

Product Training Guide



What is the Beachbody Ultimate Reset®?

The Beachbody Ultimate Reset is a comprehensive, no-starvation, inner-body tune-up that offers much more than the typical cleanse programs on the market. The Ultimate Reset not only helps you eliminate waste gently and naturally, it also helps revitalize your body and mind, and fuel your body with the micro- and macronutrients it craves. You'll replace the processed foods you've been eating with healthy foods. You'll eat cleanly—possibly for the first time in your life—and take supplements designed to help your Reset.

The Beachbody Ultimate Reset is a complete, three-phase, 21-day mind/body program that provides everything you need to help:*

- **Reclaim** your body's natural balance
- **Release** unwanted compounds that have been holding your system back
- **Restore** your system to its maximum efficiency

Participants say Ultimate Reset helped with the following benefits:*

- Improved digestion
- Healthy energy
- A more positive mood and better focus
- Weight loss (improved BMI)

The Beachbody Ultimate Reset is a breakthrough program that will help you gently restore your body to its "original factory settings" so you can feel and look healthier.

Why Reset?

Our environment has become more and more polluted. We're breathing air that's far from pristine, drinking water that's not even close to being pure, eating foods laced with things we can't pronounce—chemical additives, preservatives, pesticides—and absorbing toxins contained in everything from our children's toys to the pillows where we lay our heads. Here's the good news: Your body is a very resilient, very efficient machine, able to neutralize or eliminate most of this chemical onslaught on a daily basis. The bad news is that this incredible machine is being pushed to its limits.

It's not enough just to work out and eat right. At Beachbody®, we realized we had to find a way to cleanse from the inside out—a total-body reset to help get people healthy on the inside, the same way our exercise programs get you in shape on the outside.



"The Beachbody Ultimate Reset is a program designed to help your inside get into amazing shape, just like your outside."

—Carl Daikeler
CEO, Beachbody

Check out these Reset results!



"I used to feel chronically tired. Now I wake up, I jump out of bed—that's a complete change. And it feels really good."

—Eric K., Beachbody Employee



"I lost a total of 14 pounds. I put these pants on today, and—holy mackerel! I feel phenomenal!"

—Jennifer K.,
Beachbody Employee



Harmony M.
Before



Harmony M.
After[†]

[†]Results vary. Harmony is a Beachbody employee.

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How does the Ultimate Reset work?*

The Ultimate Reset is a 21-day program, but it's helpful to think of it in three distinct phases, each one a week long:

- Phase One: RECLAIM your body, accessing its inner chemistry and preparing for change.
- Phase Two: RELEASE the unwanted compounds that have been holding your system back and start the detoxification process.
- Phase Three: RESTORE your digestive system, along with other internal processes, to maximum efficiency, putting nutrients, enzymes, and pre- and probiotics back into your body.

After just 21 days, you should feel dramatically better physically, mentally, and emotionally. Will it be challenging? Sometimes. But just as Beachbody's workouts aren't the easiest fitness programs you can do, the Ultimate Reset may also require some extra effort. In return, it can deliver extraordinary results. And keep in mind that no matter how challenging you may find it, you'll have your Coach and the entire Team Beachbody® community in your corner to help you through.

Once you complete your 21-day program, you'll have a "transitioning back" period, during which you'll be guided back into life after the Ultimate Reset. You'll get advice on food and exercise, along with helpful tips on how to maintain—and continue to build on—the great work you've accomplished.

Meet the creators of the Beachbody Ultimate Reset.



Isabelle Daikeler



Darin Olien

After creating the breakthrough nutritional Shakeology®, **Isabelle Daikeler**, health and fitness expert, and **Darin Olien**, superfood ingredient hunter, took on the mission of creating this healthy cleansing program. They searched for just the right minerals, vitamins, and other natural ingredients. Now, in the Beachbody Ultimate Reset, they've combined the unique supplements they've created with a specially designed meal plan to help provide your body with some of the healthiest nutrients on Earth.



