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 if you don’t have any at all. And for optimal results, use the calendar provided, following the suggested builds.

2. USE THE TRANSFORMATION TRACKER AND SOCIAL MEDIA

Take your "before" and "after" pictures plus your measurements using the transformation tracker, and share them on social media. Join Beachbody’s 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 extra-wide 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 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!

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 choices you’ve made. So instead of dying to get a workout over with, you’re ready to take on your next challenge. 21 Day Fix EXTREME is the step up you’ve been waiting for. For the next 21 days, you’ll take it to new extreme. Fun workouts that will push you beyond what you thought possible. And not just one extreme workout—extreme, there are six incredibly effective—and only 30 minutes long. Take your “before” photos and measurements, and don’t forget to complete every workout (her in the extreme order). But before you work out, use the personalized 21 Day Fix EXTREME Eating Plan, and watch your body begin to transform.

RECORD "BEFORE" STATS

TOTAL INCHES

L. THIGH

R. THIGH

TOTAL WEIGHT

TOTAL CHEST

TOTAL HIPS

L. ARM

R. ARM

WAIST

WEIGHT

HIPS

ARM

CHEST

TRANSFORMATION TRACKER

START HERE

RECORD "AFTER" STATS

TOTAL INCHES

L. THIGH

R. THIGH

TOTAL WEIGHT

TOTAL CHEST

TOTAL HIPS

L. ARM

R. ARM

WAIST

WEIGHT

HIPS

ARM

CHEST

LET'S DO THIS!

USE THE TRANSFORMATION TRACKER AND SOCIAL MEDIA

GET SUPPORT

STAY CONSISTENT

START HERE

ONLINE COMMUNITY ASK A QUESTION, GET SUPPORT, GET INSPIRATION, JOIN THE TEAM, AND STAY CONSISTENT WITH 21 DAY FIX EXTREME. 21 DAY FIX EXTREME IS THE STEP UP YOU’VE BEEN WAITING FOR. FOR THE NEXT 21 DAYS, YOU’LL TAKE IT TO NEW EXTREME. FUN WORKOUTS THAT WILL PUSH YOU BEYOND WHAT YOU THOUGHT POSSIBLE. AND NOT JUST ONE EXTREME WORKOUT—EXTREME, THERE ARE SIX INCREDIBLY EFFECTIVE—AND ONLY 30 MINUTES LONG. TAKE YOUR “BEFORE” PHOTOS AND MEASUREMENTS, AND DON’T FORGET TO COMPLETE EVERY WORKOUT PERFECTLY THE EXTREME ORDER. BUT BEFORE YOU WORK OUT, USE THE PERSONALIZED 21 DAY FIX EXTREME EATING PLAN, AND WATCH YOUR BODY BEGIN TO TRANSFORM.
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 container system if you don't own your art. And for optimal results, use the calendar provided, following all the steps in an approved sequence.

2. USE THE TRANSFORMATION TRACKER AND SOCIAL MEDIA.
   Take your “before” and “after” pictures plus your measurements using the Transformation Tracker, and post them on the Team Beachbody 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 extra-special community who are accessible to you 24 hours a day. You'll find answers to answer your questions, peer support, trainer chats, and newsletters full of inspiration, fitness, and nutrition tips to help you 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!

STAY CONSISTENT

RECORD “BEFORE” STATS

TOTAL INCHES

R. ARM
L. ARM
WAIST
CHEST
HIPS

TRANSFORMATION TRACKER

RECORD “AFTER” STATS

TOTAL INCHES

R. ARM
L. ARM
WAIST
CHEST
HIPS

SOCIAL MEDIA

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!
STILL SIMPLE, JUST EXTREME.

If you’re a 21 Day Fix graduate, you’ve learned how simple it is to follow a specific eating plan and simple workout exercise routines. If you want, 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 cardio, resistance training, and explosive power moves. This targets your entire body to help sculpt lean, strong, and functional physiques.

