPFUL TOOLS:

- Sample Menu (pg. 5): To help you get started.
- Food Lists (pg. 9): The foods you can eat to make healthy meals and snacks.
- Delicious Recipes (pg. 28): That are simple to make.
- Food Trackers (pg. 20): Log your servings with these handy worksheets.

STEP 3

PUSH PLAY ON DISC 1 “MMA SPEED”

Choose the **Learn It & Work It** option before starting the workout—it’ll break down the moves and help you master proper technique and form to maximize results from the get-go. Then check out your **Calendar** for your 30-day training schedule.

CORE DE FORCE

GET STARTED

DO YOUR BEST!™
PUSH PLAY
REACHING.

CHECK OUT

BEACHBODY ON COMMAND
Get more resources to help you succeed today.

- Streaming guides to your CORE DE FORCE workouts
- Exclusive B&B with your Trainers for and beyond
- 24/7 support and motivation from Beachbody and yours on the Beachbody® Beach™

To sign up for a FREE 30 DAY TRIAL, visit Beachbody.com.
Beachbody® Beach™ is available only in the U.S. and Canada. ©2018 Beachbody, LLC. All rights reserved.

30-DAY CALENDAR

PUNCH. KICK. SWEAT. REPEAT.

FOLLOW THIS DAILY WORKOUT SCHEDULE FOR YOUR FIRST ROUND OF CORE DE FORCE™ AND PUT AN X THROUGH EVERY WORKOUT YOU COMPLETE.

DO YOUR 5-MINUTE CORE DE FORCE BELIEF ROUTINE BEFORE BED TO HELP RELIEVE TIGHT AND TIRED MUSCLES—AND PREPARE FOR THE NEXT DAY'S WORKOUT.

GET STARTED	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
DO YOUR BEST!™ PUSH PLAY REACHING.	MMA SPEED	DYNAMIC STRENGTH	MMA SPEED	POWER SCULPT	MMA SAVED	DYNAMIC STRENGTH	ACTIVE RECOVERY
	DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
	MMA SAVED + CORE KINETICS	POWER SCULPT	MMA SAVED + CORE KINETICS	DYNAMIC STRENGTH	MMA PLYO + CORE	MMA PLYO + CORE	MMA PLYO + CORE
	DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
	MMA PLYO + CORE KINETICS	DYNAMIC STRENGTH + 5 MIN. CORE ON THE FLOOR	MMA PLYO + CORE	MMA PLYO + CORE	MMA PLYO + CORE	MMA PLYO + CORE	MMA PLYO + CORE
	DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
	MMA PLYO + CORE KINETICS	POWER SCULPT + 5 MIN. CORE ON THE FLOOR	MMA PLYO + CORE	MMA PLYO + CORE	MMA PLYO + CORE	MMA PLYO + CORE	MMA PLYO + CORE
	DAY 29	DAY 30	DAY 31	DAY 32	DAY 33	DAY 34	DAY 35
	MMA PLYO + CORE KINETICS	MMA PLYO + CORE KINETICS	MMA PLYO + CORE	MMA PLYO + CORE	MMA PLYO + CORE	MMA PLYO + CORE	MMA PLYO + CORE

CORE TIP: EASE INTO IT

Need help getting started? The modifier in the videos demonstrates a low-intensity version of every move to help you get up to speed.

HIT IT HARD TIPS

HERE ARE A FEW WAYS TO KICK YOUR RESULTS UP A NOTCH:

1. MASTER THE MOVES

Run through the **Learn It & Work It** video option that comes before each MMA workout. Pretty soon, these moves will feel like second nature and you can focus on the next tip...

2. PUNCH UP THE INTENSITY

Once you've nailed your technique, crank up the speed and intensity. Because let's face it—no one gets into knockout shape by doing the bare minimum.

3. BOXER'S BOUNCE FOR THE WIN

Take advantage of the 30-second break between rounds with the boxer's bounce. You'll challenge your endurance—and keep burning calories.

4. ADD ON THE ULTIMATE CORE FINISHER

Stack **5 Min. Core on the Floor** onto any workout (except Core Kinetics) to really help bring those abs out of hiding.

5. GET YOUR STRETCH ON

CORE DE FORCE Relief is a quick 5-minute stretch routine that helps relieve tight and tired muscles. Do it before bed to prep for the next day's workout—and keep you at the top of your game.

6. AND WHEN YOU'RE READY FOR MORE...

Add the 3 deluxe workouts to your calendar. These routines are packed with multifunctional training that will take your CORE DE FORCE results to the next level. Find out more about the CORE DE FORCE Deluxe Kit by asking your Team Beachbody® Coach or by visiting TeamBeachbody.com or Beachbody.com.