

Product Training Guide



BEACHBODY ULTIMATE RESET™



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 and detox programs on the market. The Ultimate Reset not only helps you eliminate toxins and waste gently and naturally, but it also maximizes your cellular energy production, helping your body process food more efficiently and your systems run more smoothly.*

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

- **Reclaim** your body's natural balance.*
- **Release** the harmful materials you may be storing within you.*
- **Restore** your system to its maximum health.*

Why Reset?

Our environment has become more and more toxic. Our bodies absorb pollution and harmful chemicals all our lives, along with the air we breathe, the food we eat, and the water we drink. These toxins can get stored in our bodies, clogging our cells and slowing down their natural functions.

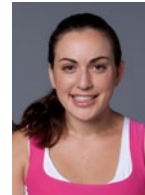
According to the Centers for Disease Control, the average American has approximately 219 toxic chemicals stored in his body, primarily in fat cells. This toxic overload can help lead to premature aging, obesity, diabetes, heart disease, and cancer. In fact, the American Cancer Society states that **75 to 80 percent** of cancer deaths are linked to environmental factors like toxins.

It's not enough just to work out and eat right. At Beachbody®, we realized we had to take a break from the everyday and find a way to get those toxins out of our bodies. Along with getting in shape on the outside, we had to start getting healthy on the inside.* We decided it was time for a Reset.

"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!



"Before the Reset, I was prediabetic, and I had no idea about that. My blood sugar level is within the normal range now, which is phenomenal."

—Lilah R.



"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.

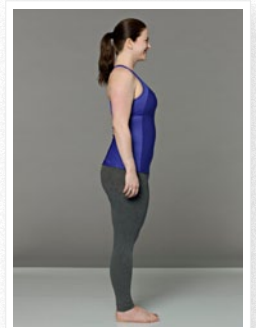


"My cholesterol dropped 27 points, and I lost a total of 14 pounds. I put these pants on today, and—holy mackerel!! I feel phenomenal!"

—Jennifer K.



Harmony M.
Before



Harmony M.
After†

†Results vary.

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What are the benefits of the Beachbody Ultimate Reset?

The Beachbody Ultimate Reset is a breakthrough program that will help you reset your body so you can **feel, look, and be** healthier.*

In just 21 days, the Beachbody Ultimate Reset helps your body get rid of toxins you've been taking in for decades.* 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 body remove toxins from your cells and organs. After 21 days, you'll truly feel **reset, renewed, and restored**—you'll feel healthy, maybe for the first time since you can remember.

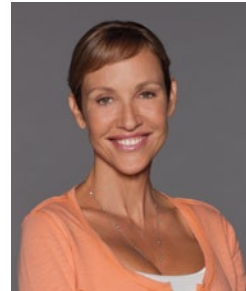
The Ultimate Reset can help you gently restore your body to its original “factory settings,” by safely and naturally helping you to:

- Flush your organs of toxins*
- Improve your digestion*
- Increase energy*
- Have a more positive mood and better focus*
- Lose weight (and improve your BMI)*
- Lower your cholesterol*
- Eliminate dependencies on sugar and caffeine*
- Improve your overall health*

— 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 and energy levels, helping to end dependence on sugar and caffeine.
People having trouble with their digestion and/or elimination	The Ultimate Reset helps restore your internal system to its “factory settings,” helping to improve and regulate your body's digestive processes and enhancing nutrient absorption.
Overweight people	The Ultimate Reset helps replace foods that aren't optimal with detoxifying supplements and a vegetarian-based meal plan to help jump-start your healthy weight loss, so you can see dramatic results in just 21 days.
People looking to take better care of themselves	The Ultimate Reset helps you tune in to your body's natural state of health, helping you release toxins while you learn what you really need to know to feel great.
People who want to reduce the likelihood of disease, and work at improving their overall well-being	The Ultimate Reset helps you take a break from chemical additives and 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.
Elite athletes who need to take a break so their bodies can begin to recover	The Ultimate Reset helps your muscles begin to repair and your body begin to heal, helping you work toward restoring your body's natural energy levels and helping you prime for better performance.

Meet the creators of the Beachbody Ultimate Reset.



Isabelle Daikeler



Darin Olien

Isabelle Daikeler, health and fitness expert, and **Darin Olien**, superfood ingredient hunter, previously worked together to create Shakeology. With help from former Presidential nutritionist



Dr. Bill Wheeler

Dr. Bill Wheeler, they then took on the mission of creating this healthy cleansing program. They searched around the world 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.

