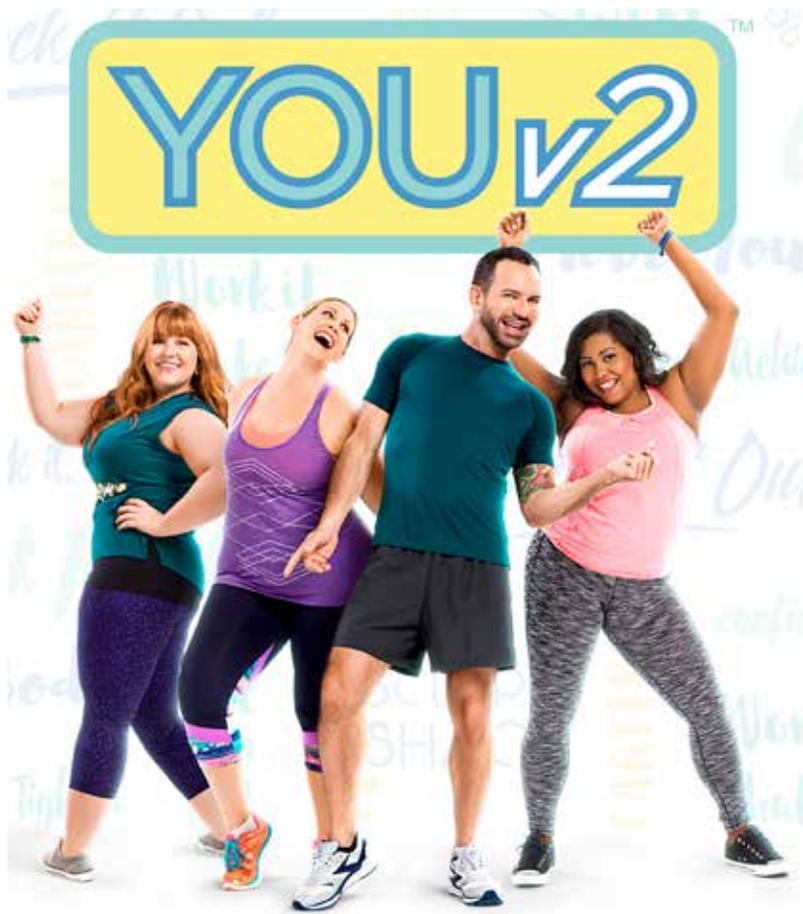


Product Training Guide



What is YOUv2™?

YOUv2 is a fun and easy health and fitness program for the woman just getting started in fitness, and eager to find something she'll love doing. There's no confusing choreography or complicated diet—just 6 easy-to-follow 30-minute routines, a simple approach to eating better, plus lots of inspiration and support. No matter her size or fitness level, she'll find it fun and easy to get moving and develop healthy habits on this 4-week empowering and inspirational journey.

What makes YOUv2 so effective?

Both the workouts and meal guide recommendations are simple and fun so you can stick with the program and get results. Leandro Carvalho's 4 beginner-level cardio-dance routines and 2 body-sculpting workouts feature feel-good party songs like **"She Works Hard For The Money,"** originally recorded by Donna Summer, and **"Love Shack,"** originally recorded by The B-52's, that help you really let loose and get moving. The meal guide gives you small, simple changes to build on each week to help you create new healthy habits for weight loss.

What makes YOUv2 unique?

YOUv2 is a simple, gradual approach to help you get moving and create healthy new habits. By focusing on small changes over time, you can lose the weight and keep it off. YOUv2 is not just a way to burn calories. This is a journey of self-discovery where you're encouraged to think about your fitness and nutrition habits, what sets you back, and what it will take to push you forward to a healthier, happier "new version of you."

Leandro is your biggest cheerleader

You will love Super Trainer, Leandro Carvalho. He's a professional dancer with years of experience in prestigious dance companies. He's earned almost every available personal training certification, while continuing to learn and expand his expertise. His lifelong love of fitness lets him share his knowledge with everyone from elite athletes to people who have never worked out.

Where can my customers find YOUv2?

YOUv2 is available on Beachbody® On Demand as well as DVD.

STREAM YOUv2 with the Annual All-Access Beachbody On Demand Membership:†

- **Stream YOUv2 routines and access program materials** (Quick Start Guide, Meal Guide, Calendar, and Journal) from your laptop, smartphone, tablet, or TV for 12 months
- View the **kids' channel** feature to get the whole family moving with you
- Access fresh content including episodes of the **FIXATE™ cooking show** with delicious, easy-to-make recipes for weight loss
- Keep being your best you all year long with **access to an incredible variety of hundreds of workouts on Beachbody On Demand**, such as Leandro's Brazil Butt Lift®, Hip Hop Abs®, CIZE®, 21 Day Fix®, and 3 Week Yoga Retreat™, plus all-new releases throughout the year



Also available for iPhone®, iPad®, Apple Watch®, and Apple TV®.

