



**START
HERE**

**double
time!**™

Double Time™ is more than just a workout. Sure you'll get into better shape (and we all know how AWESOME that's going to feel), but you'll also get the opportunity to connect with the people in your life. Whether you team up with a family member, one of your kids, or even a friend, Double Time gives you the chance to **spend time together, laugh out loud, share in a goal, and have a total ball.** I created this workout because I wanted it to be so much fun for you and your partner that it will be absolutely habit-forming. And to me, that sounds like a fitness program you can definitely make part of your life.

A white handwritten signature, likely "Tony Horton", is positioned at the bottom of the page. The signature is fluid and stylized, with a long horizontal line extending to the left from the start of the name. The background of the entire page is a blue-tinted photograph of a brick wall with the words "DOUBLE TIME!" faintly visible in large, bubbly letters.

A photograph of three people in a gym setting. On the left, a Black man with a beard and dreadlocks, wearing a purple tank top and black leggings, is flexing his biceps. In the center, a white man with a beard, wearing a black tank top and red shorts, is holding a blue exercise ball. On the right, a Black woman with braids, wearing a yellow tank top and black leggings, is smiling and looking towards the camera. The background is a blue-tinted gym with a brick wall and a large white exclamation mark graphic on the left. The text is overlaid in the center of the image.

Double Time
is about
connection,
accountability,
and most
importantly
FUN.

Now let's get to it!

STEP 1 • *Pick Your Partner*

You can do this program with anyone at any fitness level. Just make sure to pick someone who's down for 30 days of fun. You're going to have a great time getting fit, but don't forget that there are some awesome non-scale goals worth celebrating, too—like **feeling more confident, having more energy, or making working out and eating healthier part of your routine.**



STEP 2 • *Chow Down*

Dig in to the Double Time Eating Guide for simple rules on how to get you and the whole gang eating better (including tips for those junior Double Timers) as well as easy-to-make twists on classic family recipes.



If weight loss is your goal, jump to the Double Time Weight-Loss Plan on page 36 and follow the steps to get your best results with the program.

STEP 3 • Hit The Play Button

Start with the first workout, **Game On!** After that, follow the calendar so you know exactly which workout you and your partner should do each day.

double time! 30-DAY CALENDAR

Follow this schedule for your first round of Double Time™ and put an through every workout that you and your partner complete. You can do "Recess" before any workout as an extra warm-up or on weekends as active recovery.

DAY 1 Game On! (19 mins.)	DAY 2 Dynamic Doubles (19 mins.)	DAY 3 Game On! (19 mins.)	DAY 4 Dynamic Doubles (19 mins.)	DAY 5 Game On! (19 mins.)	DAY 6 Recess (11 mins.) (Optional)	DAY 7 Rest Day
DAY 8 BOD Squad (27 mins.)	DAY 9 Double Up (30 mins.)	DAY 10 BOD Squad (27 mins.)	DAY 11 Double Up (30 mins.)	DAY 12 BOD Squad (19 mins.) +Abacadabra (10 mins.)	DAY 13 Recess (11 mins.) (Optional)	DAY 14 Rest Day
DAY 15 Game On! (19 mins.) +Abacadabra (10 mins.)	DAY 16 Dynamic Doubles (19 mins.)	DAY 17 Double Up (19 mins.) +Abacadabra (10 mins.)	DAY 18 BOD Squad (27 mins.)	DAY 19 Game On! (19 mins.) +Abacadabra (10 mins.)	DAY 20 Recess (11 mins.) (Optional)	DAY 21 Rest Day
DAY 22 Dynamic Doubles (19 mins.)	DAY 23 Double Up (19 mins.) +Abacadabra (10 mins.)	DAY 24 BOD Squad (27 mins.)	DAY 25 Game On! (19 mins.) +Abacadabra (10 mins.)	DAY 26 Dynamic Doubles (19 mins.)	DAY 27 Recess (11 mins.) (Optional)	DAY 28 Rest Day
DAY 29 Double Up (19 mins.) +Abacadabra (10 mins.)	DAY 30 BOD Squad (27 mins.) +Abacadabra (10 mins.)					

WANT MORE DOUBLE TIME? You can stream two extra workouts when you sign up for **Searchbody™ On Demand**. Just head to SearchbodyOnDemand.com and follow the calendar on the back when you're ready for Round 2!

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STEP 4 • ***Partner Pointers***

Here's how you and your partner can make the most out of the next 30 days.

BE SUPPORTIVE

No one likes to hear, "You're doing it wrong." Instead, focus on the positives and cheer your buddy on. If they're having a good time, they're way more likely to stick it out with you.

TALK, TALK, TALK

Don't be afraid to get chatty! Let your partner know if you need to slow down or if you want to crank up the speed for more of a challenge.

BALL IT UP

Speaking of challenging...if you're ready to step it up after your first round of Double Time, you can build even more strength by substituting a lightweight medicine ball for your Beachbody® Buddy Ball.

MODIFY IF YOU NEED TO

There's no shame in the modification game. You and your partner can each go at your own pace. If you're new to fitness or just getting back into it, follow the Modifier Track on Beachbody On Demand for a lower-intensity option that still gets you moving.

Stream Your Double Time Workouts!

With **Beachbody On Demand**, you can stream the entire **Double Time** program. Your membership also includes access to family-friendly programs, like **Country Heat®** and **YOUv2™**, and weight-loss-focused ones like **21 Day Fix®** and **FOCUS T25®**—all on your laptop, TV, tablet, or mobile device.



To start your **RISK-FREE** Beachbody On Demand membership, contact your **Team Beachbody® Coach** or go to BeachbodyOnDemand.com



You can also stream Beachbody On Demand on your TV with:

Apple TV®

Roku
Players

amazon fireTV

Google Chromecast

or download the FREE app



Memberships automatically renew. Cancel anytime to avoid future charges. See website for membership options and complete details. Consult your physician and follow all safety instructions before beginning this exercise program and nutrition plan.

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