Tip:

Drink plenty of water during your Ultimate Reset to help your body during its detoxification process and to minimize minor or temporary headaches and body aches that may arise. If you have any persistent or severe headaches or body aches, please consult your physician.

— RETAILING TIPS —

Who can benefit from the Ultimate Reset?	Why choose the Ultimate Reset?*
People who want more energy and mental clarity	The Ultimate Reset helps restore your body's natural vitality, helping to end dependence on sugar and caffeine.
People having trouble with their digestion	The Ultimate Reset helps restore your internal system to its "factory settings," helping to support your body's digestive processes.
People who want to lose some weight	The Ultimate Reset helps replace foods that aren't optimal with beneficial supplements and a vegan-based meal plan to help jump-start your healthy weight loss, so you can see dramatic results in just 21 days.
People who want to work at improving their overall well-being	The Ultimate Reset helps you tune in to your body's natural state of health, helping you detoxify while you learn what you really need to know to feel great.
People who want to work at improving their overall well-being	The Ultimate Reset helps you take a break from hard-to-digest foods like processed foods, red meat, and dairy, helping return your body to its "factory settings" and begin to improve your well-being.

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What's included in the Beachbody Ultimate Reset®?

Complete Kit	What's the benefit?
Six Ultimate Reset Supplements:	Power Greens, Optimize, Soothe, Mineralize, Detox, Revitalize
Program & Nutrition Guide	<ul style="list-style-type: none"> • Includes detailed step-by-step instructions for your 21-day Reset journey • A 3-week eating plan with recipes, cooking tips, shopping lists, and more • Reset in a Crunch, a modified meal plan if you're short on time • Approved vegan Shakeology recipes • FAQ • Transitioning Out of Your Reset
Ultimate Reset Caddy	Specially designed to help you conveniently carry each day's supplements with you—at home, at work, or on-the-go.
Ultimate Reset Bracelet	Wearing this natural fiber bracelet will help remind you of the positive decision you've made and your commitment to your body's health.
Ultimate Reset support from your Team Beachbody Coach, fellow Reset participants, and Challenge Groups	<p>Access to unprecedented exclusive UltimateReset.com content.</p> <ul style="list-style-type: none"> • Day-by-day online support: <ul style="list-style-type: none"> • Food-preparation videos for each day's meals • Daily cleanse tips, recipes, and shopping lists • Personal experiences from fellow participants • Mobile-enabled website content



Cross-selling suggestions.

Your customers can enhance their Reset results with these Beachbody products:

• **Shakeology**

During the Reset: Customers looking for a convenient, Reset-friendly snack option can now enjoy Tropical Strawberry Vegan and Chocolate Vegan, in all three phases. But please note, since Phase 3 calls for less protein, we recommend using only a half serving of vegan Shakeology during that week.

Post-Reset: Help your customers maintain the benefits of the Reset with the essential nutrients in this delicious, nutrient-dense formula.

• **Dry Brush**

Customers can support their Reset and help their skin detox by brushing it with our natural-bristle dry brush before bathing. Dry-brushing removes dead skin cells, plus helps stimulate nerve endings, improve circulation, and activate the lymphatic system.

• **Tai Cheng® Workout Program**

Dr. Mark Cheng combined the gentle martial art Tai Chi with modern sports science to develop Tai Cheng. Its movements are slow, steady, and flowing, engaging your mind and spirit as much as your body. Practicing Tai Cheng's Phase 1 during your Reset can help you to connect more deeply to your breathing, promote balance, increase fluidity of movement, and stimulate vital energy.

Note: Tai Chi is subtle but powerful. Be sure to drink 8 to 12 ounces of Mineralized distilled water after your Tai Cheng workouts to help flush away anything that may have been stirred up.

