

Make sure you can answer your customers' questions about CORE DE FORCE. Check out these answers to our most frequently asked questions, so you can become a CORE DE FORCE expert and take your business to the next level!

Q. Who is CORE DE FORCE for?

Anyone who wants to tighten up their midsection, carve a stronger core, and sculpt total-body definition. CORE DE FORCE is great for intermediate or advanced exercisers—or graduates of INSANITY MAX:30™, TurboFire®, or P90X®—but beginners and people who are looking for significant weight loss can follow the modifier and drop serious weight too.

It's also a great choice for people looking to try a workout inspired by mixed martial arts. Trainers Joel Freeman and Jericho McMatthews packed CORE DE FORCE with Boxing, Kickboxing, and Muay Thai moves that are both effective AND empowering. Those who want to see results fast will also love the program. The high-energy mix of combinations, bodyweight training, and cardio is designed to get you into knockout shape in 30 days.

Q. How easy/hard are the workouts?

These workouts are challenging, but even if you've never thrown a punch or a kick, you can still use CORE DE FORCE to get in shape. Every workout includes a modifier who demonstrates the moves at a lower intensity, so you can go at your pace until you're ready to take things to the next level. Plus, every MMA-inspired workout includes a move-by-move breakdown to help you get familiar with the jabs, uppercuts, kicks, and combinations from the get-go.

ONLY ON BEACHBODY® ON DEMAND: THE CORE DE FORCE MODIFIER TRACK

Your customers can also choose the "Modifier Track" option from the CORE DE FORCE program page on Beachbody On Demand. With this exclusive feature, they'll be able to follow the modifier in a split-screen view the entire time while they get up to speed!

Q. How long are the workouts?

Most workouts are between 27–47 minutes.

Q. What equipment will I need?

Zero! Your body is all the equipment you need for CORE DE FORCE.

Q. How is CORE DE FORCE different from LES MILLS COMBAT?

CORE DE FORCE is Beachbody's first foray into authentic MMA-inspired fighting. LES MILLS COMBAT was choreographed, meaning the punches and kicks were performed to the beat of the music. While there is music in CORE DE FORCE, the workouts are not choreographed to the beat, so you can work at your pace until you're ready to kick the intensity up a notch.

And, CORE DE FORCE focuses on rotation and core engagement in every move. Joel and Jericho call this **360-Degree Core Training**, which helps you carve a tighter midsection and blast belly fat.

Q. What's included?

- **8 workouts on 3 DVDS**
 - o 4 MMA-inspired workouts, each with a step-by-step breakdown of all the moves
 - o 2 bodyweight resistance workouts
 - o 1 CORE DE FORCE Relief workout
 - o 1 Active Recovery stretch workout
- **CORE DE FORCE Eating Plan**
- **Quick-Start Guide**
- **30-Day Calendar**
- **2 Bonus Workouts: 5 Min. Core on the Floor and Core Kinetics**
- **MMA Mashup** (Team Beachbody® Exclusive)

Q. How much does CORE DE FORCE cost?

- **Base Kit:** \$59.85; Club member: \$53.87; Coach \$44.89—PV/CV: 45
- **Deluxe Kit (Base + Deluxe):** \$119.70; Club member: \$107.73; Coach: \$89.78—PV/CV: 90

Q. How do I send customers to the CORE DE FORCE page in the TBB shop?

Simply add your Coach repID to the end of the URL below, share the link, and you'll get credit for the resulting purchases.

US: <http://teambeachbody.com/shop/-/shopping/core-de-force?referringRepld=yourID>

Canada: <http://teambeachbody.com/shop/-/shopping/core-de-force?referringRepld=yourID>

Q. Is there a Team Beachbody exclusive if customers order CORE DE FORCE through me?

Customers who purchase CORE DE FORCE through you will get a FREE bonus DVD—MMA Mashup (a \$19.95 USD value).

MMA Mashup includes all the best CORE DE FORCE moves in one killer workout! From Boxing and Muay Thai combos to resistance and plyo burners, this challenging workout will leave you drenched—and wanting more!

Q. Can I stream my CORE DE FORCE workouts?

Yes! If you purchase CORE DE FORCE and become a Beachbody On Demand member, you'll get unlimited access to stream CORE DE FORCE, hundreds of proven Beachbody workouts, plus exclusive workouts from Joel and Jericho via any desktop, laptop, tablet, TV, or mobile device. Just look for "Purchased Programs" on Beachbody On Demand to stream CORE DE FORCE.