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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 1 week long:

- Phase One: RECLAIM your body, accessing its inner chemistry and preparing for change.*
- Phase Two: RELEASE the toxic compounds that are stored within your tissues.*
- Phase Three: RESTORE your metabolism to maximum efficiency.*

After just 21 days, you should feel dramatically better physically, mentally, and emotionally. Will it be challenging? Sometimes. But just as Beachbody® 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" period, during which you'll be guided 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.

Did you know that:

- Approximately 1,000 new chemicals are put into commercial usage each year?
Source: Environmental Protection Agency (EPA), *A Comparative Evaluation of GC/MS Data Analysis Processing*, project summary page.
- Nearly 80,000 chemicals are on the market in the United States?
Source: President's Cancer Panel, 2008–2009 Annual Report, *Reducing Environmental Cancer Risks: What We Can Do Now*, page 5.
- More than 3,000 chemicals are used in U.S. food supply?
Source: FDA.gov, "Everything Added to Food in the United States (EAFUS)," Nov. 2011.



Keep up your Beachbody Ultimate Reset lifestyle!

Why use the Beachbody Ultimate Reset Maintenance Kit after the Reset?

If you love how your energy level, digestion, and mood have improved since you began your Ultimate Reset, why stop now? Continue to support these positive changes by continuing to eat healthily and take supplements from the Ultimate Reset Maintenance Kit.

What's in the Beachbody Ultimate Reset Maintenance Kit?

Continuing these two powerful supplements is the best way to keep your body in a healthy pH balance and enable your digestion to work at its peak level.

- **Alkalinize** contains super greens to help maintain alkalinity.*
- **Optimize** includes essential systemic enzymes to promote healthy metabolism and effective body functions.*

If you feel yourself growing sluggish, or you feel your energy dipping to pre-Reset levels, you can also order the other supplements individually and help return your systems to tip-top condition.*



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What's included in the Beachbody Ultimate Reset?

Complete Kit	What's the benefit?
Six Ultimate Reset Supplements:	Ultimate Reset Supplements are uniquely formulated to help restore your body to optimal health.
<i>Alkalinize</i>	Helps maintain alkalinity*
<i>Optimize</i>	Promotes healthy metabolism and effective body functions*
<i>Oxygenize</i>	Helps provide supplemental oxygen to the body*
<i>Mineralize</i>	Adds natural minerals needed by the body*
<i>Detox</i>	Helps remove toxins and waste in the colon*
<i>Revitalize</i>	Helps revitalize flora in the digestive tract*
Program & Nutrition Guide	<ul style="list-style-type: none"> Includes detailed step-by-step instructions for your 21-day Reset journey. Plus a 3-week eating plan with recipes, cooking tips, shopping lists, and more.
Two DVDs <ul style="list-style-type: none"> • <i>Reset Your Health!</i> • <i>Cooking Class!</i> 	<ul style="list-style-type: none"> Gives you a complete program overview, instructions to get started, and Success Stories to help motivate you. Provides an overview of the foods recommended in your Reset, including sample meal-preparation videos.
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.	Access to unprecedented exclusive UltimateReset.com content. <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 Web site content

Keep up your Beachbody Ultimate Reset lifestyle! (cont'd)

Enjoy Shakeology®, the Healthiest Meal of the Day®.

- After your Reset, your body is uniquely prepared to take in the full benefits of delicious Shakeology®. Its patent-pending formula helps provide the essential nutrients you need, and helps your body absorb them better.
- Available in NEW dairy-free vegan Tropical Strawberry.

Allowed Ultimate Reset Program Modifiers Tropical Strawberry Shakeology (Vegan)

- For those looking for a convenient, Reset-friendly meal substitute (like a quick and healthy breakfast), Tropical Strawberry Shakeology's vegan formula has been specially formulated to fit the Ultimate Reset regimen.
- We recommend mixing 1 scoop of Tropical Strawberry Shakeology, 1 cup low-glycemic frozen fruits, and 8 oz. distilled water in a blender. Use only once a day, for breakfast.