Product Info

	Complete Kit	Refill Kit	Dual Kit	Maintenance Kit	Challenge Pack
Retail	\$199.95	\$179.95	\$349.95	\$99.95	\$275
Club	\$179.96	\$161.96	\$314.96	\$89.96	\$275
Coach	\$149.96	\$134.96	\$262.46	\$74.96	N/A
PV	150	135	262	75	248
TV	120	108	210	60	75

Complete Kit, Dual Kit, and Refill Kit are all available in 1x Deluxe HD, or Ultimate HD options.

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What the Beachbody Ultimate Reset is NOT:

- A starvation diet (you'll eat three filling, healthy meals every day)
- An abrupt cleanse that's hard on the body (the supplements work together gradually to help gently shift your body's internal settings)*
- A harsh, laxative-based, colon-focused cleanse, which fails to help provide a whole-body Reset (you won't be running to the bathroom every hour!)

How is the Beachbody Ultimate Reset different from other cleanse programs?

The Ultimate Reset isn't a crash diet or a processed-food meal replacement. It's an integrated, whole-body reset solution—a step-by-step program that lets you have real food along with the specially formulated supplements that are included. It also teaches you to engage in conscious living techniques that help you restore your body. You'll not only help cleanse your body from the inside out, you'll learn conscious self-care behaviors that can help you maintain better health, even after your Reset.*

COMPETITIVE COMPARISON				
	Beachbody Ultimate Reset	Dr. Junger's Clean Program™	Isagenix® Cleansing & Fat Burning System	USANA® RESET Weight Management Program
Cleanse Duration	21 days	21 days	30 days	5 days
Includes Supplements	x	x	x	x
Includes Shakes	Optional	x	x	x
Meal Plan and Cooking DVD	x			
Consume at Least 1,500 Calories a Day	x			
Clinically Tested Results	x			
Mobility	x			
Portability	x			
Support: Online Participant Portal	x			
Support: Coach/Peer	x	x	x	x



Coach Tools

Beachbody provides all the tools you need to help your customers cleanse with the Ultimate Reset.

Challenge Group Guide

- Weekly Coaching Guide
- Coach Starter Guide
- Participant Starter Guide

Toolkit

- Website banners
- FAQ
- eCard
- Sample social media posts
- Sample email
- Talking points
- Promo video
- Coach banners

Downloadable tools are available in your **Coach Office**. Customizable, high-quality print pieces are available for purchase in the **Coach Resource Center**.

Resource Center

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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The six supplements and what they do

SUPPLEMENT	BENEFIT*
Power Greens	<ul style="list-style-type: none"> • <i>Power Greens</i> is a combination of six powerful greens, including kale, spirulina, cucumber, celery, spinach, and chlorella, each known for providing their own unique benefits, and now brought together to form the perfect “green team.” • A healthy diet, with plenty of greens, may help support the body’s acid/alkaline balance. • <i>Power Greens</i> comes in a convenient single daily-dose packet and is taken throughout all 3 phases of the Ultimate Reset program.
Soothe	<ul style="list-style-type: none"> • A one-of-a-kind supplement that combines two incredible botanicals: aloe vera and curcumin. • Aloe vera is a succulent plant long used topically in traditional healing to relieve minor cuts, burns, and insect bites. Aloe vera has also been traditionally used to support digestive health and the body’s response to oxidative stress. Curcumin, a household remedy in India that’s long been a staple in Ayurvedic medicine, is a natural extract of the spice turmeric. Like aloe vera, curcumin promotes digestive health and is known for its antioxidant properties that help the body fight free radical damage. • <i>Soothe</i> capsules are taken daily throughout all 3 phases of the Ultimate Reset program.
Mineralize	<ul style="list-style-type: none"> • Adds natural minerals needed by the body. • <i>Mineralize</i> is formulated with Pink Himalayan Salt, which is minimally processed and has a broad spectrum of trace elements. This beneficial salt and its elements are needed by the human body to help regulate fluid absorption, avoid muscle cramps, and maintain fluid balance in the body. • <i>Mineralize</i> is taken throughout each phase of the program and may be used as a seasoning with your meals.
Detox	<ul style="list-style-type: none"> • Ingredients traditionally used to help support healthy liver function and digestive health. • When formulating <i>Detox</i>, we set out to create a supplement that was not the most powerful “take it and run to the bathroom” cleanser on the market. Believe us, making that type of supplement would have been easy! We wanted to strike that perfect balance. • Each single dose of <i>Detox</i> comes premeasured in its own sealed packet. You’ll take this supplement during Week 2 of the program.
Revitalize	<ul style="list-style-type: none"> • Helps support beneficial flora in the digestive tract. • Probiotics help restore the balance of healthy bacteria in your digestive tract. They are live microorganisms (in most cases, bacteria) that are similar to beneficial microorganisms found in the human gut. They’re sometimes called “friendly” or “good” bacteria because they help break down carbohydrates, and provide a beneficial environment for the digestive tract. • You’ll take <i>Revitalize</i> capsules daily throughout the Ultimate Reset.
Optimize	<ul style="list-style-type: none"> • Supports nutrient absorption and bioavailability. • <i>Optimize</i> is a proprietary blend of systemic and digestive enzymes that function to help catalyze various natural processes of the body. These enzymes, such as protease, bromelain, amylase, and lipase, can also help support nutrient absorption and bioavailability. • <i>Optimize</i> capsules are taken throughout all 3 phases of the Ultimate Reset program.
<p>*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.</p>	

