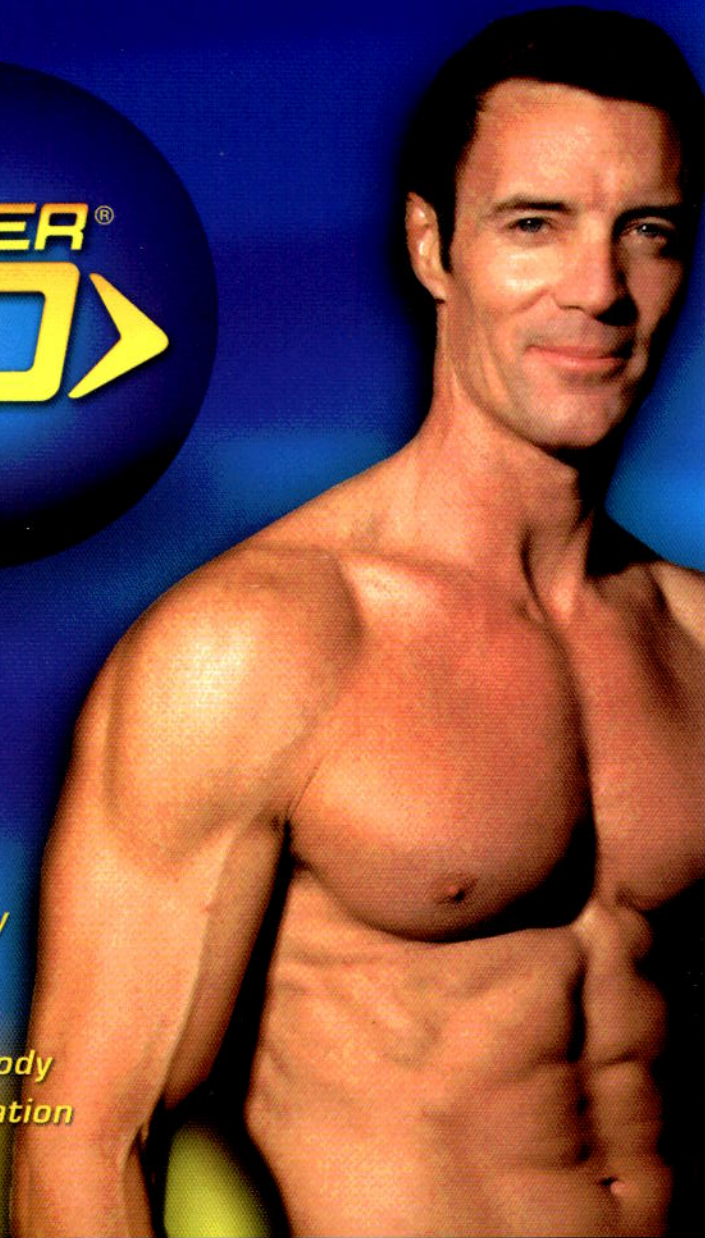


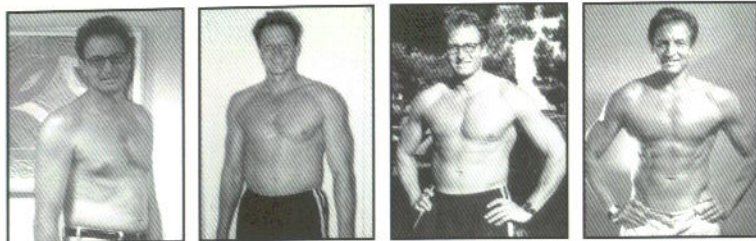
**POWER<sup>®</sup>**  
**90** 

*The 90-Day  
In-Home  
Boot Camp  
for Total Body  
Transformation*



**PROGRAM GUIDE**  
& TRANSFORMATION TRACKER  
WITH TONY HORTON

Jon Congdon, Beachbody.com



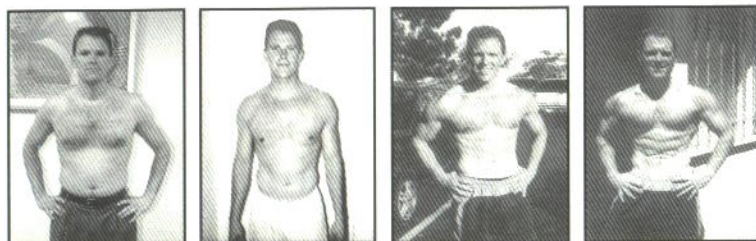
Day 1

Day 30

Day 60

Day 90

Carl Daikeler, Beachbody.com



Day 1

Day 30

Day 60

Day 90

*"Tony's a great instructor. I like the mix of the Cardio/Abs and Circuit training."*

**- Anthony A.**

*"Power 90 has given me more energy. Made my upper body much stronger."*

**- Alyssa N.**

*"I feel better and have more energy. I lost quite a lot of weight. However, I'm gonna see it through because I'm determined to do whatever I have to do to reach my goal."*

*I'm looking forward to day 90!"*

**- Veronica M.**

*"I like the routine and discipline of the program. It tells you what to do."*

**- Carolyn S.**

*"I feel a sense of accomplishment 6 days a week. Seeing changes in my shape."*

*Tons more energy. Love it!!!"*

**- Laura M.**

Created by:



BEACHBODY

*Decide. Commit. Succeed.*

An open letter to our customers:

Sometimes I wish I had chosen to go into the software business or real estate, because when you tell people you run a fitness company called Beachbody®, they immediately look you up and down to see if you are one. And until we created this product, I was not.

I was just a businessman who believes in direct marketing because by cutting out the middleman, you can better understand what the customer is looking for, and then give it to them. (And I want to hear from you too. Send email to [CarlD@MyBeachbody.com](mailto:CarlD@MyBeachbody.com) and give me your feedback.) It's a great way to run a fitness business. But it also adds pressure to "walk the talk."

The development of Power 90 came originally from a selfish desire. There I was, looking soft and pasty. While I'm always willing to do the work to get in shape, I'm not willing to waste time. So that means I've tried a lot of things and quit them because they were wasting my time.

The fitness tools that are available don't quite fit with my likes/dislikes (see below):

- I don't like working out.
- I don't like going to a gym.
- I don't like the cyclical "start, fail, quit... start, fail, quit" pattern I was in.
- I LIKE to eat the food I want, whenever I want.

So, when my partner Jon Congdon agreed that we both needed to find something to get in shape, we worked with our friend Tony Horton and launched Power 90®, a 90-day program that takes less than an hour a day, with supplements that would expedite our results.

Now I feel better about myself and I don't have to listen to my inner voice say, "Carl, your clothes are getting very tight." (If you ever beat yourself up mentally when you put on jeans, you know that really means something.)

If you're like me, with no time but a REAL desire to see what kind of body you are capable of having, Power 90 will get you there, and then some. I hope you stay with it like I did, and share your success with us.

Sincerely,

Carl Daikeler





**Acknowledgements:**

Power 90® was created by Beachbody. Product Partners, LLC is the owner of Beachbody.com, Beachbody and design, MyBeachbody, Power 90, P90X, Sectional Progression, Ho' Ala ke Kino, Power Half Hour, and B-LINES trademarks. Distributed by Product Partners, LLC, Beverly Hills, CA 90211.

The fitness routine of Power 90® was created for Beachbody by Tony Horton, a trainer and fitness expert based in Santa Monica, California. Contributing to the development of the workout routine were Carl Daikeler and Jonathan Congdon.

The supplement system of Power 90® was created for Beachbody by Tim Avila, a sports nutrition expert based in Southern California.

Clothing was provided by Perfetto™, shoes provided by Reebok™ Pro/Bell™ dumbbells provided by Premise Products™ Towels provided by Aquis™

Special thanks to Heather Church, Heather Hanson, Mark Bateman, Quest Adventure Gym, Bernie Ybarra, Cort Howell, Tricia Daikeler and Ava Delaney for their assistance in the creation of this program.

**IMPORTANT:**

Not all exercise programs are suitable for everyone. Please consult your physician before beginning this or any other regimen of exercise and/or vitamin supplements.

Results will vary. Weight loss may be temporary as exercise and proper diet are required to maintain long-term weight loss and muscle gain.

You should never exercise beyond the level at which you feel comfortable. If at any time you feel you are exercising beyond your capabilities, or you feel discomfort, you should discontinue the exercise immediately.

If any particular movement causes discomfort, either look in this guidebook for an alternative movement, contact us at Beachbody.com for a suggestion, or skip the move altogether.

That "no pain, no gain" stuff doesn't work. This program is about getting in shape, transforming your body, and improving your health without the pain.

You can work hard without being in pain. You can work hard and still be careful. So while you're pushing yourself, listen to your body.

**Kapeesh?**

**Okay. We know you probably won't**

take the time to read this entire book before you get started. But we highly recommend that you do to get the most from the program.

But in case you just want to get working right away, here's a "Quick Start" guide for you:

## QUICK START

(a.k.a. "Ready, Fire... Aim!")

1. Start on Phase I-II Circuit to get familiar with the moves.
  2. To start you need:
    - Phase I-II Circuit Video
    - VCR or DVD player, TV, electricity
    - Resistance (dumbbells or B-LINES® Resistance Bands)
    - Enough space to take two lunges
    - Water & towel
    - Beachbody® supplements (optional)
  3. Scheduling Workouts
    - \* Alternate the Circuit and Cardio/Abs, so you do each 3 times a week with one day off per week.
    - \* Never do the Circuit two days in a row! Your muscles need the day to recover so strengthening occurs.
  4. Important:
 

Take it easy. For at least the first week (maybe even the first two weeks) you should leave some effort behind until you understand the moves and what your body can handle. You will get too sore to work out every day if you don't introduce this program to your body gradually.
  5. Note Day 1: Take a photo of yourself so you have a record of where you started. Make a note in this booklet of the date of your "Day 1" and track your progress daily on the charts provided.
  6. "Go!" *Push Play* and in about 40 minutes you're done for the day! You're on your way to a body transformation you won't believe.
  7. For additional motivation, go to [MyBeachbody.com](http://MyBeachbody.com) to access our premium online diet and support system.
- Once you get further into the program, you might want to understand what you're doing and take advantage of the effort we put into this book when we could have been out getting a tan.
- So please get familiar with the strategies and tools that have transformed the bodies and lives of people just like you.