They target your whole body to help torch calories while creating a leaner, stronger, and more functional physique. If you aren’t, no problem; you will be amazed at how easy it is to learn. 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.

STILL SIMPLE, JUST EXTREME.

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: POWER STRENGTH EXTREME
- Tuesday: UPPER FIX EXTREME
- Wednesday: LOWER FIX EXTREME
- Thursday: CARDIO FIX EXTREME
- Friday: YOGA FIX EXTREME
- Saturday: POWER STRENGTH EXTREME
- Sunday: REST

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

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 limit your back, shoulders, and core.

3. PLATES FIX EXTREME
A simple plate-based workout for every exercise, the intense lower body workout works the entire body, placing emphasis on the glutes and hamstrings.

4. LOWER FIX EXTREME
Cardio, squats, hamstrings, and calves will get stronger, leaner, and more defined with 30 minutes of challenging resistance work.

5. CARDIO FIX EXTREME
Using weighted sandal blocks with traditional metabolic training intervals keeps your heart rate soaring.

6. DIRTY 30 EXTREME
Using only seven compound moves focusing on multiple body parts and in multiple directions, this workout will have 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 all-strengthening workout, utilizing a single dumbbell to increase intensity that will carve out lean, ripped abs.

ULTIMATE WORKOUTS*

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

- ABC EXTREME
Push your abs, butt, and cardinals to the extreme—and get a competition-ready body made for the stage.

*POWER STRENGTH EXTREME and ABC EXTREME are part of the 21 Day Fix EXTREME Ultimate Kit. To purchase, visit FixExtremeUltimate.com or contact your Beachbody Coach. For men, a set of 8- to 15-pound dumbbells, 8- to 10-pound dumbbells, and a 100% cotton t-shirt. For women, a set of 8- to 15-pound dumbbells, a 100% cotton t-shirt, and a set of 8- to 15-pound dumbbells. There are no supplemental needs.

WHAT DO I NEED FOR THE WORKOUTS?

To find out if you are ready to tackle the 21 Day Fix EXTREME, you’ll need the following:

- A flat, uncluttered space
- A set of light dumbbells
- A set of heavy dumbbells
- A resistance band
- 21 Day Fix EXTREME Ultimate Kit: 4314: 21 Day Fix EXTREME Ultimate Kit. To purchase, visit FixExtremeUltimate.com or a Beachbody Coach.

Some workouts utilize a pink resistance band (15 pounds), which is included in the 21 Day Fix EXTREME Ultimate Kit.

Keep in mind, some workouts allow for a pre-workout band (15 pounds), which is included in the 21 Day Fix EXTREME Ultimate Kit. New resistance bands can be used, but the programs will not provide the pre-workout band.

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.

21 Day Fix EXTREME is a series of exercises that will not only provide you with a strong and sculpted body, but will also help you reach your goal faster. For more information, visit FixExtremeUltimate.com.
### STILL SIMPLE, JUST EXTREME.

If you’re a 21 Day Fix graduate, you’ve learned how easy it is to follow a specific calorie-controlled eating plan while doing short high-intensity workouts. You’ve probably learned that you lose weight but, no problem! You’ve been armed with the knowledge to keep it off.

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 cardio, resistance training, and explosive power moves. This training plan’s unique focus is to help you trim fat, increase strength, and improve flexibility all at once 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:

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Upper Fix Extreme</td>
<td>Lower Fix Extreme</td>
<td>Pilates Fix Extreme</td>
<td>Cardio Fix Extreme</td>
<td>Power Strength Extreme</td>
<td>ABC Extreme</td>
<td></td>
</tr>
</tbody>
</table>

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

### WORKOUT BREAKDOWN

1. **PLYO FIX EXTREME**
   - An explosive lower-body workout that uses jumping and resistance to torch calories and sculpt muscles.
   - **THE CALENDAR** can be rotated into the calendar for greater variety and faster results.
2. **UPPER FIX EXTREME**
   - By alternating opening muscle groups, this no rest upper body workout will fire your chest, back, shoulders, and core. 10 min.
3. **PLATES FIX EXTREME**
   - This plate circuit is built around compound movements that simultaneously work multiple muscle groups. One, two, three... and repeat.
4. **LOWER FIX EXTREME**
   - Using only seven compound moves focusing on multiple body parts at a time, this workout will leave you burning more calories 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**
   - Drills that combine moving in multiple body parts at a time, this workout will leave you burning more calories while defining your muscles. Get in and out, 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 core strength and definition.