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Supplement Fact Boxes

Power Greens

Supplement Facts		
Serving Size: 1 packet (5 g)		
Amount Per Serving		% Daily Value
PROPRIETARY GREENS BLEND:	5 g	†
Spinach powder (leaf), Cucumber powder (fruit), Chlorella powder, Spirulina powder, Celery powder (stalk), <i>Brassica oleracea</i> powder (leaf).		
†% Daily Value (DV) not established.		

Detox

Supplement Facts		
Serving Size: 1 packet (9.4 g)		
Amount Per Serving		% Daily Value
Milk Thistle Extract	175 mg	†
PROPRIETARY BLEND:	8.62 g	†
Chia (seed), Flax (seed), Camu-camu extract (fruit), Cat's claw powder (bark), Pau de Arco powder (bark), <i>Phyllanthus amarus</i> powder (aerial part), Organic turmeric powder (rhizome), Organic slippery elm powder (bark), Ginger powder (root), Organic peppermint powder (leaf), Citrus bioflavonoids powder, Organic garlic powder (bulb).		
†Daily Value (DV) not established.		

Soothe

Supplement Facts		
Serving Size: 2 capsules		
Servings Per Container: 21		
Amount Per Serving		% Daily Value
Aloe Vera (<i>Aloe barbadensis</i>) powder	450 mg	†
Turmeric extract (Rhizome) (<i>Curcuma longa</i>) (Standardized for 95% curcuminoids)	210 mg	†
†Daily Value (DV) not established.		

Revitalize

Supplement Facts		
Serving Size: 2 capsules		
Servings Per Container: 21		
Amount Per Serving		% Daily Value
PROPRIETARY PREBIOTIC AND PROBIOTIC BLEND:	1.208 g	†
Bacillus coagulans, Inulin.		
†Daily Value (DV) not established.		

Optimize

Supplement Facts		
Serving Size: 2 capsules		
Servings Per Container: 63		
Amount Per Serving		% Daily Value
PROPRIETARY BLEND:	1 g	†
Enzyme Blend (Protease, Papain, Bromelain, Amylase, Lipase), <i>Sophora Japonica</i> powder (Rhizome), Amla powder (fruit), Methyl Sulfonyl Methane, Camu-camu (fruit).		
†Daily Value (DV) not established.		

Mineralize

Supplement Facts		
Serving Size: 1/16 tsp. (0.42 g)		
Servings Per Container: 84		
Amount Per Serving		% Daily Value**
Chloride	252 mg	7%
Sodium	160 mg	7%
**Percent Daily Values are based on a 2,000-calorie diet.		

