A woman with dark hair is captured in a dynamic dance pose, her arms raised and body angled. She is wearing a grey tank top with a colorful, intricate graphic of a Native American headdress and teal leggings. The background is a rustic, vertical-grain wooden wall, and the scene is illuminated with warm, golden bokeh lights that create a festive and energetic atmosphere.

QUICKSTART
COUNTRY
HEAT

**“DANCE FROM YOUR HEART,
AND YOUR BODY WILL FOLLOW.”**



IT'S TIME TO TURN UP THE HEAT

"WHY DID I CREATE COUNTRY HEAT? Because I love to dance and I know that dancing is an effective and easy way to lose weight and get fit—but it's so much fun it doesn't feel like you're working out! If you love moving to great music, you'll absolutely love Country Heat. I made sure that each move is simple to follow, so as soon as you start dancing, you can start seeing results!

Plus, I handpicked the hottest country songs with the most rockin' beats to ignite every step. You'll get so caught up in the energy and the music, you won't even realize that you're sweating, burning calories, and reshaping your entire body!

ARE YOU READY TO HAVE A BLAST? LET'S START DANCING!"



1 GETTING STARTED IS EASY

PUSH PLAY ON *COUNTRY SWING*

WATCH THE MOVE BREAKDOWN FIRST.

Autumn walks you through each and every move in the workout—step-by-step, count-by-count!

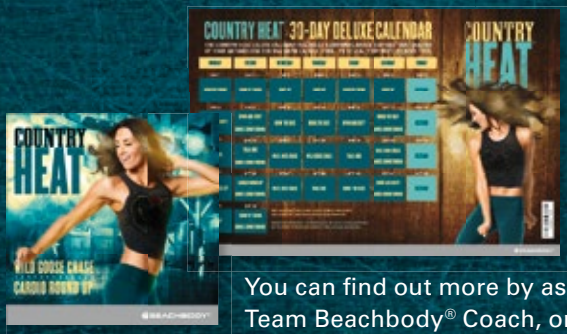


THEN CHECK YOUR CALENDAR EACH DAY TO SEE WHICH WORKOUT TO DO NEXT!

There is a Move Breakdown for each routine, so be sure to check them out before you jump in.



AND FOR EVEN *MORE VARIETY*, ADD THE 2 DELUXE WORKOUTS TO YOUR CALENDAR! These routines are packed with even more fun and more cardio to help you turn up the heat and melt off the fat.



You can find out more by asking your Team Beachbody® Coach, or by visiting CountryHeatDeluxe.com.

2 DIVE INTO THE COUNTRY HEAT™ EATING PLAN

CALCULATE YOUR CALORIE TARGET ON PAGE 4:

USE YOUR CURRENT WEIGHT TO FIND YOUR CALORIE TARGET IN 3 SIMPLE STEPS!

Your Calorie Target will help you find the Country Heat Container Plan that's right for you.



FIND YOUR COUNTRY HEAT CONTAINER PLAN ON PAGE 5:

Use your Calorie Target to find your customized Container Plan for managing your daily portions, simply and easily.

CALORIE TARGET RANGE	1,200–1,499 calories	1,500–1,799 calories	1,800–2,099 calories	2,100–2,300 calories
COUNTRY HEAT CONTAINER PLAN	PLAN A	PLAN B	PLAN C	PLAN D








For example, if your Calorie Target is 1,300, you'll use Plan A. Your Container Plan will show you how many color-coded containers you can have each day.

CHECK OUT THE CONTAINER FOOD GROUPS ON PAGE 10:

In this section you'll find lists of all the food you can use to fill each color-coded and portion-controlled container.

KEEP TRACK OF YOUR CONTAINERS ON PAGE 6:

TALLY SHEETS are provided to help you log your containers each day. Just make copies or download printable sheets at TeamBeachbody.com > Get Fit > Workout Sheets.