### 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 Abs, Butt, and Cardio to the extreme—and get a competition body built by the stage or visit Beachbody® Core Comfort Mat
   - 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 purchased at www.Beachbody.com or www.TeamBeachbody.com.

### WHAT DO I NEED FOR THE WORKOUTS?

You’ll need a big, clean workout area, a mat, weighted dumbbells (3-25 pounds) and a mat for your workouts. 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, or a heavier set of 15- to 25-pound dumbbells. These are just suggested weights. You may require more or less resistance.

### BUILD YOUR MAT

- **Beachbody® Core Comfort Mat**
  - 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 purchased at www.Beachbody.com or www.TeamBeachbody.com.

- **Other resistance bands can be purchased at www.Beachbody.com or www.TeamBeachbody.com**

### BUILD YOUR KIT

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

- **ABC Extreme**
  - Push your Abs, Butt, and Cardio to the extreme—and get a competition body built by the stage or visit Beachbody® Core Comfort Mat
  - 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 purchased at www.Beachbody.com or www.TeamBeachbody.com.

### BUILD YOUR TEAM

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

- **ABC Extreme**
  - Push your Abs, Butt, and Cardio to the extreme—and get a competition body built by the stage or visit Beachbody® Core Comfort Mat
  - 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 purchased at www.Beachbody.com or www.TeamBeachbody.com.
STILL SIMPLE, JUST EXTREME.

If you’re a 21 Day Fix graduate, you’ve learned how simple it is to follow a specific nutrition eating plan with clear meal and exercise routines. If you’re not a 21 Day Fix graduate, you’ve learned how easy it is to follow-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. This will target your total body to help slim, tone, and increase muscle mass, create a leaner, stronger, and more functional physique.

If you aren’t, no problem; you will be amazed at how easy it is to follow a portion-controlled eating plan paired with daily exercise routines. If you’re a 21 Day Fix graduate, you’ve learned how simple it is to follow a specific nutrition eating plan with clear meal and exercise routines. If you’re not a 21 Day Fix graduate, you’ve learned how easy it is to follow. 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. This will target your total body to help slim, tone, and increase muscle mass, create 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:

- **STRENGTH EXTREME**: Your workout routine is part of the 21 Day Fix EXTREME Ultimate Kit. To purchase, visit Beachbody.com or call 1-800-944-5437.

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

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 opening muscle groups, this no rest upper-body workout will leave you looking, flat, toned, and taut.

3. **PLATES 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.

4. **LOWER FIX EXTREME**: This lower-body workout will target your entire body, placing emphasis on legs and Glutes.

5. **CARDIO FIX EXTREME**: Combining strength and cardio moves that are traditional and meta metabolic training, interval training keeps your heart rate and calories burning.

6. **DIRTY 30**: Using an elliptical, or stationary bike, or if you're doing your workout at home, you can use a standard or a intervals. As you can see in the table on the right, you can have a total body workout with the equipment.

7. **YOGA FIX EXTREME**: A fast-paced flow yoga class, combining strength, balance, flexibility, and power.

8. **10 MIN HARDCORE (BONUS WORKOUT)**: An on-the-spot workout, utilizing a single dumbbell to increase intensity that will carry over into your daily life.

ULTIMATE WORKOUTS*

- **POWER STRENGTH EXTREME**: Nine total-body exercises that use functional movement patterns to increase your strength, endurance, and power.

