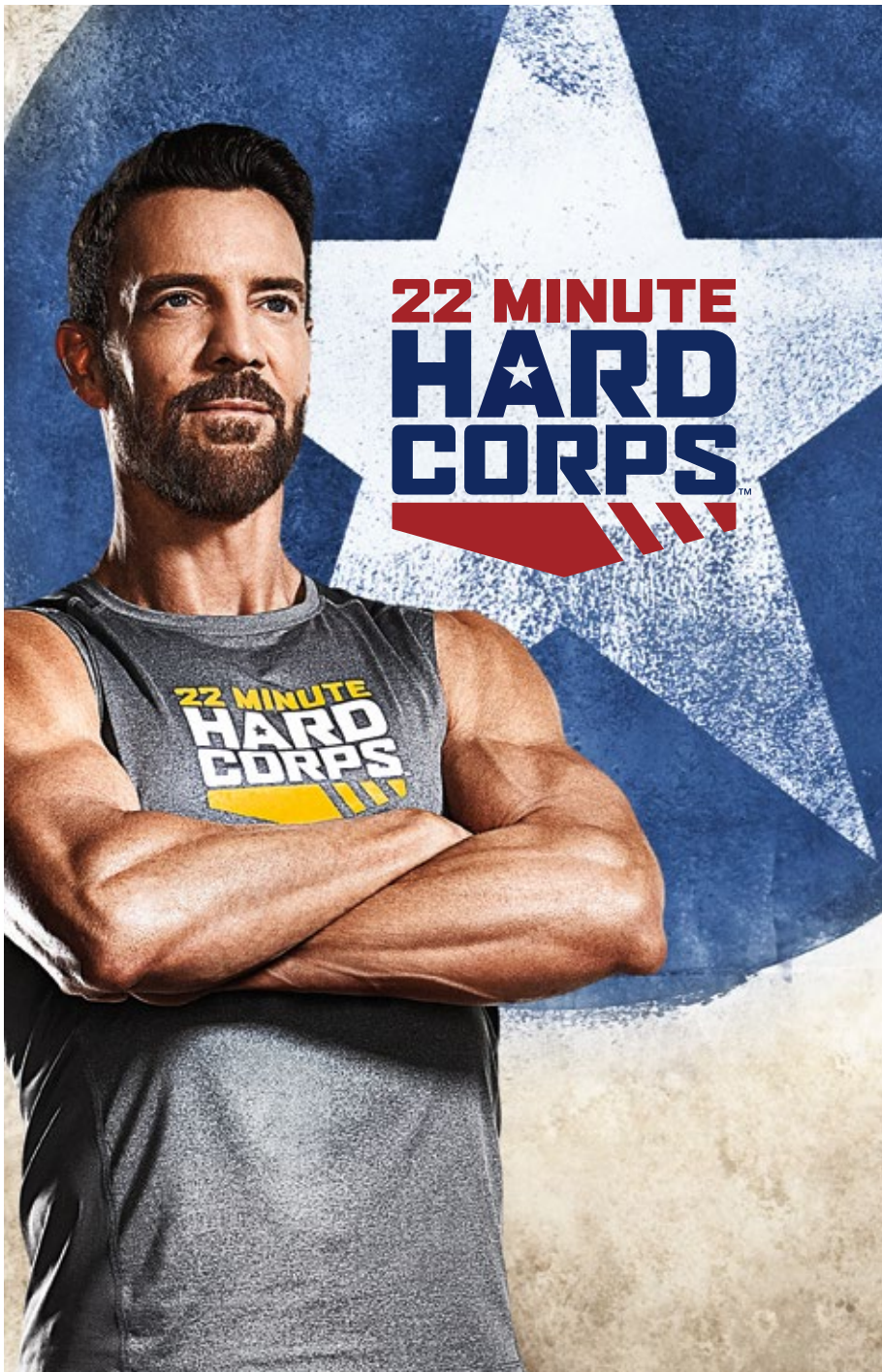


Product Training Guide

**What is 22 MINUTE HARD CORPS™?**

Legendary trainer Tony Horton has created a challenging but simple-to-follow workout program inspired by training techniques used by the military. Each workout in 22 MINUTE HARD CORPS is a quick—and intense—calorie-blasting drill designed to get you "boot camp fit" in just 8 weeks. You just show up, keep up, and get in shape!

What makes 22 MINUTE HARD CORPS effective?

- You get eight short workouts, 6 days a week—so your mind never gets bored, and your body never adapts. The workouts feature a unique blend of cardio and resistance training that targets multiple major muscle groups in your body and can help you get shredded fast.

**Can I stream my 22 MINUTE HARD CORPS workouts?**

- Yes! If you purchase 22 MINUTE HARD CORPS and become a Premium Team Beachbody® Club Member, you'll get unlimited access to Beachbody® On Demand, where you can stream 22 MINUTE HARD CORPS and hundreds of proven Beachbody workouts via any TV, desktop, laptop, tablet, or mobile device—wherever you have an Internet connection. Just look for "Purchased Programs" in Beachbody On Demand to stream your 22 MINUTE HARD CORPS workouts.

