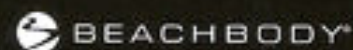




Brett Hoeber's passion for Capoeira, the martial arts discipline developed in Brazil, is a driving force in RevAbs.



REVGUIDE



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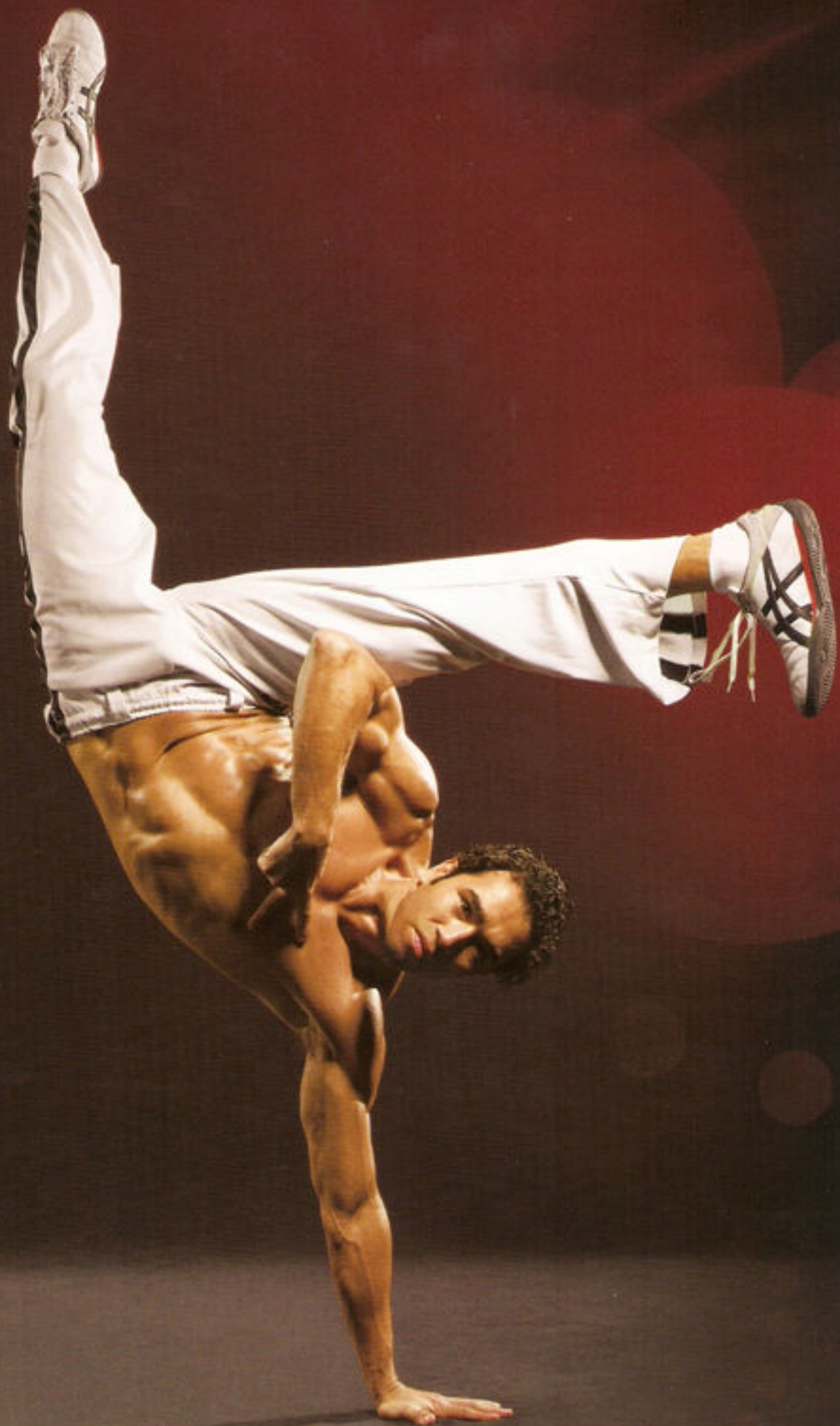
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BRETT HOEBEL

Known as "El Capitan" and "The Dues Collector," Brett is a sought-after fitness, strength, and nutrition expert in both New York and Los Angeles, with a background in biomedical science and the Afro-Brazilian martial art Capoeira. In the fitness industry for over 15 years, Brett has helped shape up some of Hollywood's finest physiques and traveled the globe presenting his programs. He was the co-host of *Fit Family* on Discovery Channel, has appeared on *The View*, *Good Morning America*, *Fox News* and the *WB Morning Show*. Brett is also a recurring fitness expert for many top-tier magazines including *Vogue*, *Allure*, *Elle*, *Shape* and *Self*, while his signature exercise programs have twice earned "Best of New York" awards from *New York Magazine*.