### Contents:

- 3 – Important Notice—Read This!
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- The logo for Power 90 features the word "POWER" in a small, bold, sans-serif font above the number "90" in a large, stylized, bold font. The "90" has a metallic, 3D effect with a shadow and a small arrow pointing to the right.
- 43 – Get Something Extra for All Your Hard Work!
  - 44 – And on the 91st Day... (Maintenance Program)
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**About Us:**

In the last year at Beachbody (Beachbody.com), we have shipped over one million exercise videos to people looking for efficient home fitness training tools. We've also listened to our customer base and helped many of our customers create the habit of taking quality nutritional supplements to help them reach their goals faster.

In addition to being a request by our own management team, Power 90 was created at the request of people who understand the efficiency of our Sectional Progression™ training method to tone muscle. This total body transformation solution evolved from our successful line of target-training videos.

After months of testing and training, plus research into the most effective and safe fitness supplements, we have created the complete Power 90 body transformation system.

**About POWER 90®:**

THE POWER 90® TOTAL BODY TRANSFORMATION SYSTEM is designed to take you through 4 progressive phases of intensity, gradually toning your body and trimming away fat while increasing your strength, endurance, and energy so you peak at day 90. Both the videos and supplements have been designed to give you safe, reliable results. The supplements are optional; however, we strongly recommend them to anyone who wants to see what heights can be achieved through this system. That's half the motivation behind Power 90:

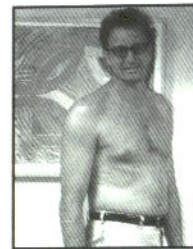
“What can I achieve if I really commit and go for it for 90 days?”

The videos were designed to simulate having a personal trainer with you at home, without any variance in instruction or tempo, or having to fork over \$75 each time they “train” you. (Trainers are human too, and can be sensitive to your moods. But videos don't care if you are slacking off—they push you to hit your mark every day at no charge—all you have to do is *Push Play*.)

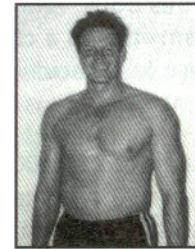
**How Do We Know It Works? The Guinea Pigs...**

The marketing team at Beachbody used the routine developed by trainer Tony Horton and supplements formulated by sports nutrition specialist Tim Avila—that's the complete Power 90 system. Frankly, the results were more dramatic than we anticipated, but they certainly confirmed our expectations: If it is humanly possible for you, Power 90 will sculpt you a new body.

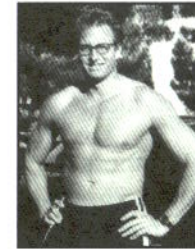
**Jon Congdon, Beachbody President**



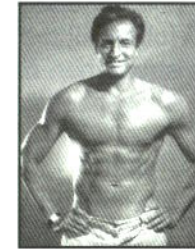
Day 1



Day 30



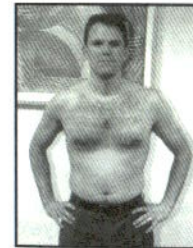
Day 60



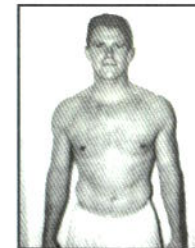
Day 90

**Note:** Jon is 6' 5"...It's pretty tough for a tall person to get “ripped.” For Jon, the combination of exercise, diet, and supplements gave him results that even surprised him!

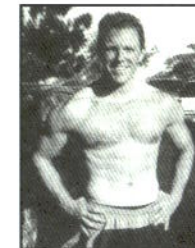
**Carl Daikeler, Beachbody CEO**



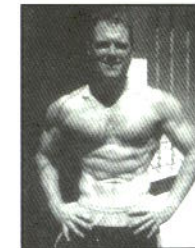
Day 1



Day 30



Day 60



Day 90

**Note:** Carl's results were interesting, as he and his wife Tricia had their first child, Ava Delaney, five days before he started the program. It's proof that Power 90 can accommodate a busy schedule (not to mention sleep deprivation and in-laws).

The results gave Beachbody clear evidence that a great system and the right supplements will cause the kind of results you see in magazines and TV shows but never thought possible for you: sculpted muscles, a trim waistline, more energy, and a powerful overall command of your physical well-being.



### Can Anyone Do Power 90?

Anyone willing to commit to following these routines should get dramatic, measurable results. Actually, you should start to see significant physical changes like our management team did in the first 21 days. But that's just the beginning. The benefits actually accelerated during the second month, and increased like wildfire during the third month!

Power 90 does require that participants be honest about their weaknesses. If you are sensitive to certain moves, be sure to look at the "Alternate Movements" section of this book. Along those lines, follow all the stretching in each program—that is a critical strategy to strengthen connective tissue and reduce lactic acid within the muscles. That speeds recovery.

During testing in our fitness lab, we had close to 100 participants ranging from age 16 to 75 use the Power 90 program. We found that people with some experience with weight training or aerobics fared better at the start. But everyone who consistently followed the program had favorable to dramatic results.

The secret is making the 90-day commitment to yourself. To best illustrate that, here's an email we got from one of the participants in our trial.

She writes:

Dear Beachbody:

I was talking to Tony Horton, explaining how I break down the program for self-motivation, and he thought that my ideas might help you to motivate other participants:

As of today, there are only 22 sessions left to complete the program. Do you think that you can devote 45 minutes (maximum) for 22 more days? That is all it will take to change your body and your life.

When you first started to work the program, it was hard. You were sore. You were grumpy. But you saw dramatic results...fast. The second 30 days is the hardest. Just when you start to get used to Part One/Two—wham!—you move on to Part Three/Four. Again you're sore. You are grumpy. Then it gets easier again.

I can do more push-ups than I ever dreamed of. My arms look great...compared to 60 days ago. I have hope that I will indeed see my abs without the lovely layer of adipose tissue. I am getting comments from friends.

It is a great program, but it is hard. There are no rewards without the hard work. I no longer want to put junk in my body in the way of food anymore.

I have worked too hard for that. I've sweated too much to go back now. So find the time. Do all six days a week. Don't cheat. The results will matter because you have done something that most people fail at. You have changed your body in 90 days. It isn't a state secret how it is done. It is 45 minutes a day, six days a week, no matter what.

Of course you can always talk your way out of doing the program. As a matter of fact, that is why we need the program: Because we've all said, "it's okay just this once," too many times. But not this time.

I feel privileged to be able to be included in the beginning of Power 90. If my ramblings can be helpful to anyone else, have at them.

Thank you for your part,

Vanessa Benya

Vanessa is a believer in the system, and the people behind the system. And like most people who are "Power 90 Survivors," she now wants to help other people get the same results she did.

Due to the physical nature of this routine, Beachbody management elected for a complete examination from physicians before starting—and it is recommended that you do the same.

### Getting Results—What to Expect

If you're like most Beachbody customers, you are extremely motivated to get started and go for it. But please be careful: Don't overdo it when you get started. If you push too hard you may experience some nausea and quit before the routine is over.

However, if you follow instructions carefully and remain consistent, you will see your muscle tone radically improve by the end of the first month and feel an incredible "healthy" sensation.

By far the most common comment from our test group was that the program was more challenging than they expected, but also more fun and more rewarding. Everyone wants to get great results. The secret is to pace yourself so you complete the entire 90-day program, and follow our diet and supplement guidelines to maximize the fat burning/muscle toning results.

**If you need Beachbody® supplements,  
please call customer service toll free at 1 (800) 818-5174  
or visit us online at Beachbody.com.**



## Product Description

### The Power 90® Training System Consists of:

#### Phase I-II:

- *Sculpt Circuit 1-2* Video
- *Sweat Cardio 1-2* Video
- *Ab Ripper 100* Video (Goes with *Cardio 1-2*)

#### Phase III-IV:

- *Sculpt Circuit 3-4* Video
- *Sweat Cardio 3-4* Video
- *Ab Ripper 200* Video (Goes with *Cardio 3-4*)
  
- Power 90® Supplements Description (page 14)
- Power 90® Maximizer (page 20)
- Power 90® Transformation Tracker (page 28)
- The Beachbody.com Internet Support Package (a great way to access our online support system)

### The Power 90® Supplement System Consists of:

- Beachbody Performance Formula
- Strength & Muscle Men's Formula—Berry Flavor
- or –
- Total Health Women's Formula

### Other Important Equipment Needed:

(Available at most sporting goods stores or at Beachbody.com)

**Resistance:** Use any of the following two options for resistance.



#### **Option 1: Dumbbells**

Depending on your fitness level, you will need two of each weight starting at 3 lbs. and going as high as you want!



#### **Option 2: B-LINES® Resistance Bands**

Choose bands based on your fitness level.

- Men in reasonable shape prefer to start with the purple (R4) band and eventually graduate to the green (R8) by Phase IV.
- Women seem to prefer starting with the pink (R3) and eventually end with the red (R6) band.

**Push-Up Stands:** If your chest is already strong enough to knock out 25 push-ups throughout the three circuits, you should intensify the work with push-up stands.

**Floor Mat:** We recommend a mat for sit-ups and floor work.

**Heart Rate Monitor:** If you can take your own pulse during the cardio workout, you are more patient than we are. We chose to keep a close eye on our intensity level using heart rate monitors. Using a heart rate monitor can assure you that you are getting the proper intensity in the workout. If your heart rate is too low, you won't get the results. Too high and you'll either hurt yourself or get discouraged. While we list this as optional equipment, we strongly recommend you use one to monitor the intensity of your workouts.