What makes 22 MINUTE HARD CORPS unique?

- Tony puts getting "boot camp fit" within the reach of anyone willing to commit to 8 weeks of serious training and nutrition. And he gives you all the tools you need to power through the program—including a modifier version of every exercise, that you can follow until you're up to speed with the rest of the platoon. So with 22 MINUTE HARD CORPS, you get a program that works your whole body with moves that are tough enough to challenge you, but are straightforward enough for you to do on Day One.

Product Training Guide

Tony Horton is your PT Instructor

Throughout the past 15 years, Tony Horton has toured dozens of military bases all over the world, helping troops train to their maximum fitness potential. In 22 Minute Hard Corps, he's made it his mission to bring military-style workouts to everyone. Now it's your mission to give him every rep.

— RETAILING TIPS —

Who to target:	Why 22 MINUTE HARD CORPS?
Busy people without a lot of time to work out.	Each workout is only 22 minutes long, so you'll always have time to "Get Some and Get Done!"
People looking for an effective, straightforward workout that gets results, without requiring you to learn a lot of complex moves.	In 22 MINUTE HARD CORPS, Tony has taken the no-nonsense simplicity of military PT training and honed it into 8 superefficient workouts that alternate between a functional resistance, cardio, and core focus.
Former members and friends of the military.	Want to get back in the kind of shape you were in when you were in the service? 22 MINUTE HARD CORPS takes a military-inspired approach to your workouts—with no-nonsense routines that don't waste time—so you get "Boot Camp Fit" in only 8 weeks.
Graduates of other Beachbody programs.	If you've loved other Beachbody programs, you'll want to check out the latest from Tony Horton, creator of P90X®, P90X2®, P90X3®, P90®, and 10-Minute Trainer®.

Cross-selling suggestions

Help your customers get better results with 22 MINUTE HARD CORPS by recommending these additional products:

Accessories:

- Variable-Resistance Beachbody PT Sandbag adds up to 20 lbs. of resistance to get the most from your workouts.
- 7 portion-control containers and a Shakeology® Shaker Cup.
- Exclusive 22 MINUTE HARD CORPS Apparel: Your customers can buy the actual apparel featured in the workouts.



Supplements:

- Shakeology helps provide your customers with the nutrition they need to get their best results from 22 MINUTE HARD CORPS.*
- Beachbody Performance™ for better endurance, stamina, focus, and recovery.*
- ActiVit® Multivitamins to help support physical energy, immune health, a healthy metabolism, muscle recovery, and more.*



*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.

Product Training Guide



Product info

Base Kit:

Retail price: \$39.90
 Club price: \$35.91
 Coach price: \$29.93
 Volume Points: 30

Deluxe Package:

Retail price: \$79.80
 Club price: \$71.82
 Coach price: \$59.85
 Volume Points: 60

All prices in USD. International pricing may vary.

Additional tools

22 MINUTE HARD CORPS offers your customers a simple, straightforward way to get "Boot Camp Fit" in just 22 minutes a day. Be sure to reference the Coach Online Office for Talking Points, FAQ, a sample email template, eCard, social media posts, and more tools to help your business succeed.

BASE KIT:	WHAT'S THE BENEFIT?
Workouts	
No-nonsense workouts on 2 DVDs	<ul style="list-style-type: none"> You'll rotate through a series of total-body workouts designed to maximize strength gains and fat loss within the 22-minute workout window, with the goal of getting epic results in just 8 weeks.
Fitness Tools	
Quick Start Mission Guide	<ul style="list-style-type: none"> Here are the simple steps to make 22 MINUTE HARD CORPS fully operational. Take your PT Fit Test, so you can track your progress.
Basic Training Action Plan	<ul style="list-style-type: none"> With this 8-week calendar, Tony makes it easy to plan your workouts and track your success.
Rations For Results Nutrition Field Guide	<ul style="list-style-type: none"> A basic but satisfying nutrition plan that lays out the three squares and two snacks you'll need for the mission ahead. It makes meal prep easy so you can get back to the business of getting results.
3 FREE Bonus Gifts	
Hell Week Challenge Card (Optional)	<ul style="list-style-type: none"> Test your limits with a two-a-day Challenge Week after your 8 weeks are through, and push your results from great...to absolutely epic.
Cold Start Pre-Workout Drill	<ul style="list-style-type: none"> Fire this up before you get down to business to get your body ready for the challenge ahead.
24/7 Online Support	<ul style="list-style-type: none"> With our team of fitness experts, Master Trainers, and Coaches, you can get 24/7 support, nutrition tips, and personalized fitness advice from real experts who are there to help you succeed—for FREE.
DELUXE KIT:	
<p>In addition to everything featured in the Base Kit, you get a variable-resistance Beachbody PT Sandbag along with 3 advanced 22-minute workouts designed around this piece of equipment. You'll also receive a set of 7 color-coded portion-control containers and a Shakeology Shaker Cup to make it simple to plan and pack your rations.</p>	

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