BEACHBODY®

Since its inception in 1999, Beachbody has created the nation's most popular in-home fitness and weight loss solutions. Beachbody programs, including P90X®, Turbo Jam®, Hip Hop Abs®, Slim in 6®, ChaLEAN Extreme®, and Insanity™, combine challenging DVD-based fitness programs with easy-to-follow guidelines, sensible nutrition and an unparalleled online support system. Beachbody's mission is to bring you the most innovative, results-oriented programs and motivational trainers, providing everything you need to reach your health and fitness goals.

DON'T GIVE UP.

REV IT UP!

Sit-ups and crunches are great, but what's the point of a six-pack if it's hidden under a layer of fat? RevAbs is the only ab training system designed to burn off the fat and give you a six-pack in just 90 days.

RevAbs Delivers Because It Includes:

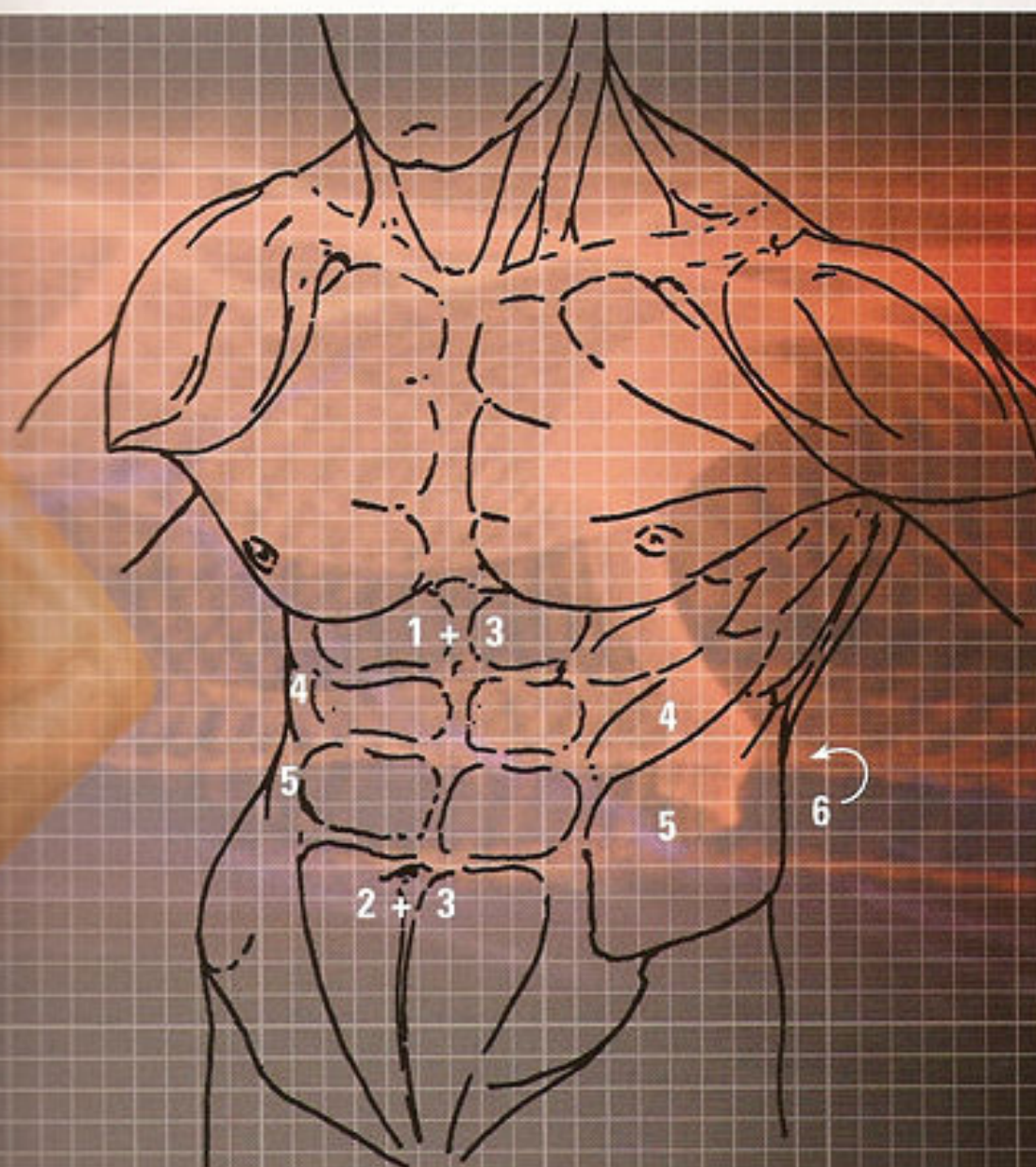
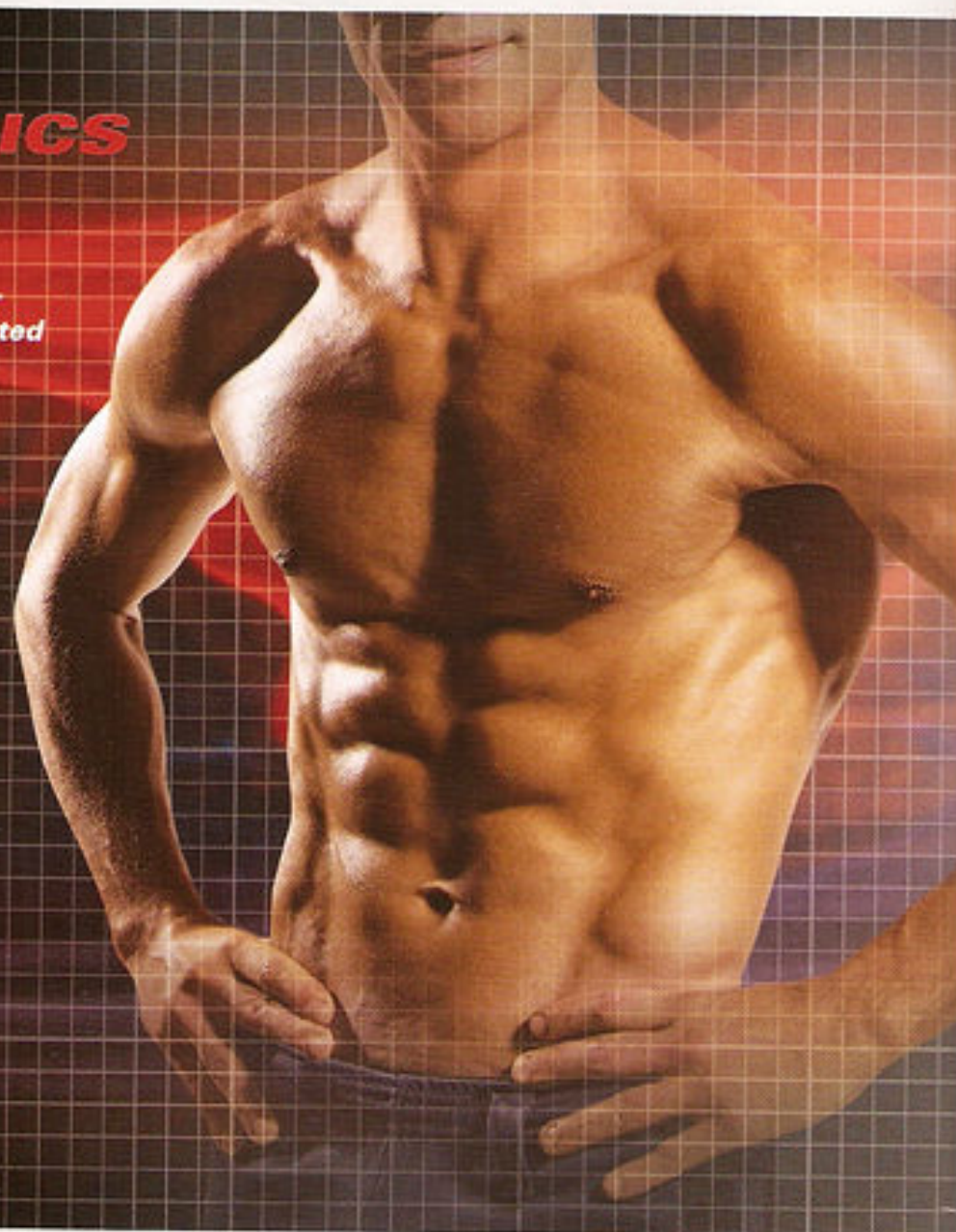
1. **CARDIO INTERVALS** to scorch fat.
2. **STRENGTH TRAINING** to build the muscles you need to burn fat and make you strong.
3. **AB/CORE** work to sculpt, tighten, and tone your abs.
4. **PROPER NUTRITION** because you are what you eat.

