

645™

GET STARTED GUIDE



REACH YOUR **PEAK**

Commitment is the key to success. Strength. Mobility. Visible results. They're all possible when you follow my coaching cues and give me 13 weeks to show you how great you can become. You'll learn the right way to do the moves. It's all about keeping your form on point and your intensity on high. It's about training that respects your body, so you can get through each workout feeling strong and energized. Let's get to it.

- 6 days a week, 45 minutes a day for 13 weeks
- 4 stages where we change up moves and level of intensity
- Equipment: Dumbbells, Power Loops, Mat (optional)
 - Bonus Workouts: Foam Roller, Pull-Up Bar or Control Track
- An Active Warm-Up starts every workout to help with mobility and recovery
- Next-level Coaching Cues will make sure you're getting the most out of your effort
- Form Check Test video can help you track your mobility and range of motion



FUEL UP*

For a strong nutrition game, start with your daily Shakeology® to help support healthy energy,* digestion,* and lean muscle.**

On workout days, Beachbody Performance® Energize can help promote endurance, enhance exercise performance, and sharpen focus,** while Recover can help build lean muscle** and support muscle protein synthesis.

To maximize your results with 645™, what you eat every day matters. Beachbody has two comprehensive nutrition programs, Portion Fix® and 2B Mindset®.

Go to BODnutrition.com to learn more, and use the FIND YOUR PROGRAM tool to choose the program that's right for you.

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

*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.

*Magnesium contributes to normal energy-yielding metabolism.

*Calcium contributes to the normal function of digestive enzymes.

**Protein contributes to a growth in muscle mass.

**Contains caffeine, which enhances mental alertness during intense muscular activity.



WORKOUTS

Each day starts with 10 minutes of activation to get your body warm and ready for the work to come. Then it's time to give your maximum effort and focus, until our recovery cooldown. All-in, 45 minutes from start to finish.

- **Lower Body Strength (Monday)**
Get those booty gains with this full-body workout that focuses on your lower half.
- **Total Body Power (Tuesday)**
Burn fat with powerful moves that will target major muscle groups.
- **Mobility & Stability (Wednesday)**
Calm your mind and enhance your recovery and performance with breathing, stretching, and mobility drills.
- **Upper Body Strength (Thursday)**
A full-body workout with an emphasis on the chest, back, arms, and shoulders.
- **Total Body Tempo (Friday)**
Follow my pace and tempo as we blast through the moves.
- **Cardio 45 (Saturday)**
Build multidirectional speed and agility while you get your heart pumping and calories burning.

BONUS WORKOUTS

These workouts can be done before or after your workout or on your day off, to target specific muscle groups or trouble areas.

- **Strength (10-15 min)**
Target specific muscle groups with this EMOM (Every Minute on the Minute) workout.
- **Mobility & Recovery (10-20 min)**
Target trouble areas like shoulders and neck, ankles and knees, hips, and lower body.



MEASUREMENTS	BEFORE	AFTER
■ R. Arm		
■ Chest		
■ L. Arm		
■ Waist		
■ R. Thigh		
■ Hips		
■ L. Thigh		
TOTAL INCHES		
WEIGHT		

COMMIT NOW

- Download the Beachbody On Demand® app to stream workouts, track progress, and connect with your Coach and their BODgroups® for motivation and support.
- Log in to Beachbody On Demand, select 645, and watch the intro videos under START HERE.
- Follow either Portion Fix or 2B Mindset to get on the right side of eating healthy.
- Take your BEFORE photos and measurements the day before you start. Not sure how? Visit BeachbodyChallengePhotos.com
- Flip this over and review the Calendar—keep it close so you can stay on-track and committed.



- Take your AFTER photos and measurements when you complete Week 13 and enter your results into the Beachbody Challenge® contest for a FREE GIFT* and the chance to win cash prizes. Visit BeachbodyChallenge.com to review the Official Rules, learn more, and enter your results. *While supplies last.

Consult your physician and follow all safety instructions before beginning any exercise program, especially if you are pregnant, breastfeeding, have any medical condition, or are taking any medication.

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