**These products are available at many sporting goods shops or online at Beachbody.com.**



### Managing the “4 Phases of Transformation”

The tracking chart in this guide is to help you measure your progress and keep track of your fitness level so you move through the four phases at the correct pace.

**Notice the continuum on each page:**



You should mark where you feel you are in the mastery of each phase as you progress through the system. Everyone starts in Phase I to learn the moves. Depending on your fitness level, you might progress through quickly to Phase II, which is accomplished as you reach your personal maximum intensity of the Phase I-II videos. Once you start to feel like the videos are getting easy (although they will never be “easy” if you’re trying hard and using enough weight), you should crank it up another notch and move up to Phase III-IV. You may be scheduled to receive Phase III-IV videos in just over a month if you purchased the trial offer. If you would like to progress more quickly, just call customer service at 1 (800) 818-5174 and ask them to ship today.

Some people choose to alternate Phase I-II and Phase III-IV when making the transition, since Phase III-IV can be very intense to start. But once you feel Phase I-II is not challenging you where you need the most improvement, you need to move on to the Phase III-IV videos to keep up your progress.

**Note:** We have gotten some feedback suggesting that people wish the signal to move from phase to phase would be more clear-cut. That is exactly the point of listening to your body. YOU need to gauge your fitness level and the intensity you can handle. When it feels like you’re not getting the same “burn” from the workout, it’s time to step it up. That is the key fundamental to Power 90—you have to remain aggressive about this for the full 90 days. You and only you can keep your foot on the accelerator. This is your chance to transform your body if you keep on it for the entire 90 days.

Everyone is different, and the point of Power 90 is to reach your potential. For the purposes of charting your progress against what we’ve designed into the program, here are the milestones achieved in our initial test at the Beachbody fitness lab:

### Phase I      Phase II      Phase III      Phase IV



We found that the hardest thing to do was to manage ambition in starting this program. People can sometimes go for it so hard, they burn out before the 21-day mark. The important thing is not to peak too early. We recommend trying to complete the workout with some energy left over until you are completely comfortable with the transition from phase to phase.

Actually, managing ambition is only the second hardest part of the program. Staying intense through the last 30 days when you feel like you’ve gotten all the progress you can is the hardest part.

This 90-day intensive program was designed for a purpose. The purpose is to help people transcend what they have achieved in the past. And the only way to do that is to bear down and commit to the full 90 days.

When you wake up and question when/if you want to work out today, you need to power through it just like Vanessa Benya. The only way to make it through is to resist intellectualizing the decision, and just do the workout.

We designed these programs to get you warmed up, worked out, and in the shower in under 45 minutes. (“From Power to Shower in under an Hour.”) So don’t think about it—*Keep Pushing Play.*

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**Take the question out of it...  
You will work out.  
You will succeed.**

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**Power 90\* Supplement Guide****Performance Formula**

**Benefits:** This formula is a great, natural herbal combination that can benefit anyone involved in a training regimen, especially one like Power 90\*.

The ingredients in the Performance Formula have a long history of safe performance enhancement. And many of the ingredients found in this formula are human metabolites, which means they are naturally produced by the body in smaller quantities. In fact, the ingredients are a necessity to maximize the response and benefit from exercise.\*

Ingredients such as Tibetan rhodiola, ginseng, hydroxycitric acid from the brindall berry, and L-carnitine are natural metabolites, which means they are naturally occurring in the body. They are included in this formula to help naturally increase your energy and your body's utilization of calories throughout the day. This proprietary blend can support the ability of the liver to retrieve, process, and burn stored body fat.\*

In terms of the safety of these ingredients, rhodiola crenulata has been used for over 5000 years as a medicine and tonic in Tibet and surrounding countries, especially China. Rhodiola continues to be sold in various food forms such as teas, elixirs, and other ready-to-consume formats. Garcinia cambogia (hydroxycitrate) has been used as a spice and medicine for thousands of years. This herb is truly a food ingredient in traditional Indian cuisine and also a revered traditional medicine. Ginseng has also been used for thousands of years by both Oriental and Indian cultures. It is used in food as well as consumed as tea. Clinical trials with ginseng extracts have demonstrated safety in humans.\*

L-carnitine is also a metabolite. It has been the subject of numerous clinical trials with both healthy and sick human patients. The biochemical role of L-carnitine in humans is to assist important enzymes in "escorting" fat into the "furnace" of certain cells where it may be metabolized (burned).\*

Green tea is included in the core formula, as it has demonstrated many advantages for people trying to achieve weight loss and weight management. Green tea is perhaps the best example of food as medicine. It is consumed by billions of people daily. Green tea and its polyphenols are safe. This product has been the subject of many clinical trials.\*

Green tea is one of the safest and most validated ingredients in the supplement arena. Green tea has been demonstrated to safely increase human metabolism, as well as provide excellent antioxidant protection. Both of these properties make it an indispensable part of a weight management and exercise program.\*

Together, these compounds are designed to help the cells in your liver accept fat more easily, similar to enlarging the opening to a coal furnace so more coal can be shoveled in.\* (In this case, the fuel is fat, so think of your body as your fat burning machine!)

The herbs ginseng and rhodiola also provide excellent support for recovery from exercise. Studies of athletes in very intense competition have shown that these herbs can give the body extra support when engaged in a strenuous exercise program. Rhodiola is also used in traditional Chinese medicine to maximize the supply of oxygen to the muscle cells.\*

Magnesium is an essential mineral and is consumed in food we eat every day. Magnesium is one of the most important nutrients for chemical reactions in the body relative to exercise and energy metabolism. It is involved in over 300 important functions in the body. Many times, problems associated with dehydration, like cramping, can be attributed to low magnesium levels. That's why it is formulated into the Beachbody Performance Formula.\*

This synergistic blend of ingredients can support your metabolism, aid in fat loss, help you work out harder, and allow you to recover faster.\*

**Performance Formula Directions:** Take 3 tablets per day, all at once, preferably not with carbohydrate-heavy food.\*\* Best taken 30–45 minutes before you work out or right before sleep. It can also be taken in the morning on an empty stomach or at any time throughout the day in between meals.

\*\*This is to limit the body's insulin response (a normal response to carbohydrate foods like energy bars, pasta, and breads) and thus maximize the fat burning session achieved with both the exercise and the core formula. If you take these with carbohydrates, the insulin response to the carbohydrates puts your body's chemistry into "energy storage mode" and the fat burning process is reduced.



**Warnings:** As with any supplement, herb, or medication, do not use Performance Formula while pregnant or lactating, or provide to a child without consulting a physician. Use this product only after consulting your physician about your specific health situation, especially if you are using any medications. Follow the directions as outlined—and do not exceed the recommended dosage.

**If you need Beachbody® supplements,  
please call customer service toll free at 1 (800) 818-5174  
or visit us online at Beachbody.com.**

### **Strength & Muscle Men's Formula—Berry Flavor**

**Benefits:** This formula consists of creatine monohydrate, which is a naturally occurring human metabolite (it occurs in and is naturally produced by the body). The amount of creatine obtained from supplements may be consumed by eating large amounts of beef or other animal protein. A great deal of human experiments document the extremely high safety profile of this ingredient. Despite some media inaccuracies regarding the experimental data, creatine is one of the safest ingredients available in any supplement product. It is thus fast becoming an athlete's most important supplement, because it is known to:

- Help quickly increase strength.\*
- Promote a significant increase in muscle mass (lean body mass) without increasing body fat or the body's water retention.\*
- Increase muscle energy to improve performance during short "bursts" of intensity.\*
- Accelerate energy recovery between workouts.\*
- Reduce fatigue and lactic acid build-up from working out.\*
- Permit more intense training which further improves strength and muscle growth.\*

Creatine supplies energy to the muscles. When your body's natural creatine supply is used during exercise, the body normally makes another 2 grams a day as replenishment. And while creatine can be supplemented by diet, to obtain 5 grams of creatine from meat would require about 2.4 pounds of

fresh uncooked beef. (We figured a powdered version would be a better way to go.) The muscles will use the creatine you ingest, and take up as much as they can until they are saturated. Any unused creatine is excreted naturally. Taking more than 20 grams a day appears to offer no benefit.

Reliable studies show that creatine helps over 80% of those who use it correctly. And while some schools of thought recommend "loading" for 5 days at 20 grams per day, it is our position that less is needed if it is mixed with ingredients to maximize absorption.\*

For more information about the impressive health benefits, clinical studies, and safety of creatine monohydrate, we recommend you read the Keats Good Health Guide called "Creatine" by Richard Passwater, Ph.D.

**Strength & Muscle Men's Formula Dosage:** Mix 1 scoop in at least 8 ounces of water, 10–30 minutes immediately following exercise.

**Important:** It's imperative that you drink plenty of water when consuming creatine to avoid excessive cramping. Caffeine intake should not be excessive, as large amounts may counteract the benefits of creatine supplementation.

**Warnings:** As with any supplement, herb, or medication, do not use creatine if you are pregnant or lactating, or provide to a child without consulting a physician. Use this product only after consulting your physician about your specific health situation, especially if you are using any medications. Follow the directions as outlined—and do not exceed the recommended dosage. While little is known about long-term side effects of creatine, no consistent toxicity appears in most reports. Kidney, liver, and blood functions have been reported by some to not be affected by either short- or long-term usage. However, it is important to note that interstitial nephritis, a serious kidney condition, did develop in an otherwise healthy young man supplementing with 20 grams of creatine per day and improvement in kidney function followed avoidance of creatine. Details of this case strongly suggest that creatine supplementation triggered this case of kidney disease. Creatine supplementation may also be dangerous for people with existing kidney disease; a patient with nephrotic syndrome developed glomerulosclerosis, another serious kidney condition, while taking creatine, which reversed when the supplement was discontinued.