Consult your physician before you begin this or any other exercise program.



ABCENTRICS

This proven training technique is the secret to a six-pack in only 90 days. You will find it demonstrated on your Abcentrics DVD.



1 FIRE YOUR ABS

Fire Your Abs is a term for a simple yet powerful breathing technique that activates and engages your abs. Brett teaches you how to fire your abs with every exercise, whether cardio, strength, or abs. When you fire your abs, every move becomes an ab move. With RevAbs, cardio, bicep curls, and even lunges work your abs, so not a minute is wasted.

2 BRETT'S SIX-PACK

Brett's Six-Pack shows you the six angles you need to work your abs and your entire core if you want a smaller waist and flat, toned abs. Most ab exercises work your abs from only 1 or 2 angles, but with RevAbs you work them from six directions: 1. Upper flexion. 2. Lower flexion. 3. Double flexion. 4. Side flexion. 5. Twist. 6. Back. This 360-degree approach delivers 6X the results.

THE PLAN

RevAbs is your 90-day Ab Solution. This two-phase program was created by Brett and used by his test group. If you follow the plan, you can get a slimmer waist and toned, chiseled abs, too.

In each phase you'll experience the power of Abcentrics, Capoeira, and Brett's proven formula of cardio intervals, ab/core work, and strength training so you get RevAbs even faster.

PHASE 1: in the first 45 days, you'll start firing your abs with 4 revolutionary workouts to start burning the fat.

PHASE 2: you'll Rev it higher with 5 new routines to scorch the final layer of fat and reveal that sexy six-pack.



PHASE 1



ABCENTRICS (approx. 35 min.)

Learn how to Fire Your Abs and Brett's Six-Pack moves that work your abs from 6 different angles. Plus, learn about the RevAnthem. Includes bonus How to Capoeira workout. (Dumbbells not needed for this workout.)



FIRE UP YOUR ABS (approx. 40 min.)

Brett's Six-Pack moves, plus intervals of explosive cardio. Get ready for the RevZone!



POWER INTERVALS (approx. 30 min.)

This interval session alternates cardio with lower body sculpting exercises to blast fat and burn calories. See you in the RevZone!



TOTAL STRENGTH (approx. 45 min.)

You can't get abs without strength training. This workout makes you stronger, while boosting your metabolism so you burn the fat off your abs and your body all day long.

MERCY ABS (approx. 15 min.)

The mightiest little ab workout you'll ever experience.

You'll need a mat and dumbbell(s) or resistance bands for most workouts.

Follow the calendar for your daily workout.

PHASE 2



FAT-BURNING ABS (approx. 40 min.)

This ab and cardio interval routine delivers on its name.



POWER INTERVALS 2 (approx. 30 min.)

You survived Phase One! You're ready for some revved up cardio and booty time. See you in the RevZone!



STRENGTH & ENDURANCE (approx. 40 min.)

Here you'll build the ultimate body: lean, toned legs, a tight butt, sculpted arms, a stronger back, and of course ROCK HARD ABS!

MERCILESS ABS (approx. 15 min.)

Brett has no mercy. In just 15 minutes, you'll say goodbye to that stubborn belly fat once and for all.



REV IT UP CARDIO* (approx. 30 min.)

No more boring treadmill to get your cardio. You'll burn the fat off your abs and your entire body with cardio, Capoeira, kickboxing, and more.

What you eat counts too! Follow the nutrition plan for optimal results.

REV TERMS

Brett's off the hook workouts will have you sweating, laughing and begging for mercy—literally. But he also offers something that you won't learn in another fitness program: a new language. Yes, it's true. Brett's coined some unique phrases, so we've included a dictionary of terms he uses in the workouts.

ABCENTRICS: Brett's technique to "fire your abs" with every single move, whether it's a cardio, a strength, or an ab move. Work your abs from 6 angles and get 6X the results.