DAY							
	VEGGIES	FRUITS	PROTEINS	CARBS	HEALTHY FATS	SEEDS & DRESSINGS	OILS & NUT BUTTERS
MEAL 1							
MEAL 2							
MEAL 3							
MEAL 4							
MEAL 5							
MEAL 6							
TOTAL							
WATER							

AND A FEW OTHER HELPFUL TIPS...

CAN I SPLURGE ONCE IN A WHILE?

YES! Autumn knows that everyone needs an occasional treat. See how to incorporate things like cookies, chocolate, and even wine into your diet and still get results on **PAGE 24** of your Eating Plan.

ARE THERE ANY RECIPES USING THE CONTAINERS?

STARTING ON PAGE 34 OF YOUR EATING PLAN, you'll see how to make basic yet delicious recipes—and how to count them using your containers. Autumn has also included recipes for some of her favorite **HEALTHY COMFORT FOODS** starting on **PAGE 66** of your Eating Plan.

IS THERE A SAMPLE MENU?

IF YOU WANT HELP GETTING STARTED, Autumn provides you with a 3-day sample meal plan on **PAGE 30** of your Eating Plan. You can find more sample meal plans at BeachbodyMealPrep.com.

3

TRANSFORMATION TRACKER

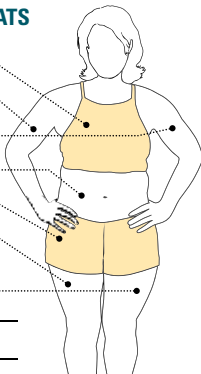
TAKE YOUR "BEFORE" PHOTOS AND MEASUREMENTS TODAY

DON'T SKIP THIS STEP! It's the best way to see how your body changes before, during, and after Country Heat. Photos and measurements can tell you much more than the number on the scale.

Use the **TRANSFORMATION TRACKER** to track your measurements.

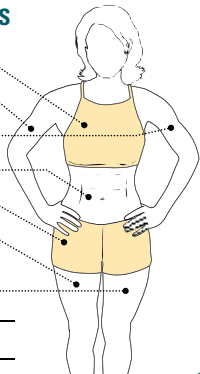
RECORD "BEFORE" STATS

CHEST _____
 R. ARM _____
 L. ARM _____
 WAIST _____
 HIPS _____
 R. THIGH _____
 L. THIGH _____
 TOTAL INCHES _____
 WEIGHT _____



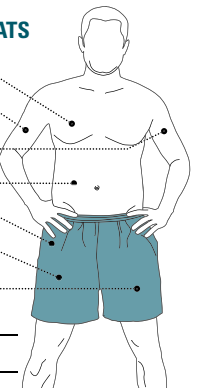
RECORD "AFTER" STATS

CHEST _____
 R. ARM _____
 L. ARM _____
 WAIST _____
 HIPS _____
 R. THIGH _____
 L. THIGH _____
 TOTAL INCHES _____
 WEIGHT _____



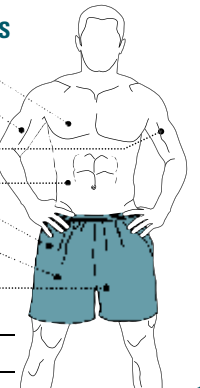
RECORD "BEFORE" STATS

CHEST _____
 R. ARM _____
 L. ARM _____
 WAIST _____
 HIPS _____
 R. THIGH _____
 L. THIGH _____
 TOTAL INCHES _____
 WEIGHT _____



RECORD "AFTER" STATS

CHEST _____
 R. ARM _____
 L. ARM _____
 WAIST _____
 HIPS _____
 R. THIGH _____
 L. THIGH _____
 TOTAL INCHES _____
 WEIGHT _____



WANT TO STREAM YOUR COUNTRY HEAT WORKOUTS?



Get unlimited access to stream the entire Country Heat program, plus new exclusive workouts from Autumn Calabrese, along with hundreds of additional world-class Beachbody® programs valued at over \$4,000 with Beachbody On Demand. Learn more at BeachbodyOnDemand.com.



To download this app, visit the App Store on Apple TV.



Also available for iPhone and iPad



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