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please call customer service toll free at 1 (800) 818-5174  
or visit us online at Beachbody.com.**

### **Total Health Women's Formula**

**Benefits:** This formula was designed with a special focus on providing proper thyroid and metabolic support for women. A key player in removing fat from body stores and using it for energy is the thyroid gland. The bottom line is that research shows that if you want to burn fat, then thyroid support is key.

Key ingredients from various sources have been included to ensure the thyroid can play its proper role in response to the Power 90® regimen.

**Guggul** – The first source of thyroid support comes from a botanical extract called comiphora mukkul or guggul. Guggul has been used as a medicine for thousands of years by Indian Ayurvedic healers and medical system practitioners. This interesting herbal extract has been used historically to lower cholesterol. While this may have additional benefits for uses of Power 90, our main interest comes from reports in the medical literature that guggul stimulates healthy thyroid function. A particular component contained in the extract used in Power 90 was reported in a medical plant journal to do just that.\*

**Ginseng** – The word ginseng is said to mean “the wonder of the world.” Asian (Panax) Ginseng has many beneficial effects on the body and is most often used as a general body tonic to maintain health and well-being. Panax is derived from the Latin word “panacea,” meaning “cure all.” Although there are other types of ginseng, the Panax form offers the highest level and range of ginsenosides. Ginseng’s many attributes may include increased mental and physical endurance, helping the body handle stress more effectively, reduction in cholesterol, increased energy, relief in some of the discomforts of menopause, and enhanced sexual desire.\*

**Bladderwrack (Kelp)** – This is found in foods such as sushi wrap and other prepared foods. In the 19th century, Dr. Duchesne-Duparc found that weight was reduced without injuring health using bladderwrack, and one Dr. Godfroy experimented on himself, losing five and a quarter pounds in a week. More modern studies suggest that bladderwrack may help rheumatic pains, sprains, and bruises and support joint health (Hunt and Seidell). These studies also linked it to stimulation of the thyroid gland. Bladderwrack is also a good source of iodine.\*

**Iodine** – An essential mineral, iodine is found in food and added to table salt. The importance of dietary iodine relates to its being part of key metabolic hormones associated with the thyroid. Health-conscious women avoiding salt may require additional iodine from a supplement.\*

**Soy** – As an overall nutritional product for women, soy was included based on indications that soy isoflavones are active in fat metabolism, as well as in improving the quality of life in general. As an example, women in countries where soy is consumed in greater volume than the U.S. (like Japan) report fewer symptoms of PMS- or menopause-related complaints.\* Soy is fast becoming a highly recommended nutritional product for women, and The Food and Drug Administration recently approved soy as safe and effective for heart disease.

**Tyrosine** – An essential amino acid, our body needs and receives tyrosine from our food each day, and it is a valuable ingredient to the Total Health Women's Formula.

The Total Health Women's Formula can contribute to your positive metabolic functions and general well-being if you want to improve your health, increase muscle tone, and decrease the fat stores of your body.\*

**Total Health Women's Formula Directions:** As a dietary supplement, take 3 tablets per day, all at once, with water.

**Warnings:** As with any supplement, herb, or medication, do not use while pregnant or lactating, or provide to a child without consulting a physician. Use this product only after consulting your physician about your specific health situation, especially if you are using any medications. Follow the directions as outlined—and do not exceed the recommended dosage.

**Note:** The FDA regulates these products as dietary supplements. If you have any questions about how you feel while taking these supplements, call your doctor. Do not stop or change prescribed medication without the permission or prescription of your doctor. Follow the directions as outlined and do not exceed the recommended dosage.

**\*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.**



## The Power 90® Maximizer

Since Power 90 first came on the market, we've learned a lot about what will help you achieve the absolute best results from the program. Through correspondence between our members and fitness staff, we've come up with three important steps to ensure maximum results.

### Step 1: Read the Power 90® Program Guide Thoroughly!

Don't skim the guide looking for important points. Take an hour out of your life to read the guide from cover to cover. Even take notes if it helps. We can't stress how important this is or how many times people have compromised their results because they found a piece of info on the message boards that they missed by not reading the guide back on Day 1! Remember that the more knowledge you have, the better chance there is that you'll see phenomenal results. If you want to make this the most productive 90 days of your life, read and follow the program guide.

### Step 2: Use the Message Boards!

Since their inception in March of 2001, the boards have become an integral part of the Power 90 program. Our team of fitness experts is available to make your journey as easy as possible. It's like having access to your very own team of private trainers.

But more importantly, you will get support from others like you. No matter how busy, how tired, or how sore you are, on the boards you will be able to find a sympathetic soul in exactly the same boat—if not worse! Nearly all of our Success Stories have come out of the message board community. It's team support that can't be beat, and it's available to anyone with access to the Internet!

Here is an example post from Tony Horton. Tony started noticing many common questions that each new round of users would ask. For the sake of efficiency, Tony tried to put these subjects to bed. By reading his answers to the 10 questions below you'll get a jump-start on some of the problems that you are likely to encounter over the next 90 days.

The array of questions in the Q & A thread have covered a wide spectrum. There have been general questions and very personal ones. I'd like to address the general stuff, and offer some tips that will make your 90 days immensely productive.

In no particular order, here are the top ten:

- When do I switch from Phase I-II to III-IV?
  - Should I use B-LINES Resistance Bands or weights or both?
  - What's the deal with supplements?
  - What's the real truth about my diet?
  - Why am I not losing weight right away?
  - Can I mix Power 90 with other stuff?
  - How many times a week can I do abs?
  - What do I do about those problem areas?
  - What if I can't keep up with the people in the videos?
  - What about life after Power 90?
- Generally, people switch over to the III-IV videos between days 30 & 45. Some folks don't get there until day 60. This decision should be based on the following:
    - You are very familiar with the sequences.
    - You are keeping up with our pace and speed on the videos.
    - The I-II routines are becoming easier.
  - There have been a lot of questions regarding dumbbells vs. B-LINES Resistance Bands. Variety is the spice of life. Don't fall into a pattern that might create a plateau in your workouts. If you're a dumbbell fan, then it's important to also be band savvy for road trips. If you're a band fan, then don't be afraid to try dumbbells so you can experience a different type of resistance.
 

Regardless of what you use, be diligent in your pursuit of "The Burn." Those last 3 to 5 reps must be tough. It's the difference between success and failure. 8 to 10 reps build muscle. 12 to 20 reps sculpt. Use heavier weights for larger muscle groups & lighter weights for smaller muscles. Abs, push-ups, & legs are a different story. And whatever you do, never compromise good form for extra reps.
  - I take my supplements every day. My belief is that going without supplements is like going without water. Supplements supply us with the nutrients required for living a healthy lifestyle. The vitamins and minerals in supplements work together with food to supply us with the energy we need to do a 6-day-a-week program like Power 90.
 

Supplements are not drugs. A prescribed drug is taken when your body and/or mind is no longer capable of functioning normally. Supplements are taken to subtly assist the mind and body to reach beyond normal everyday activities.



4. I have never been a calorie counter. I have enough things to think about, and keeping track of calories is not one of them. I am equally uninterested in percentages, formulas, bizarre diets, & quick weight loss tricks. This seesaw battle between overeating bad food and tricky ways to lose weight fast is a JOKE!

If you really care about your HEALTH, then you must clean up your act. I have said this a million times: FOOD IS FUEL. Low-fat chocolate cake is NOT proper fuel. Fat-free potato chips are not proper fuel. Having bacon in your diet is not proper fuel. It's empty garbage. It doesn't take a rocket scientist to figure out what healthy food looks like. But for some reason we don't have to have enough common sense to see the forest for the trees.

You must stop buying food that is not in the top two or three tiers of Michi's Ladder. You must stop eating fast food. You must stop eating empty calories. You must stop overeating. You must stop eating to the point of being FULL. You must stop trying to jump-start your weight loss with a diet that you'll never stick with for the rest of your life. And most of all, you must BE PATIENT if you don't see results in the first 30 to 50 days. That's right...30 to 50 days. This is not the case for everyone. But for some of you it is. We are talking lifestyle CHANGE here. The right way is not always the fast way. The sad outcome from bad eating habits didn't happen overnight and you can't tap your heels three times to make it better.

You have probably noticed that when it comes to the diet issue I become pretty revved up. If you ask the thousands of people who have succeeded with Power 90, they'll tell you that eating fruits, vegetables, whole grains, and low-fat sources of protein (beans, chicken, turkey, fish, & egg whites) made the difference. Don't make the diet thing a puzzle. Stick to the program the way it is for 90 days. What do you have to lose—besides weight and inches—by doing things the healthy way?

5. Whenever you subject your body to something new, it can react in a myriad of ways. It can be very confusing when you've decided to do something good for yourself, and your body's initial reaction is less than ideal. This is when some folks throw in the towel. Bad idea!

The body and mind are quite often on different pages, especially at the beginning of a new workout program. Sometimes it takes time to synchronize the mind's intention and the body's reaction. You can't get a train moving in one direction to stop on a dime and then turn around and head back the other way. Our metabolism is like that train. It takes time to turn it around. This initial increase in activity and shift in diet causes the body to go into survival mode. Your million-year-old genetic processor says, "Hold on, what's happening here? There must be a famine, or maybe it's winter. Conserve the fat!" So after your body gets through this freak-out phase, the proper changes will start to happen. For some folks that phase is two weeks, for others it's more. Rome wasn't built in a day, but 90 days ain't bad.

