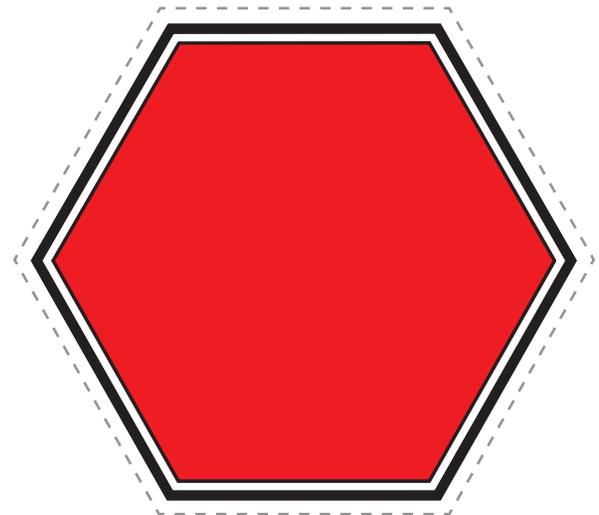


SHIFT SHOP™



HOW TO USE THE PRINTABLE AGILITY MARKERS:

1. Print this page in color. For more durable markers, a heavier paper weight (60lb. or above) is recommended.
2. Cut out each marker along the dotted line.
3. To keep markers in place during your workout, we recommend placing a small piece of tape rolled up on the back of each marker. Be sure to use tape that will not damage your workout surface. In all cases, be sure your workout area is dry and cleared of anything that could impede your movement or cause you to trip during the workout.
4. Use the markers only as directed in the Beachbody workouts.

The official Beachbody® Agility Markers go on sale beginning July 13, 2017.

To purchase, speak with your Team Beachbody Coach or go to TeamBeachbody.com.