Tai Cheng™ Workout Program

- You may engage in light exercise like the Tai Cheng™ workout program while doing the Reset.
- Tai Cheng is a combination of no-impact and gentle moves using a natural approach to help increase range of motion and fitness. In addition, Tai Cheng helps relieve stress, aches, and pains; strengthen core; and improve balance.

tai CHENG™

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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 gently shift your body's internal settings.)*
- A laxative-based, colon-focused cleanse, which fails to truly detoxify the whole body. (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 detoxify and restore your body. You'll not only help return your metabolism to optimal function, 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 and Bars	Optional	x	x	x
Meal Plan and Cooking DVD	x			
Consume at Least 1,500 Calories a Day	x			
Body and Mind Detox	x			
Clinically Tested Results	x			
Mobility	x			
Portability	x			
Support: Online Participant Portal	x			
Support: Coach/ Peer	x	x	x	x

Additional Reset tools

Ultimate Reset Dry Brush

The skin is your largest organ, through which your body discharges many toxins and waste materials. Dry-brushing opens the pores and removes dead skin cells, aiding in this process. It also helps stimulate nerve endings, improve circulation, and activate your lymphatic system, which can help leave you feeling refreshed and revitalized.

Support your Reset and help your skin detox by dry-brushing it with our natural-bristle dry brush before you bathe.



Ultimate Reset Complete Kit

Retail: \$229.95

Club: \$206.96

Coach: \$172.46

PV: 170

TV: 135

SKU#: MDSUCLN2101

Ultimate Reset Maintenance Kit

Retail: \$99.95

Club: \$89.96

Coach: \$74.96

PV: 75

TV: 60

SKU#: MDSUCLN2102

Billed every 30th day.

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

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The six supplements and what they do

SUPPLEMENT	BENEFIT
Alkalinize	<p>Helps maintain alkalinity*</p> <p>A super-green mixture of grasses, including wheatgrass, alfalfa, kamut grass, and barley grass, in a concentrated juice powder that helps neutralize excess acid and maintain alkalinity, bringing your body back into a healthy pH balance and helping to support your immune system.</p> <p><i>Alkalinize</i> comes in a convenient single daily-dose packet.</p>
Oxygenize	<p>Helps provide supplemental oxygen to the body*</p> <p>Oxygen helps your body detoxify and supports a strong immune system.</p> <p><i>Oxygenize</i> comes in a convenient dropper bottle.</p>
Mineralize	<p>Adds natural minerals needed by the body*</p> <p>Natural Himalayan salt includes up to 84 minerals and trace elements, such as calcium, magnesium, potassium, copper, and iron. Natural salt can help restore the essential minerals that are vital to your life processes, including building strong bones, enabling nervous system function, aiding in the absorption of nutrients through the digestive tract, and even helping to prevent muscle cramps.</p> <p><i>Mineralize</i> is taken throughout each phase of the program, and may be used as a seasoning with your meals.</p>
Detox	<p>Helps remove toxins and waste in the colon*</p> <p>This colon-cleansing powder is a blend made from organic sources like Camu-Camu, Chia Seed, Ginger Root, and Flaxseed, along with natural spices like turmeric and garlic. <i>Detox</i> helps improve the regularity of bowel movements and gastrointestinal well-being, without forcing your body to react the way most laxatives do. And unlike other cleanses on the market, <i>Detox</i> is a gentle colon cleanse that won't keep you parked next to the bathroom.</p> <p>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.</p>
Revitalize	<p>Helps revitalize beneficial flora in the digestive tract*</p> <p>Our pre- and probiotics help restore beneficial flora to your digestive tract. They're sometimes called "friendly" or "good" bacteria, because they help break down carbohydrates, control the growth of harmful bacteria, and promote a healthy immune system.</p> <p>You'll take <i>Revitalize</i> capsules daily throughout the Ultimate Reset.</p>
Optimize	<p>Promotes healthy metabolism and effective body functions*</p> <p>Our proprietary blend of systemic enzymes also contains added Camu-Camu, which helps promote an optimal immune system and helps manage your body's natural inflammatory response.</p> <p><i>Optimize</i> capsules are taken throughout all three phases of the Ultimate Reset program.</p>



