

With CORE DE FORCE, Joel Freeman and Jericho McMatthews give your customers the ultimate mixed martial arts-inspired workout to help them get knockout results in 30 days. Here are key points to keep in mind when talking about CORE DE FORCE with existing customers and new prospective customers.

What is CORE DE FORCE?

- 30 days of mixed martial arts-inspired workouts designed to slash inches off your waist, blast belly fat, and sculpt total-body definition—no equipment needed.
- 8 workouts on 3 DVDs that alternate Boxing, Kickboxing, and Muay Thai combinations, cardio spikes, and bodyweight training to help you get a knockout body.
- 2 bonus workouts: 5 Min. Core on the Floor and Core Kinetics.
- A fitness program created by Super Trainers Joel Freeman and Jericho McMatthews who have extensive fitness experience teaching a variety of workouts, from Kickboxing to cardio, worldwide.
- Includes a modifier who demonstrates the moves at a lower intensity, so anyone at any fitness level can get knockout results..

Who is the target audience?

- Men or women who want to lose belly fat, tighten up their midsections, and carve total-body definition.
- Graduates or fans of challenging cardio and strength-training workouts like INSANITY MAX:30™, TurboFire®, and P90X®.
- Those looking for an MMA-inspired program.
- People who want to see results quickly.

What makes CORE DE FORCE unique?

- Mixing moves from Boxing, Kickboxing, and Muay Thai with bodyweight training and cardio conditioning, CORE DE FORCE gives you the most effective MMA-inspired workouts to help you shred belly fat and transform your body in just 30 days.
- Each move, whether it's a jab, a kick, or an uppercut, works your core from every angle—what Joel and Jericho call **360-Degree Core Training**.
- The workouts are broken into 3-minute "rounds." Just hit it hard for 3 minutes at a time and before you know it—you're done!
- The CORE DE FORCE Eating Plan shows you how to eat for knockout results with Signature Recipes, food lists to take to the grocery store, sample menus, and a revolutionary approach to **eating more** that fires up your fat-burning metabolism!

- Find even more support on the CORE DE FORCE program like videos, meal prep ideas, and more at CDFTrainingRoom.com

What's included in the CORE DE FORCE Base Kit?

- **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** with food lists, recipes, sample menus, and more so that figuring out what to eat is never a battle.
- **Quick-Start Guide** with 3 simple steps for starting CORE DE FORCE strong.
- **30-Day Calendar** includes your daily workout schedule.

PLUS 2 FREE BONUS WORKOUTS

- **5 Min. Core on the Floor:** The ultimate core finisher—5 challenging plank movements to help burn the belly and define, flatten, and tone the tummy.
- **Core Kinetics:** Strengthen your powerhouse with fat-blasting moves that help carve flat abs and tight obliques.

EXCLUSIVE! Your customers will get a FREE Bonus Workout DVD—MMA Mashup.

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! A \$19.95 USD value, it's FREE when purchased from a Coach.

Can I stream CORE DE FORCE workouts?

- Yes! If you purchase CORE DE FORCE and become a Beachbody® On Demand member, you'll get unlimited streaming access to CORE DE FORCE and hundreds of proven Beachbody workouts via any desktop, laptop, tablet, TV, or mobile device. Just look for "Purchased Programs" on Beachbody On Demand to stream CORE DE FORCE. Plus, coming this winter, your membership will also give you exclusive access to additional CORE DE FORCE workouts, the Modifier Track, and additional content from Joel and Jericho.

You can also get streaming access to your CORE DE FORCE workouts by purchasing one of the CORE DE FORCE Challenge Packs.

- The CORE DE FORCE and Shakeology® Challenge Pack, the CORE DE FORCE Kickstart and Shakeology Challenge Pack, and the CORE DE FORCE Performance Pack all include a free 30-day trial to Beachbody On Demand..
- You can also opt for the Digital CORE DE FORCE and Shakeology Challenge Pack which includes 90 days of access to Beachbody On Demand, as well as a CORE DE FORCE Digital Unlock, your first 30-day supply of Shakeology, a Shakeology Shaker Cup, and Portion Fix®. **The Digital Challenge Pack does not include the CORE DE FORCE DVDs.**