6. A lot of people have asked me if it's OK to get creative with Power 90. They ask if it's OK to mix in gym workouts, add Power Half Hour before they finish Power 90, run instead of doing the sweat video, do more sculpt videos than sweat videos, etc. No one can stop you from eating dessert before dinner, but why would you? You bought Power 90—a 90-day in-home boot camp. The program was designed from many years of fitness research. Modify where you absolutely have to, but stay focused on doing the best you can the way it was designed, and in 90 days you'll be amazed.
7. The "How many days a week can I work my abs?" question is going to be put to rest right now. The answer: 3 to 4 days a week is all you need to get the results you want. I don't know why so many folks think more is better when it comes to ab work. Your stomach's appearance depends more on hard workouts and a clean diet than how many crunches you do. My abs started to appear after eating right and doing intense cardio workouts. When I first started working out, I never did ab work more than 3 times a week. That has NOT changed.
8. Everyone has a problem area. You might not believe it, but mine are those nasty love/hate handles. Even though I'm in the best shape of my life, I still fight the battle of the midway. My abs are not the problem, it's that stuff around the sides. For some of you, it's the belly. Others have the soft flesh covering the triceps. A great number of women have bun and thigh issues. If you've read my responses to this issue, you're well aware of what I call the "last hurrah" areas of the body. These areas store the most fat. You must be patient and diligent in your fight to conquer these areas. They are the last place to see results because that's where the body stores the most gunk.
9. Many Power 90 people are disheartened when they realize that they can't do the program perfectly. The only perfect way to do Power 90 is the way YOU do it. The kids and I are just guides to follow as YOU DO YOUR BEST. As you progress through the program your strength, flexibility, coordination, and stamina will improve. But even then you'll still have a style that is uniquely yours. Matching me move for move has nothing to do with your level of achievement. Achievement comes when you do the best you can with what you have.

It's NOT a competition with me or anyone else doing this program. DON'T TRY TO BE BETTER THAN OTHERS. TRY BEING BETTER THAN YOU WERE BEFORE.



10. Life after Power 90... Oh the possibilities!

I like to call the program after Power 90 the Power 10950. That's 30 years. It's now time to focus on the brand-new lifestyle you've created for yourself. When your 90 days are up, the party's not over. It's not like earning money and then depositing it in a savings account hoping it accrues interest. Au contraire mi amore, the party has just begun! Because if you don't keep that party going (depositing workouts and healthy food), the withdrawals will start again on day 91.

- Build up that Beachbody library.
- Start getting involved in sports.
- Go outside and play.
- Find people who are active, so you can share your new lifestyle.
- Take a class in your area that involves something physical. Self-defense, yoga, dance, etc.
- Plan vacations that focus on doing, not sitting.
- Ski, hike, climb, bike, walk, run, swim, skate, surf, basketball, softball, volleyball, and on and on and on.

There's got to be some other reason to get in shape besides fitting into a dress or being able to see your feet. Find one and live!

Welcome to the next 30 years.

Power to the P90 People!

Tony

**Step 3: Read the Newsletters!**

Beachbody newsletters contain a wealth of information on the latest findings in exercise and nutritional science and how they pertain to our members. We suggest that over the course of the program you attempt to find time to read both the archived newsletters and each new issue. They are short and the bulk of their content is aimed directly at helping you improve your results.

Here is an excerpt from one of the articles written by the Beachbody Fitness Advisor, Steve Edwards, on how to avoid hitting a plateau.

It's part of the body's natural process to hit a plateau because it's always trying to regulate itself. Your body is a creature of habit. To maximize any exercise routine, you need to break habits from time to time. Most athletes train in 4- to 6-week blocks where they work on one energy system: endurance, power, etc. Within these few weeks you usually see an adaptive phase, where the body learns how to do the new set of exercises. This is followed by a growth phase, when the body is responding to these exercises and is changing. When graphed it looks like a ski slope because you're making rapid changes. Once your body gets good (or efficient) at these exercises, they don't cause as much trauma and you begin to get less effect out of the same program. The "ski slope" begins to level off and starts to resemble a plateau. If this program is continued the line will go completely flat, or even start to dip the other way because of overuse.

Let's use Power 90 as an example:

Power 90 is broken up into 4 phases. While you only change your actual workout once throughout the period, each phase has an adaptive phase and an overload phase that looks a bit like this:

- Phase I: Adaptive phase. Your body gets used to the movements and schedule.
- Phase II: Growth phase. You are now used to the exercises and can push much harder. Resistance (weight) is added to the Sculpt workouts and you get better at the cardio movements as you start to master it.
- Phase III: Another adaptive phase when you get used to the change in workouts.
- Phase IV: Another growth phase. Resistance should be added continually throughout Power 90.

Most sound fitness programs follow some similar type of plan. However, this alone does not keep plateaus from occurring. They can and will affect everyone that engages in any exercise program, from couch potato to Olympian. In fact, the more finely tuned your body is, the harder it is to avoid plateaus. But even though they are a natural part of the process, it does not mean that we have to give in to them. At some point along your fitness path you are likely to encounter a plateau. Here are 5 tips to help you snap out of it.

1. **Back off for a week.** This doesn't mean to not exercise, it just means that if you ease up a bit, you'll likely recover and get stronger. Oftentimes your body is overtrained, exhausted, and just in need of a break. If you are finding it suddenly difficult to get through a workout that was easy the week before, then this is most likely the case. You want to cut down on your intensity and focus on technique and flexibility.



It's a perfect time for some yoga or a program like Tony's Ho' Ala ke Kino™. Another option would be to lower your workout weight or go backwards for a week, like to Phase I/II or Start It Up! Gauge this so that you finish workouts feeling refreshed rather than knackered. When your energy level returns, launch back into your workouts harder than you were doing before.

2. **Turn the screw a notch.** The antithesis of the above. Sometimes you need to go the other direction and find a way to ramp things up. The easiest way to do this is by adding resistance. Change B-LINES Resistance Bands or add weight so that you start failing at around 8 reps on all of the exercises. This will mean you need to constantly change resistance during each workout. Strive to get this new weight back up to 15 reps on all exercises. This added intensity will force your body to adapt and turn that improvement line skyward again.
  
3. **Streamline your diet.** It's time to stop slacking off. If you've been giving yourself little rewards for a job well done (a good idea in general), then it's time to stop. Get serious. Pretend you're a fitness guru, like Tony or Debbie, and cut out the junk in your diet. And, of course, remember to make sure that you are getting enough protein. Broken down muscle tissue needs protein to rebuild.
  
4. **Add some morning cardio.** 20 minutes or more of easy to moderate level cardio in the morning on an empty stomach can have your metabolism steamrollin' once again. You can actually train your body to more efficiently use stored fat as fuel and this is one of the easiest ways to do it.
  
5. **Cut out 500 calories per day.** If everything else seems fine and you're at wit's end, then try this. Make sure that you're cutting out either junk or food across the board (proteins, fats, and carbs) because when restricting calories you need to be very careful about getting all of your nutrients (make sure to take your vitamins). But 500 calories per day works out to 3,500 per week, and that's a pound without any other changes at all! Keep in mind that this will only work if you are eating properly. If you're already on an ultra low-calorie diet then this is not an option. Those who are stuck on very low-cal diets are more likely to see results by adding calories and following steps one through four, because they need to bring their metabolisms back towards normal.

### Making the Power 90® Commitment

You've heard about it on TV. You've read the book. Now it's time to go for it. And here's some good news: You're in control. If you feel like quitting halfway through one routine one day because it doesn't "feel right," then quit. If you want to change the way you do a movement because it doesn't work for your body or you have an injury, don't do that movement or see "Alternate Movements" for a different approach.

The important thing is, to whatever degree your body will let you, and without taking any chances with your health, follow the program in a way that works for you—and commit to it for 90 days.

Every day, don't let your mind debate *whether* you will do Power 90 or not. That should not be a question. You will do Power 90, six days a week. The question should only be "*how intense?*"

That commitment alone will make this fitness system more successful than any other you try—and it will give you faster, more exciting breakthrough results than you thought possible.

***But you have to do it, and find the way within yourself to stick with it.*** Now, write down three reasons you're making this commitment so you can refer back for motivation whenever you consider quitting (and you might around Day 21, 35, 55, and 70; after Day 70, there's no stopping you because the end is so close).

Examples: "I want to be built," "I want to see if I can get a 'hard body,'" "I want to see if I can get ripped abs," "I want to look in the mirror for once, and see no flab," "I want clothes to fit me like they fit in the catalogs," "completing this will make me feel good about myself," etc.

Your Motivators Are:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Tip:** *Make a copy of your motivators and place it on the fridge. It helps!*

Now get your camera, take a "before" picture, and let's get started!



**The Power 90® Transformation Tracker**

Consult and review this Power 90 System with your physician before proceeding. It is important that you are properly advised whether this program is appropriate for your unique situation. It is not advised that you begin this or any fitness program without the proper attention to and awareness of your current physical condition.

Statistics we suggest you have recorded by a medical professional to successfully track your progress:

**Body fat:** \_\_\_\_\_ %

**Weight:** \_\_\_\_\_ pounds [Date: \_\_\_\_\_]

**Chest:** \_\_\_\_\_"

**Waist:** \_\_\_\_\_"

**Hips:** \_\_\_\_\_"

**Right Mid-Thigh:** \_\_\_\_\_"

**Left Mid-Thigh:** \_\_\_\_\_"

**Right Upper Arm** (flexed, measured at the peak of the bicep): \_\_\_\_\_"

**Left Upper Arm** (flexed, measured at the peak of the bicep): \_\_\_\_\_"

**Cholesterol:** \_\_\_\_\_ HDL \_\_\_\_\_ LDL

**Blood Pressure:** \_\_\_\_\_/\_\_\_\_\_

**Resting Heart Rate:** \_\_\_\_\_ beats per minute

**THE "BEFORE" PICTURE**

**Take your "before" photos and staple them inside this booklet. That will be the best reminder of where you started (and where you will never be again).**

**Take another batch in 30 days, 60 days, and 90 days; you will be amazed at the change.**

**PHOTO GUIDELINES:**

- 1. CLOTHING** – The tighter the better, so your results are visible. We recommend that women wear either a sports bra with running shorts/biking shorts, a bikini, or a one-piece bathing suit (no bold lines or busy patterns). Men should wear shorts and no shirt. Make a note of the outfit you wore in your before photo. It's best to wear the same outfit again in your after photos. This will make it easier to see how dramatically your body changed!
- 2. LOTS OF LIGHT** – Make sure you have enough light. Consider taking the pictures outside during daylight hours or using a flash.
- 3. FRAMING** – We prefer that you capture your full body in the frame, from head to toe, but not from too far away.
  - a. A plain background is best, but not necessary.
  - b. Try to take the "before" and "after" in the same place. Have the person taking your picture stand in the same place as well. Make a note on paper if this will help you remember.
  - c. Take multiple shots from 2 to 3 different angles so we have plenty to choose from. Don't "suck it in" or "push it out." Try to take the most accurate shots possible.
  - d. We suggest taking 2 front shots ((1) with your hands on your hips and (2) with arms up in a bicep flex), a side shot (with your hands at your sides), and a backside shot (with your hands on your hips).