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Supplement Fact Boxes

Alkalinize

Supplement Facts		
Serving Size: 1 packet (2.7 g) Servings Per Container: 1		
	Amount Per Serving	% Daily Value**
Calories	8	
Calories from Fat	1	
Total Fat	0 g	0%
Saturated Fat	0 g	0%
Trans Fat	0 g	
Cholesterol	0 mg	0%
Sodium	0 mg	0%
Total Carbohydrate	1 g	0%
Dietary Fiber	0 g	0%
Sugars	<0.5 g	
Protein	1 g	2%
PROPRIETARY ALKALINITY BLEND: 2,675 mg ‡		
Organic Alfalfa Grass (<i>Medicago sativa</i>) Juice Powder, Organic Kamut Grass (<i>Triticum turanicum</i>) Juice Powder, Organic Barley Grass (<i>Hordeum vulgare</i>) Juice Powder, Organic Wheat Grass (<i>Triticum aestivum</i>) Juice Powder, Himalayan Crystal Salt, Apple Cider Vinegar (<i>Malus pumila</i>) Powder, Fulvic Acid Powder.		
**Percent Daily Values are based on a 2,000-calorie diet. ‡Daily Value (DV) not established.		

Detox

Supplement Facts		
Serving Size: 1 packet (9.8 g) Servings Per Container: 1		
	Amount Per Serving	% Daily Value**
Calories	48	
Calories from Fat	23	
Total Fat	2 g	3%
Saturated Fat	0 g	0%
Trans Fat	0 g	
Cholesterol	0 mg	0%
Sodium	0 mg	0%
Total Carbohydrate	4 g	1%
Dietary Fiber	5 g	20%
Sugars	<0.5 g	
Protein	2 g	4%
PROPRIETARY COLON BLEND: 9,080 mg ‡		
Organic Sprouted Chia (<i>Salvia hispanica</i>) Seed Powder, Organic Sprouted Flaxseed (<i>Linum usitatissimum</i>), Camu Camu (<i>Myrciaria dubia</i>) Fruit Powder Extract, Cat's Claw (<i>Uncaria tomentosa</i>) Bark Powder, Organic Clay (as Bentonite, Fulvic, and Zeolite), Organic Whole Turmeric (<i>Curcuma longa</i>) Root Powder, Pau de Arco (<i>Tabebuia heptaphylla</i>) Bark Powder, Chanca Piedra (<i>Phyllanthus niruri</i>) Powder, Organic Slippery Elm (<i>Ulmus rubra</i>) Bark Powder, Organic Garlic (<i>Allium sativum</i>) Bulb Powder, Organic Ginger (<i>Zingiber officinale</i>) Root Powder, Organic Peppermint (<i>Mentha piperita</i>) Leaf Powder, Whole Aloe (<i>Aloe vera</i>) Powder, Magnesium Peroxide, Citrus Bioflavonoids.		
**Percent Daily Values are based on a 2,000-calorie diet. ‡Daily Value (DV) not established.		

Oxygenize

Supplement Facts		
Serving Size: 10 to 15 drops (0.6 ml) Servings Per Container: 83		
	Amount Per Serving	% Daily Value**
Chloride	55 mg	2%
Sodium	4 mg	0%
Chromium	1 mcg	0%
Iodine	1 mcg	0%
**Percent Daily Values are based on a 2,000-calorie diet.		

Mineralize

Supplement Facts		
Serving Size: 1 pinch (0.8 g) Servings Per Container: 63		
	Amount Per Serving	% Daily Value**
Himalayan Salt	832 mg	0%
**Percent Daily Values are based on a 2,000-calorie diet.		

Revitalize

Supplement Facts		
Serving Size: 2 capsules Servings Per Container: 21		
	Amount Per Serving	% Daily Value**
PROPRIETARY PREBIOTIC AND PROBIOTIC BLEND: 1,250 mg ‡		
Bacillus coagulans (min. 10 billion CFU at time of manufacturing), Raw Yacon (<i>Smallanthus sonchifolius</i>) Root Powder.		
**Percent Daily Values are based on a 2,000-calorie diet. ‡Daily Value (DV) not established		

Optimize

Supplement Facts		
Serving Size: 2 capsules Servings Per Container: 63		
	Amount Per Serving	% Daily Value**
PROPRIETARY DIGESTIVE BLEND: 1,000 mg ‡		
Protease, Serratiopeptidase, Papain, Bromelain, Amylase, Lipase, Rutin, Amla, Maltodextrin, Methyl Sufonal Methane, Camu Camu (<i>Myrciaria dubia</i>) Fruit Extract.		
**Percent Daily Values are based on a 2,000-calorie diet. ‡Daily Value (DV) not established		