- **ABC EXTREME**: Push your abs, but, and Cardi to the extreme—and get a comprehensive body build in just 30 seconds. To purchase, visit Beachbody.com or call 1-800-944-5437.

WHAT DO I NEED FOR THE WORKOUTS?

To build a 6-packabs, you’ll need, and a 6-pack abs. For women, we recommend a light set of 5- to 10-pound dumbbells, one resistance band, and a towel and water. For men, a set of 8- to 10-pound dumbbells, and a towel and water. You may require more or less resistance.

You’ll need a set of light dumbbells, a set of heavy dumbbells, and a resistance band. For men, we recommend a light set of 5- to 10-pound dumbbells, one resistance band, and a towel and water. For women, we recommend a light set of 5- to 10-pound dumbbells, one resistance band, and a towel and water. You may require more or less resistance.

It will also be helpful to have a yoga mat and a Beachbody® Core Comfort Mat included in the 21 Day Fix EXTREME Ultimate Kit. To purchase, visit Beachbody.com or call 1-800-944-5437.

*POWER STRENGTH EXTREME and ABC EXTREME are part of the 21 Day Fix EXTREME Ultimate Kit. To purchase, visit Beachbody.com or call 1-800-944-5437.

For Farms: your strength training and cardio workouts are designed to build muscle, burn fat, and increase your heart rate. For Farms, your strength training and cardio workouts are designed to build muscle, burn fat, and increase your heart rate. For Farms, your strength training and cardio workouts are designed to build muscle, burn fat, and increase your heart rate.
STILL SIMPLE, JUST EXTREME

If you aren’t, no problem; you will be amazed at how easy it is to learn. With this new extreme fitness program, you won’t have to sacrifice results to follow a complicated eating plan. You’ll still enjoy simple, healthy foods that you control. 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.

But that doesn’t mean the next 21 days are going to be effortless. Just imagine the drastic changes that can be made with little effort and serious commitment. This new extreme workout program will challenge you with increases in intensity, duration, and amount of weight used. It’s the perfect way to build on your 21 Day Fix foundation.

THE CALENDAR

The breakdown works like this:

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

Power Strength Extreme

Cardio Fix Extreme

Pilates Fix Extreme

UPPER FIX EXTREME

LOWER FIX EXTREME

PLYO FIX EXTREME

STRENGTH

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

CARDIO EXTREME

YOGA FIX EXTREME

THE CALENDAR

To purchase, contact your Coach, visit TeamBeachbody.com or visit 21DayFixExtremeUltimate.com. 21 Day Fix Extreme Ultimate Kit.

WHAT DO I NEED FOR THE WORKOUTS?

The address includes the Beachbody Core Comfort Mat. It will also be helpful to have a yoga mat and a performance and efficiency in your 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. 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. Several of the workouts don’t require equipment, but you’ll need weights for many of the exercises. Don’t forget to always have a towel and water nearby too.

Push your butt, and Cardio to the extreme—and get a leaner, stronger, and more functional physique. They target your whole body to help torch calories while creating a steady state aerobics, resistance training, and explosive power moves. Nine total-body exercises that use functional movement patterns and more defined with 30 minutes of challenging resistance work. The breakdown works like this:

1. Power Strength Extreme

2. Cardio Fix Extreme

3. Pilates Fix Extreme

4. Upper Fix Extreme

5. Lower Fix Extreme

6. Plyo Fix Extreme

7. Strength

8. Cardio

9. Pilates

UPPER FIX EXTREME

Lower Fix Extreme

Plyo Fix Extreme

Strength

Cardio

Pilates
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 to track your progress. You're only cheating yourself if you don't give it your all. And for optimal results, follow the calendar provided, following an intensive workout schedule.

2. USE THE TRANSFORMATION TRACKER AND SOCIAL MEDIA

   Take your “before” and “after” photos, plus your measurements using the transformation tracker, and quick before and after transformation photos. Share your progress and the progress of others on social media sites. Surrounding yourself with supportive people is fantastic, and the 21 Day Fix EXTREME community will make it easy to do just that. Sharing your amazing progress with others over the next 21 days will be encouraging and inspiring.