Photos done? Let's get started!



Staple your Front "AFTER"  
picture here.

**AFTER - FRONT**

Staple your Front "BEFORE"  
picture here.

**BEFORE - FRONT**

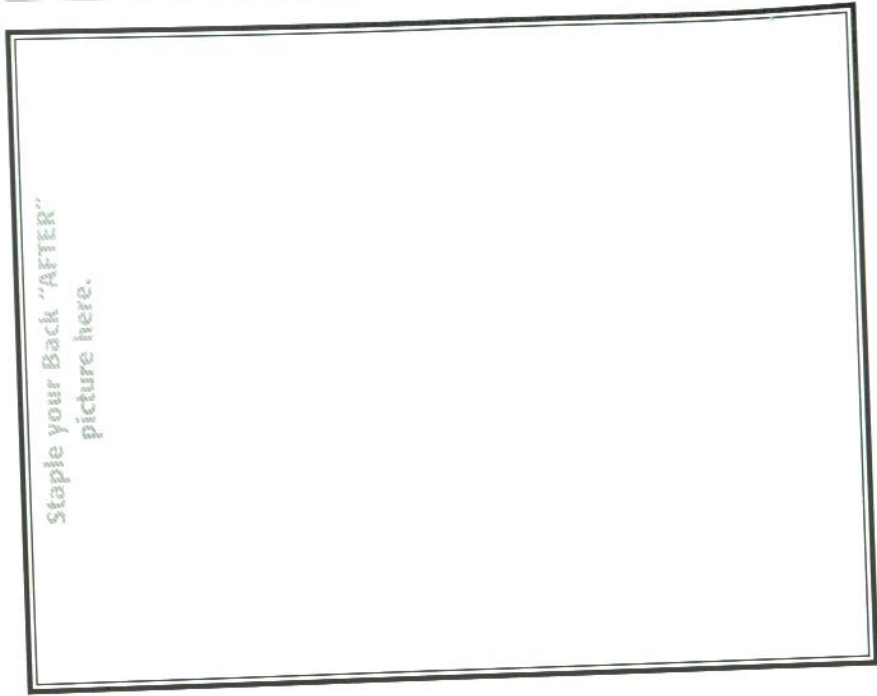
Staple your Side "AFTER"  
picture here.

**AFTER - SIDE**

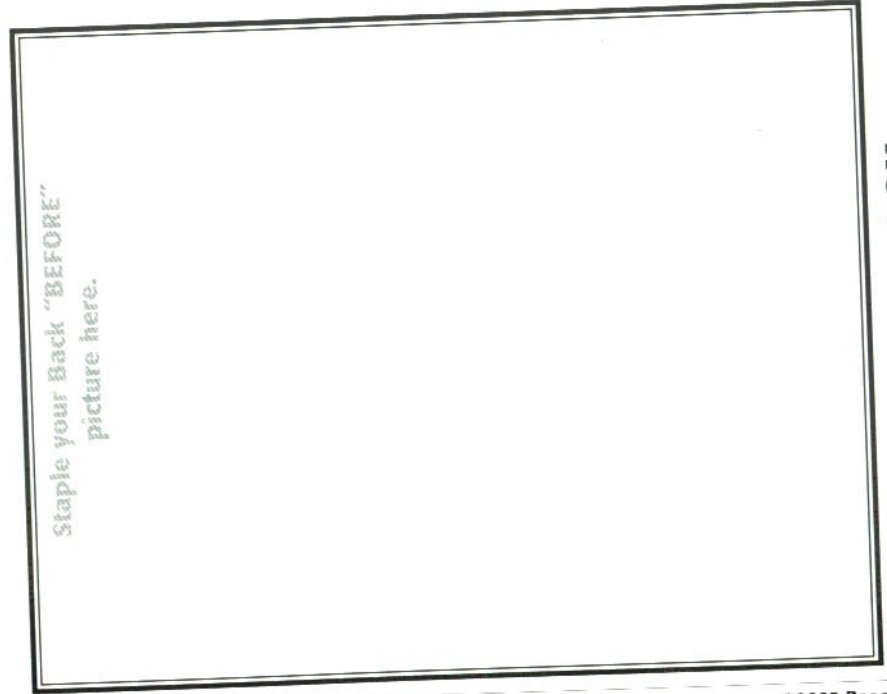
Staple your Side "BEFORE"  
picture here.

**BEFORE - SIDE**





**AFTER - BACK**



**BEFORE - BACK**

**Day One: Phase I-II Circuit**

**IMPORTANT:** Treat Day One like a “run through.” Do not push yourself. Focus on form and getting to understand each movement. If something is not comfortable, don’t continue with the move. Take breaks. Get water. Get to know where your body is starting. Do the number of reps that feels one or two below your max. Take it easy so you are not sore, which would impede your progress the rest of the week. (If the routine feels too hard for you at any level of intensity, then do not continue.)

Note the weight used and reps below. This will help you move faster and remember where you started for the first couple of weeks. (If you’re using B-LINES Resistance Bands, note the position you use to create tension, such as whether you loop the band under one foot or two, etc.) Study the video for form and technique to prevent injury.

<b>Phase I-II Circuit</b>	<b>Weight</b>	<b>Reps</b>
Regular Push-ups	--	_____
Heavy Pants	_____	_____
Military Press	_____	_____
Standard Bicep Curls	_____	_____
One Arm Tricep Raise	_____	_____
Lunges	--	_____
Fly Push-ups	--	_____
Back Flys	_____	_____
Swimmer’s Press	_____	_____
Wide Open Curls	_____	_____
Two Arm Kick-Backs	_____	_____
Lunge/Squats	--	_____
Wide/Tri/Standard Push-ups	--	_____
Lawnmower Start	_____	_____
Shoulder Flys	_____	_____
Bicep 21s	_____	_____
Dips	--	_____
Three Part Squats	--	_____



Day One (continued)

Once you've finished, put a circle where you feel you are on the Phase I-II Circuit Continuum:



### Day Two: Phase I-II Cardio/Abs 100

**IMPORTANT:** Like Day One, treat Day Two like a “run through.” Do not push yourself. Focus on form and getting to understand the objective of each movement. If something is not comfortable, don't do it. If you feel like taking a break, take it. Get water. Get to know where your body is starting. And take it easy so you are not sore tomorrow. (And if the routine is painful or just plain wrong for you, then do not continue.)

Once you're done, put an “X” where you feel you are on the Phase I-II Cardio/Abs continuum.



**IMPORTANT:** If you feel like you are at a different level on Cardio/Abs compared to the Circuit, that's common and merely points out where you may want to focus. Use your sense of that difference to help you decide where you put most of your effort. And if you want to move up to Phase III-IV on one before the other, that's certainly acceptable.

### Day Three: Phase I-II Circuit

Circle one:    Completed    Skipped

**IMPORTANT:** Treat Day Three like you are trying to get a workout, but still trying to avoid getting sore. If you push yourself too hard, you will be sore for Days 4–7 (at least) and that could impede your progress.

### Day Four: Phase I-II Cardio/Abs 100

You may already be feeling some positive effects from the supplements and workouts. Now you will start to feel the progress in working out for a few days. Your muscles might actually feel weaker than when you started, but with today's workout, you are over the “starting hump.” You're in-it-to-win-it, baby.

Circle one:    Completed    Skipped

### Day Five: Phase I-II Circuit

Circle one:    Completed    Skipped

“No mouthing off! You're in training!” (Just kidding.) Really, you are now truly in training. The endgame is a body transformation over the course of 90 days. Your commitment is to yourself. And your promise is to stay with it.

### Day Six/Seven: Phase I-II Cardio/Abs

**Note:** Take at least one day off every week. This lets your body recover and rebuild. Continue to follow the directions regarding Power 90 supplements.

Circle one:    Completed    Skipped

Pay attention to your body. If something is really sore or hurting, either try an alternative movement or skip certain exercise movements. But try to always fire up the routines with only one full day off per week.

If you completed six days of exercise this week, you are a superstar. While no week is easy, the first week is the toughest and you made it work for you. If you missed more than one day, you're not approaching this with the right mindset—this is a 90-day program to create a dramatic effect on your physique. It requires time and effort. You need to be a fanatic and go for it. While you can ramp up your intensity over the course of the 90 days, you cannot gradually ramp up your commitment. You need to be on it, six days a week. Come on. This works. You've got the tools. Let's get it done.



**Power 90® – 90-Day Boot Camp for Total Body Transformation**

Start Week 2 with the videos at whatever level works for you.  
Do not exceed your comfort zone!

