

# <image>



Double Time<sup>™</sup> 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 habitforming. And to me, that sounds like a fitness program vou can definitely make part of your life.

T my from ....

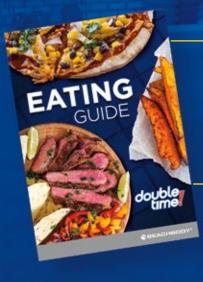
# **Double Time** is about connection, accountability. and most importantly FUN. Now let's get to it!

# 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

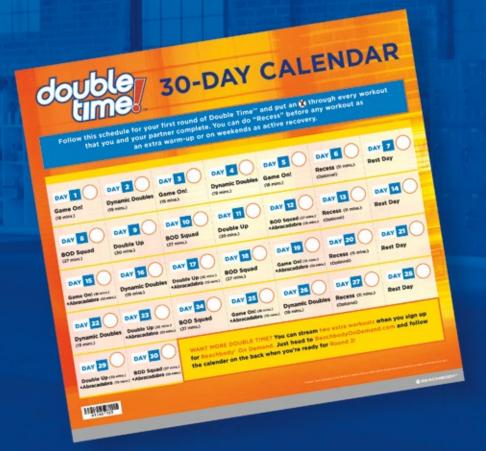
Dig in to the Double Time Eating Guide for simple rules on how to get you and the whole gang eating better (including tips for those junior Double Timers) as well as easy-to-make twists on classic family recipes.



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.



# **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<sup>®</sup> and YOUv2<sup>™</sup>, and weight-loss-focused ones like 21 Day Fix<sup>®</sup> and FOCUS T25<sup>®</sup>-all on your laptop, TV, tablet, or mobile device.



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

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

or download the FREE app

Apple TV<sup>®</sup>





Google Chromecast





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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