Plus, your Beachbody On Demand membership will give you exclusive access to additional CORE DE FORCE workouts, the Modifier Track, and additional content from Joel and Jericho.

Q. Are CORE DE FORCE workouts available in Spanish?

Yes—you can find CORE DE FORCE with Spanish voiceover in the “Program Page” on Beachbody On Demand, or as a subtitle option on your DVDs.

Q. Is there a CORE DE FORCE and Shakeology® Challenge Pack?

Yes! It contains the CORE DE FORCE Base Kit, your first 30-day supply of Shakeology, a 7-piece color-coded portion-control container set, a Shakeology shaker cup, and a 30-day membership to Beachbody On Demand so you can stream CORE DE FORCE and hundreds of additional proven Beachbody workouts.*†

Challenge Pack price: \$160

Q. Is there a CORE DE FORCE Kickstart and Shakeology Challenge Pack?

Yes! It contains the CORE DE FORCE Base Kit, 3-Day Refresh®, your first 30-day supply of Shakeology,* a 7-piece color-coded portion-control container set, a Shakeology shaker cup, and a 30-day membership to Beachbody On Demand so you can stream CORE DE FORCE and hundreds of additional proven Beachbody workouts.*†

Kickstart Challenge Pack price: \$205

Q. What does the Digital CORE DE FORCE and Shakeology Challenge Pack include?

The Digital CORE DE FORCE and Shakeology Challenge Pack is great for those without a DVD player or anyone who prefers to stream their workouts. It includes 90 days of access to Beachbody On Demand (so you can stream the entire CORE DE FORCE program, reference your program materials, and try some of Beachbody's most popular programs†), your first 30-day supply of Shakeology,* Portion Fix®, and a Shakeology shaker cup. CORE DE FORCE DVDs are not included.

Go to [<http://tbbcoa.ch/CDF-CP-Comparison>] to see a detailed comparison of the standard CORE DE FORCE and Shakeology Challenge Pack and the digital version.

Digital Challenge Pack price: \$160

Q. Can I get CORE DE FORCE and Beachbody Performance™ together in a Challenge Pack?

Yes! The CORE DE FORCE Performance Pack contains the CORE DE FORCE Base Kit, your first month's supply of Beachbody Performance Energize and Beachbody Performance Recover, a 7-piece color-coded portion-control container set, a Beachbody Performance shaker cup, and a 30-day membership to Beachbody On Demand so you can stream CORE DE FORCE and hundreds of additional proven Beachbody workouts.**†

Performance Pack price: \$160

Here's how to direct your prospects and customers to YOUR Challenge Pack page:

1. Insert your repID into the link below:

US: https://www.teambeachbody.com/en_US/checkout/-/bbcheckout/challengepack/core-de-force?referringRepId=yourID

SP: https://www.teambeachbody.com/es_US/checkout/-/bbcheckout/challengepack/es-core-de-force?referringRepId=yourID

Canada: https://www.teambeachbody.com/en_CA/checkout/-/bbcheckout/challengepack/core-de-force_en_CA?referringRepId=yourID

2. Copy and paste the link into an email to your customers.

Still have questions? Check out the CORE DE FORCE Product Training Guide, the Team Beachbody Message Boards, or reach out to Coach Relations.

*With Shakeology on Home Direct, your customer will receive a new supply of Shakeology every 30 days, shipped directly to their door and billed to the credit card they use today in the amount of \$129.95 a month, plus a Super Discount s&h fee of only \$2.00 per item until they cancel. Your customer may cancel at any time to avoid future charges by calling Customer Service.

**With Beachbody Performance on Home Direct, your customer will receive a new supply of Beachbody Performance every 30 days, shipped directly to their door and billed to the credit card they use today in the amount of \$109.95 a month, plus a Super Discount s&h fee of only \$2.00 per item. Your customer may cancel at any time to avoid future charges by calling Customer Service.

†After their first 30 days (or 90 days for Digital Challenge Pack), your customer will be automatically billed to continue the Team Beachbody Premium Club membership, including Beachbody On Demand streaming access, at a cost of \$2.99 a week, billed \$38.87 per quarter in advance to the credit card they use, until they cancel. Your customer can cancel at any time to avoid future charges by calling Customer Service at 1 (800) 470-7870.

All prices in USD. International pricing may vary.