<b>Day 8: Circuit</b>	Circle one: Phase I/II	Phase III/IV <small>optional</small>	Skipped
<b>Day 9: Cardio/Abs</b>	Circle one: Phase I/II	Phase III/IV	Skipped
<b>Day 10: Circuit</b>	Circle one: Phase I/II	Phase III/IV	Skipped
<b>Day 11: Cardio/Abs</b>	Circle one: Phase I/II	Phase III/IV	Skipped
<b>Day 12: Circuit</b>	Circle one: Phase I/II	Phase III/IV	Skipped
<b>Day 13/14: Cardio/Abs</b>	Circle one: Phase I/II	Phase III/IV	Skipped

Take either Day 13 or 14 off

Note your status on the Phase Continuum, "X" for Cardio, "O" for Circuit

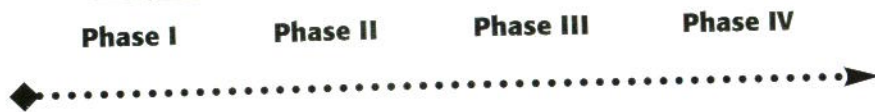


Start Week 3 with the videos at whatever level works for you.  
Do not exceed your comfort zone!

<b>Day 15: Circuit</b>	Circle one: Phase I/II	Phase III/IV <small>optional</small>	Skipped
<b>Day 16: Cardio/Abs</b>	Circle one: Phase I/II	Phase III/IV	Skipped
<b>Day 17: Circuit</b>	Circle one: Phase I/II	Phase III/IV	Skipped
<b>Day 18: Cardio/Abs</b>	Circle one: Phase I/II	Phase III/IV	Skipped
<b>Day 19: Circuit</b>	Circle one: Phase I/II	Phase III/IV	Skipped
<b>Day 20/21: Cardio/Abs</b>	Circle one: Phase I/II	Phase III/IV	Skipped

Take either Day 20 or 21 off

Note your status on the Phase Continuum, "X" for Cardio, "O" for Circuit



**Power 90® – 90-Day Boot Camp for Total Body Transformation**

Start Week 4 with the videos at whatever level works for you.  
Do not exceed your comfort zone!

<b>Day 22: Circuit</b>	Circle one: Phase I/II	Phase III/IV <small>optional</small>	Skipped
<b>Day 23: Cardio/Abs</b>	Circle one: Phase I/II	Phase III/IV	Skipped
<b>Day 24: Circuit</b>	Circle one: Phase I/II	Phase III/IV	Skipped
<b>Day 25: Cardio/Abs</b>	Circle one: Phase I/II	Phase III/IV	Skipped
<b>Day 26: Circuit</b>	Circle one: Phase I/II	Phase III/IV	Skipped
<b>Day 27/28: Cardio/Abs</b>	Circle one: Phase I/II	Phase III/IV	Skipped

Take either Day 27 or 28 off

Note your status on the Phase Continuum, "X" for Cardio, "O" for Circuit



Start Week 5 with the videos at whatever level works for you.  
Do not exceed your comfort zone!

<b>Day 29: Circuit</b>	Circle one: Phase I/II	Phase III/IV <small>optional</small>	Skipped
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**IMPORTANT: Take a picture today to track your progress! Staple it to this page.**

<b>Day 30: Cardio/Abs</b>	Circle one: Phase I/II	Phase III/IV	Skipped
<b>Day 31: Circuit</b>	Circle one: Phase I/II	Phase III/IV	Skipped
<b>Day 32: Cardio/Abs</b>	Circle one: Phase I/II	Phase III/IV	Skipped
<b>Day 33: Circuit</b>	Circle one: Phase I/II	Phase III/IV	Skipped
<b>Day 34/35: Cardio/Abs</b>	Circle one: Phase I/II	Phase III/IV	Skipped

Take either Day 34 or 35 off

Note your status on the Phase Continuum, "X" for Cardio, "O" for Circuit





**Power 90® – 90-Day Boot Camp for Total Body Transformation**

Start Week 6 with the videos at whatever level works for you.  
Do not exceed your comfort zone!

<b>Day 36: Circuit</b>	Circle one: Phase I/II	<small>optional</small> Phase III/IV	Skipped
<b>Day 37: Cardio/Abs</b>	Circle one: Phase I/II	Phase III/IV	Skipped
<b>Day 38: Circuit</b>	Circle one: Phase I/II	Phase III/IV	Skipped
<b>Day 39: Cardio/Abs</b>	Circle one: Phase I/II	Phase III/IV	Skipped
<b>Day 40: Circuit</b>	Circle one: Phase I/II	Phase III/IV	Skipped
<b>Day 41/42: Cardio/Abs</b> Take either Day 41 or 42 off	Circle one: Phase I/II	Phase III/IV	Skipped

Note your status on the Phase Continuum, "X" for Cardio, "O" for Circuit



Start Week 7 with the videos at whatever level works for you.  
Do not exceed your comfort zone!

<b>Day 43: Circuit</b>	Circle one: Phase I/II	<small>optional</small> Phase III/IV	Skipped
<b>Day 44: Cardio/Abs</b>	Circle one: Phase I/II	Phase III/IV	Skipped
<b>Day 45: Circuit</b>	Circle one: Phase I/II	Phase III/IV	Skipped
<b>Day 46: Cardio/Abs</b>	Circle one: Phase I/II	Phase III/IV	Skipped
<b>Day 47: Circuit</b>	Circle one: Phase I/II	Phase III/IV	Skipped
<b>Day 48/49: Cardio/Abs</b> Take either Day 48 or 49 off	Circle one: Phase I/II	Phase III/IV	Skipped

Note your status on the Phase Continuum, "X" for Cardio, "O" for Circuit



**Power 90® – 90-Day Boot Camp for Total Body Transformation**

Start Week 8 with the videos at whatever level works for you.  
Do not exceed your comfort zone!

<b>Day 50: Circuit</b>	Circle one: Phase I/II	Phase III/IV	Skipped
<b>Day 51: Cardio/Abs</b>	Circle one: Phase I/II	Phase III/IV	Skipped
<b>Day 52: Circuit</b>	Circle one: Phase I/II	Phase III/IV	Skipped
<b>Day 53: Cardio/Abs</b>	Circle one: Phase I/II	Phase III/IV	Skipped
<b>Day 54: Circuit</b>	Circle one: Phase I/II	Phase III/IV	Skipped
<b>Day 55/56: Cardio/Abs</b> Take either Day 55 or 56 off	Circle one: Phase I/II	Phase III/IV	Skipped

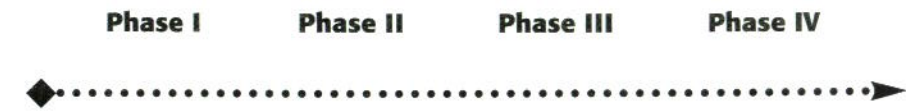
Note your status on the Phase Continuum, "X" for Cardio, "O" for Circuit



Start Week 9 with the videos at whatever level works for you.  
Do not exceed your comfort zone!

<b>Day 57: Circuit</b>	Circle one: Phase I/II	Phase III/IV	Skipped
<b>Day 58: Cardio/Abs</b>	Circle one: Phase I/II	Phase III/IV	Skipped
<b>Day 59: Circuit</b> <b>IMPORTANT: Take a picture today to track your progress! Staple it to this page.</b>	Circle one: Phase I/II	Phase III/IV	Skipped
<b>Day 60: Cardio/Abs</b>	Circle one: Phase I/II	Phase III/IV	Skipped
<b>Day 61: Circuit</b>	Circle one: Phase I/II	Phase III/IV	Skipped
<b>Day 62/63: Cardio/Abs</b> Take either Day 62 or 63 off	Circle one: Phase I/II	Phase III/IV	Skipped

Note your status on the Phase Continuum, "X" for Cardio, "O" for Circuit





**Power 90<sup>®</sup> – 90-Day Boot Camp for Total Body Transformation**

Start Week 10 with the videos at whatever level works for you.  
Do not exceed your comfort zone!

<b>Day 64: Circuit</b>	Circle one: Phase I/II	Phase III/IV	Skipped
<b>Day 65: Cardio/Abs</b>	Circle one: Phase I/II	Phase III/IV	Skipped
<b>Day 66: Circuit</b>	Circle one: Phase I/II	Phase III/IV	Skipped
<b>Day 67: Cardio/Abs</b>	Circle one: Phase I/II	Phase III/IV	Skipped
<b>Day 68: Circuit</b>	Circle one: Phase I/II	Phase III/IV	Skipped
<b>Day 69/70: Cardio/Abs</b>	Circle one: Phase I/II	Phase III/IV	Skipped

Take either Day 69 or 70 off

Note your status on the Phase Continuum, "X" for Cardio, "O" for Circuit



Start Week 11 with the videos at whatever level works for you.  
Do not exceed your comfort zone!

<b>Day 71: Circuit</b>	Circle one: Phase I/II	Phase III/IV	Skipped
<b>Day 72: Cardio/Abs</b>	Circle one: Phase I/II	Phase III/IV	Skipped
<b>Day 73: Circuit</b>	Circle one: Phase I/II	Phase III/IV	Skipped
<b>Day 74: Cardio/Abs</b>	Circle one: Phase I/II	Phase III/IV	Skipped
<b>Day 75: Circuit</b>	Circle one: Phase I/II	Phase III/IV	Skipped
<b>Day 76/77: Cardio/Abs</b>	Circle one: Phase I/II	Phase III/IV	Skipped

Take either 76 or 77 off

Note your status on the Phase Continuum, "X" for Cardio, "O" for Circuit



**Power 90<sup>®</sup> – 90-Day Boot Camp for Total Body Transformation**

Start Week 12 with the videos at whatever level works for you.  
Do not exceed your comfort zone!