Purchase the YOUv2 DVD Program

You'll receive:

- 6 routines on 2 DVDs
- All printed program materials:
 - YOUv2 Meal Guide
 - YOUv2 Calendar
 - YOUv2 Quick Start Guide
 - YOUv2 Journal



Product Training Guide

— RETAILING TIPS —	
Who to target:	WHY YOUv2?
Women who want a fun dance-inspired workout that's easy to follow	Hate push-ups, weights, and burpees? Love music? This program lets you crank up the volume and let loose to feel-good party songs you'll want to sing along to. No complicated choreography to learn. Just simple dance combos you'll love to rock out to.
Fitness beginners	It's a simple, low-impact fun and easy health and fitness program anyone can do. It's easy to follow along with and a ton of fun. Ramp up to eating healthier with a simple meal guide with small changes over 4 weeks. No equipment needed.
Women who have never really worked out or haven't in a long time	This is the perfect program to ease into fitness as you build up your confidence and stamina.
Women who want to begin a life-changing journey to look and feel better	Many women need more than just exercise and calorie restriction to lose weight. They prefer a supportive environment, good energy, and inspiration. From positive affirmations to journaling about your successes and setbacks, this program treats the whole you. In 4 weeks, you'll feel amazing about yourself, your healthy new habits, and your renewed zest for life.
Women who want to lose weight but don't like strict programs or diets	The workouts get you moving and the more you get into it, the more calories you can burn. The simple eating guide helps you create healthier habits week by week that result in healthy weight loss.
Mothers	YOUv2 has a kids' channel feature on Beachbody On Demand to show that kids can totally do this workout and are welcome to join in so the whole family can have fun working out together.

Cross-selling suggestions**

Help your customers get better results with YOUv2 by recommending these additional products:

- Portion Fix®
- Weighted Gloves
- Core Comfort Mat



Core Comfort Mat contains natural rubber latex, which may cause severe allergic reactions.

Supplements:**

Shakeology®

Enjoying this superfood supplement shake with YOUv2 is the perfect combination to help you get the most out of your Beachbody fitness program.* Available in 5 whey flavors and 4 vegan flavors.



Shakeology Boosts

Boosts allow you to customize your Shakeology according to your specific needs. Focused Energy Boost is designed to give you a wholesome boost of energy—both for your mind and body. Power Greens Boost can help you get more phytonutrients into your diet. Digestive Health Boost helps support regularity and healthy digestion.*



**All products and flavors may not be available in your market.

Product Training Guide



What comes with YOUv2?

Workouts	
4 cardio-dance routines	Join Leandro and the ladies in 4 cardio-based dance routines set to awesome music. Simple moves help you get moving and start sweating. Learn 4 moves one-by-one. Then Leandro picks his favorite 8 moves to create a mini-dance combo where you can dance it out to a classic party song.
2 body-sculpting workouts	Leandro kicks off each routine with a quick warm-up. Then, it's on to a series of light toning exercises using your body weight, because that's all you need when you're just starting out.
Kids' channel	YOUv2 features a kids' channel to show kids they can do this workout and are welcome to join in too, exclusively on Beachbody On Demand.
Fitness Tools	
Quick Start Guide	Start here to find out what your journey entails and how to make the most of it.
Motivational Wall Art Calendar	Learn which workouts to do on what day. You'll get weekends off for grocery shopping, meal prep, and, of course, life. Plus, get inspirational wall art with motivational quotes from Leandro and the ladies.
K.I.S.S. (Keep It Super Simple) & JUST EAT! Meal Guide	Forget strict diets. This flexible plan with 4 simple steps and easy recipes will help you create healthy habits to eat better, feel better, and shed the weight.
Oh Hello YOUv2 Journal	Here's where you set goals, track your progress, and note your habits and feelings throughout the journey to discover what sets you back and what pushes you forward to a healthier, happier you.

CHALLENGE PACKS

Challenge Packs are the all-in-one solution that can help you achieve the best possible transformation.

YOUv2 Annual All-Access Beachbody On Demand & Shakeology Challenge Pack:†

- **Annual Membership to Beachbody On Demand** includes streaming access to YOUv2, plus unlimited access to every available Beachbody program even all deluxe and Beachbody On Demand exclusive workouts, and all future releases. Your membership also includes access to Beachbody's cooking show—FIXATE.
- **Downloadable digital copies of program materials** (Quick Start Guide, Meal Guide, Calendar, and Journal)
- **Your first 30-day supply of Shakeology**—the superfood supplement shake with Your Daily Dose of Dense Nutrition® to help you push harder, feel healthier, and get results when you combine your favorite fitness program with the power of Shakeology's ultra-premium nutrition—delivered on Home Direct, our monthly automatic shipment delivery program which you can cancel at any time.
- **Portion Fix**—an easy-to-follow system with seven color-coded containers, a Shakeology shaker cup, and nutrition guide that tells you how much to eat to lose weight.

YOUv2 Annual All-Access Beachbody On Demand Kickstart & Shakeology Challenge Pack:†

- Includes everything in the YOUv2 Annual All-Access Beachbody On Demand & Shakeology Challenge Pack (above).
- 3-Day Refresh® Kit to help you break the cycle of unhealthy eating and kick-start your weight-loss program with this simple, clean eating program.*

YOUv2 & Shakeology Challenge Pack:†

- YOUv2 Base Kit—DVDs and printed materials
- Your first 30-day supply of Shakeology
- 30-day free trial membership to Beachbody On Demand

*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.

†Challenge Packs and Beachbody On Demand memberships contain subscriptions and memberships which automatically renew. Please consult your country-specific price list in the Coach Office for full details.

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