3. GET SUPPORT

   Surrounding yourself with a supportive people is fantastic, and Team 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, forum chat, and newsletters full of inspirational stories and nutrition tips to help you on your journey. Just go to TeamBeachbody.com to get started.

4. STAY CONSISTENT

   The first 21 days of the program, schedule your workouts and make them a priority. Find inspiration in your life, and use that to push yourself. And never get off on what you have the potential to accomplish. You’ve got this!

TRANSFORMATION TRACKER

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 take on 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 thought was possible. And not only will you become extreme, there’s 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, and you’ll remember why the 21 Day Fix EXTREME Eating Plan was created, and watch your body begin to transform.

RECORD "BEFORE" STATS

TOTAL INCHES

R. ARM

L. ARM

CHEST

WEIGHT

HIPS

WAIST

START HERE

RECORD "AFTER" STATS

TOTAL INCHES

R. ARM

L. ARM

CHEST

WEIGHT

HIPS

WAIST

TRANSFORMATION TRACKER

21 day
FIX
EXTREME

START HERE

T:19.75"

T:7.125"

USE THE TRANSFORMATION TRACKER AND
SOCIAL MEDIA

Take your "before" and "after" photos, plus your measurements using the transformation tracker, and quick before and after transformation photos. Surrounding yourself with supportive people is fantastic, and the 21 Day Fix EXTREME community will make it easy to do just that. Sharing your amazing progress with others over the next 21 days will be encouraging and inspiring.

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 take on 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 thought was possible. And not only will you become extreme, there's 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, and you'll remember why the 21 Day Fix Extreme Eating Plan was created, and watch your body begin to transform.

Recording "before" stats

Total inches

R. arm

L. arm

Chest

Weight

Hips

Waist

Recording "after" stats

Total inches

R. arm

L. arm

Chest

Weight

Hips

Waist

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 take on 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 thought was possible. And not only will you become extreme, there's 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, and you'll remember why the 21 Day Fix Extreme Eating Plan was created, and watch your body begin to transform.
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 right from day 1. This program is designed for drastic weight loss (at least 30 pounds), so it's packed full of the latest nutrition science and most effective dieting strategies.

2. **USE THE TRANSFORMATION TRACKER AND SOCIAL MEDIA**
   - Take your "before" and "after" photos plus your measurements using the transformation tracker. You’ll also be culturally connected with your fellow Beachbody Extreme team members.
   - Share your amazing progress with others over the next 21 days with the Beachbody transformation tracker.
   - To share your transformation with the 21 Day Fix Extreme community, visit Beachbody.com/21DayFixExtreme. For Beachbody and Team Beachbody Customer Service, go to Beachbody.com. 21EINS1101

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.

4. **STAY CONSISTENT**
   - The first 21 days are crucial 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!

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**TRANSFORMATION TRACKER**

**RECORD “BEFORE” STATS**

<table>
<thead>
<tr>
<th>Measurements</th>
<th>Units</th>
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**RECORD “AFTER” STATS**

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<td>L. THIGH</td>
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**WELCOME TO 21 DAY FIX® EXTREME.**

There may have been a point in your fitness journey where 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, clean eating habits you’ve made, so instead of trying to get a workout over with, you’re ready to take on your next challenge.

21 Days to Extreme is the step up you’ve been waiting for. For the next 21 days, you’ll be in new, intense, fun workouts that will push you beyond what you thought you could do. From high-intensity, results-driven workouts that are also incredibly effective—and only 30 minutes long, you’ll find yourself wanting to complete every workout perfectly the first time around.

Yes, you will have to push yourself, and yes, you might not be able to complete every workout perfectly the first time around. 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, clean eating habits you’ve made, so instead of trying to get a workout over with, you’re ready to take on your next challenge.

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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!