<b>Day 78: Circuit</b>	Circle one: Phase I/II	Phase III/IV	Skipped
<b>Day 79: Cardio/Abs</b>	Circle one: Phase I/II	Phase III/IV	Skipped
<b>Day 80: Circuit</b>	Circle one: Phase I/II	Phase III/IV	Skipped
<b>Day 81: Cardio/Abs</b>	Circle one: Phase I/II	Phase III/IV	Skipped
<b>Day 82: Circuit</b>	Circle one: Phase I/II	Phase III/IV	Skipped
<b>Day 83/84: Cardio/Abs</b>	Circle one: Phase I/II	Phase III/IV	Skipped

Take either 83 or 84 off

Note your status on the Phase Continuum, "X" for Cardio, "O" for Circuit



Start Week 13 with the videos at whatever level works for you.  
Do not exceed your comfort zone!

<b>Day 85: Circuit</b>	Circle one: Phase I/II	Phase III/IV	Skipped
<b>Day 86: Cardio/Abs</b>	Circle one: Phase I/II	Phase III/IV	Skipped
<b>Day 87: Circuit</b>	Circle one: Phase I/II	Phase III/IV	Skipped
<b>Day 88: Cardio/Abs</b>	Circle one: Phase I/II	Phase III/IV	Skipped
<b>Day 89: Circuit</b>	Circle one: Phase I/II	Phase III/IV	Skipped
<b>Day 90: Cardio/Abs</b>	Circle one: Phase I/II	Phase III/IV	Skipped

**IMPORTANT: Take a picture today!**



**Congratulations!** You completed the Power 90 Program! Besides the great person looking back at you in the mirror, let's see what you achieved physically. Compare your stats today to those you recorded prior to Day One.

Body fat: \_\_\_\_\_ %

Weight: \_\_\_\_\_ pounds [Date: \_\_\_\_\_]

Chest: \_\_\_\_\_ "

Waist: \_\_\_\_\_ "

Hips: \_\_\_\_\_ "

Right Mid-Thigh: \_\_\_\_\_ "

Left Mid-Thigh: \_\_\_\_\_ "

Right Upper Arm (flexed, measured at the peak of the bicep): \_\_\_\_\_ "

Left Upper Arm (flexed, measured at the peak of the bicep): \_\_\_\_\_ "

Cholesterol: \_\_\_\_\_ HDL \_\_\_\_\_ LDL

Blood Pressure: \_\_\_\_\_ / \_\_\_\_\_

Resting Heart Rate: \_\_\_\_\_ beats per minute

## You Did It!

**OK, now that you're a success story...  
YOU REALLY CAN BE A BEACHBODY MODEL!**

Nothing inspires people like seeing how you've overcome obstacles and transformed your body and your health. With front-page Success Stories highlighted at Beachbody.com, dramatic "before" and "after" examples for our TV shows, and special events and promotions that highlight successes like yours, we're constantly rewarding new people for sharing their real, truthful experience with us.

Check it out online at Beachbody.com, but to give you an idea of what we're looking for:

- "Before" and "after" photos
- A truthful written account of your experience. What's your story?
- Home video of you weighing in for the first time, and weighing in now. What does your family think of your success? Show us video of how your life has changed now that you are healthier and feel great about yourself! (Optional)

Just go to Beachbody.com and click on the "Success Stories" tab for a more complete description of how you can be recognized as a Beachbody Success Story and be eligible as a cover model, as a testimonial, or even for a TV interview with an invitation to many of our all-expense-paid trips to TV shoots.



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## And on the 91st Day...

Take a bow, my friend. You are now an official Power 90 Master. You have accomplished an incredible feat and joined the ranks of a select (and growing!) group of achievers. But what now?

If you're like most, you'll feel like your progress will slip away if you don't continue with your workouts. Your body is now a machine that wants to keep going and hold onto the amazing progress you've achieved. All you really need at this point is a maintenance program that will help your body keep its shape and metabolism intact—one that includes the right mix of nutritional supplements and fitness routines.

And even building upon your body transformation accomplishments is now easier than you think when you have the right plan!

Beachbody's Power Half Hour™ and Power 90 Master Series are the perfect fitness maintenance solutions. They both offer a series of super-energizing fitness routines that allow you to design your very own workout program while targeting specific areas of the body. Tony Horton is there on each program to make sure you have fun and stay motivated. And, if you are ready to go extreme, check out P90X® at P90X.com. It's the real deal.

**To find more information about the Beachbody maintenance plan best suited for you, call 1 (800) 818-5174 or go online to Beachbody.com. We truly want to be the best fitness resource in the world, and we intend to get there by listening to our customers and supplying them with the tools and information they need to get the best fitness results.**

### Alternate Movements to Certain Exercises

Some of the moves may make you uncomfortable. On moves we have identified as having potential problems for people, you can either try the moves described below, or ask a trainer to help you find an alternate for your specific challenges.

The key is to make sure you're focusing on the right muscle group in the sequence we've provided.

#### Power 90® Move

**Regular Push-ups** (from toes)

#### Alternate

Do them with your knees on the floor and feet crossed.

#### **Military Press**

Either follow the movement with a very light weight, or do this sitting down with back support if possible. If this still bothers your shoulder sitting down, do it on an incline press at a slight angle to take the tension off the shoulder.

#### **One Arm Tricep Raise**

Lie on your back and do the same motion, isolating the tricep as you push the weight away from you up toward the ceiling. Start with your upper arm, shoulder to elbow, perpendicular to the floor, and your forearm parallel to the floor. The weight should go straight up in a line from the floor.

#### **Lunges**

If this bothers your knees, don't go down as far. Just go down til you don't feel discomfort.

#### **Fly Push-ups**

Do not put your hands so wide that you strain the shoulder. You just want to feel the exercise working the area between your shoulder and chest. Feel free to do this from your knees instead of your feet. If it remains uncomfortable, bring your hands in closer until you build up your strength.



- Back Flys** If this bothers your lower back, get a padded bench, lie facing down, and pull the weight up in the same motion as demonstrated on the video.
- Swimmer's Press** Again, either follow the movement with a very light weight, or do this sitting down with back support if possible. If the "twist" bothers your shoulder, substitute a standard military press without any twist at the top.
- Wide Open Curls** If this bothers your shoulder, substitute regular curls, with a "supination" (twisting your wrists and the weight in toward your shoulders) with a squeeze of the bicep at the top of the movement.
- Two Arm Kick-Backs** Make sure you do not try to use too much weight in this movement. But same as back flys, you can do this on a padded bench and do the same movement as Tony demonstrates. Or, you can substitute another set of chair dips.
- Lunge/Squats** Do not go too low on the squats. This exercise can be mysteriously hard. Form is critical. Stay back on your heels to reduce knee stress.
- Wide/Tri/Standard Push-ups** Do these from your knees if they are too hard from the normal position. Again, do not go wider than is comfortable on the first set of seven.

- Lawnmower Start** Substitute with the similar "Bent-Over Pulls," one arm at a time. Put one knee and hand on a chair or bench for support, and pull the weight up to chest height with the other hand. That should take most of the stress off the lower back.
- Shoulder Flys** It's important not to choose too much weight on this movement, especially as you get comfortable with it. If your body is rocking, your weight is too heavy. If it bothers your shoulders, substitute with Straight Arm Flys to the side (with a very light weight). The weights start at your sides, and with arms straight, raise your arms up to the side until they are parallel with the ground. Go only 2–3 inches over shoulder height.
- Dips** Move your feet closer to your body (like a sit/squat position with feet flat on the floor) and be careful not to go too low on this movement to make it easier. If this move causes too much discomfort, get a light weight and lie on your back to do the same motion as the One Arm Tricep Raise, isolating the tricep as you push the weight away from yourself toward the ceiling.
- Three Part Squats** Be careful not to go too low. Your knees follow the line of your feet in every movement. Just go to a depth that does not cause discomfort. If that is not possible, do a one-minute wall squat where you lean your back against a wall in a squat position and hold it for sixty seconds.



**Notes:**

*"It's like having my own personal trainer because he (Tony) really motivates me to push hard. This is a life-altering experience. Thank you!"*

**- Corrina L.**

*"I am getting better sleep, and feeling more restful. I have more energy throughout the day. I am more diet/nutrition conscious. Better sex. I'm looking better naked than ever before. (My girlfriend likes that.)"*

**- Rob N.**

*"Power 90 has given me confidence. I feel beautiful. My energy level has gone up. I'm no longer tired in the morning. If you stick with the program 100% and eat right every day, you will see a difference you've never seen before."*

**- Edie May G.**

*"I have much more definition in my shoulders, chest, abs, arms, and legs. I feel great. Other people notice already!!"*

**- Craig O.**

*"In 30 days I've lost 10 lbs. and 1% body fat (in 30 days). How do you think I feel?"*

**- Gera A.**

*"I like that it is structured and incremental, gives you an overall body workout, and teaches good body mechanics! Tony is great, and it's a great workout."*

**- Pam M.**

*"Tony is enthusiastic and inspiring!"*

**- Linda C.**

*"I have more energy. Greater sexual stamina. Lost 11 pounds in 30 days."*

**- Lance N.**

*"This program works. I was not trying to lose weight, but tone and define. I am amazed at the definition I am seeing particularly in the abs, but also arms, back, and legs. My confidence level is higher and I notice a definite reshaping of my body!"*

**- Lynell N.**



**POWER**  
**90**

**The 90-Day  
In-Home Boot Camp  
for Total Body  
Transformation**



**BEFORE**



**AFTER**

*"It is still hard for me to believe how much better I feel after these first 90 days! I lost 20 pounds and 14 inches and I have never felt better. Just the knowledge that I have finally found 'my answer' is worth more than I can say."*

*—Linda B.*



**BEFORE**



**AFTER**

*"Wouldn't trade in Power 90 for anything, I like the way I look, I like the way I feel. Power 90 made me a believer and my results were incredible!"*

*—Dick C.*



**BEFORE**



**AFTER**

*"My goal when I started Power 90 was not only to get into shape, but to find the key to maintaining. For the first time in my life, thanks to this incredible program and amazing support system, I know I have found that."*

*—Taylore A.*

Made in China

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8/05