



In 22 MINUTE HARD CORPS, Tony Horton makes it his mission to get you lean, ripped, and ready-for-action in just 8 weeks. Here are some key points to remember when talking about 22 MINUTE HARD CORPS with your existing customers and new prospects.

What is 22 MINUTE HARD CORPS?

- A challenging, military-inspired workout program designed to burn fat, build lean muscle, and get you “Boot Camp Fit” in 22 minutes a day.
- The latest fitness breakthrough from P90X® creator Tony Horton, inspired by his time spent at U.S. military bases around the world, helping troops train to their maximum fitness potential.
- A series of 8 superefficient routines designed to maximize strength gains and fat loss within the 22-minute workout window.

Who is the target audience?

- Busy people without a lot of time to spend at the gym working out.
- Former members of the military, who want to get back to the fitness level they had when they were in the service.
- Anyone looking for a “no-frills” workout that gets results without requiring them to learn a lot of complex moves.
- Fans of Tony Horton and other time-saving Beachbody® workouts like FOCUS T25® and P90X3®.

What makes 22 MINUTE HARD CORPS unique?

- Superefficient, 22-minute workouts that condition your whole body with moves tough enough to challenge you, but straightforward enough for you to do on Day One.
- Optional, two-a-day Hell Week Challenge pushes your results from great to absolutely epic.

What's included in the Base Kit?

- The easy-to-follow workouts designed to deliver dramatic, visible results.
- Anyone at any age or fitness level can do it!
- It helps you lose weight, increase energy, and feel better in almost everything you do.

EXCLUSIVE! Your customers will get a FREE Bonus Workout DVD—HARD CORPS: *Battle Buddy Workout*.

Pair up with a “Battle Buddy” to take on this calorie-scorching, partner-based workout challenge. It's a \$19.95 value—yours FREE!