FIRE: That means contract your abs. Engage!

ANAEROBIC: We've all heard of aerobic exercise, but "anaerobic" takes aerobic performance up to 80%-90% of your maximum heart rate*, delivering major

benefits in your body's ability to burn fat and calories. When you hit that level, he'll call it out!

*If you have a heart rate monitor, we suggest you use it. Simply follow manufacturer's instructions to monitor your heart rate.

EL CAPITAN: Brett's nickname. You can ask him why in a chat. We have no idea.

DUES/PAY YOUR DUES: Sweat. Work.

GOING TO BRAZIL: Not literally, sorry. This signals you that a Capoeira move is coming. Expect spontaneous counting in Portuguese to follow. Also referred to as going "south of the border."

INTERVALS: Studies show that interval training is far more effective than steady-pace cardio in burning fat and toning muscle. And you can get the same benefit in

less time. That's why the workouts are all 30-45 minutes. Brett is a firm believer in interval training, and he proved its effectiveness with his test group. You'll push your intensity to accelerate your metabolism and your results.

MERCY: "Stop," "Rest," and "Your last rep is complete," as in "3, 2, 1, and MERCY!" You'll soon be saying it in your head.

OH SNAP! A frequent expression of surprise (with no real definition) that you'll hear from Brett, with occasional riffs like "Snapszell! Hey—you get a snap and a schnitzel!"

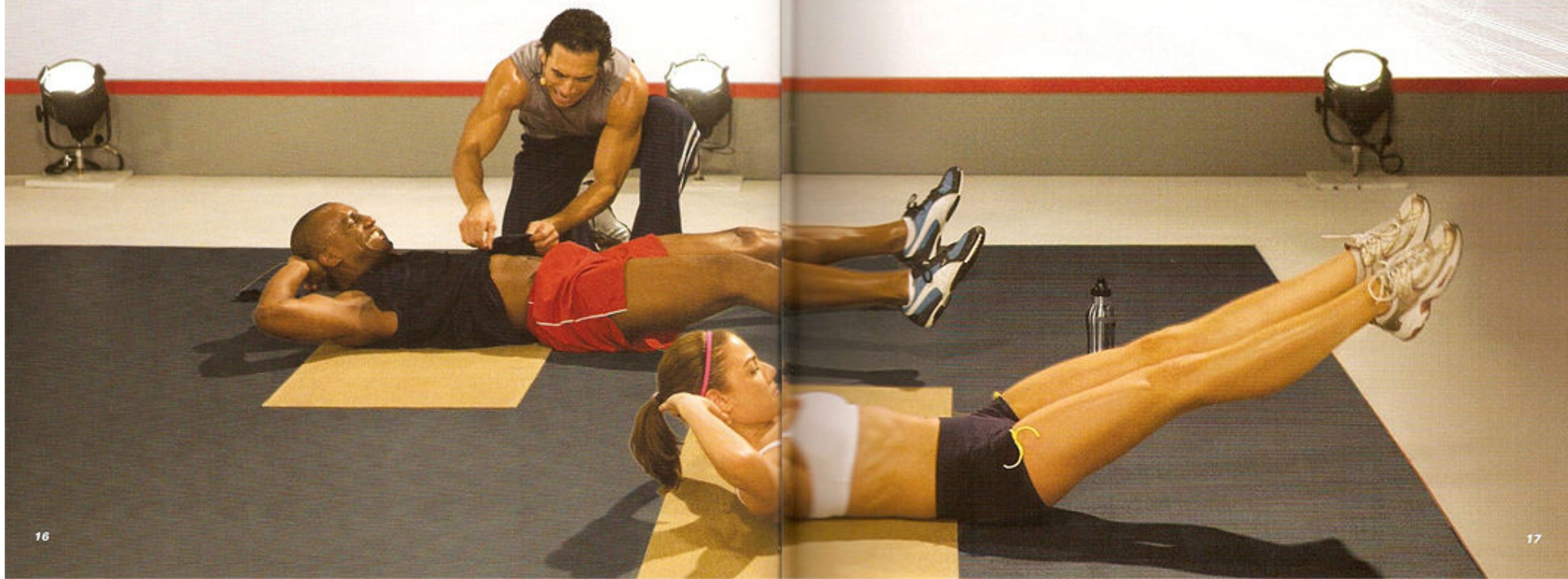
PHASES: RevAbs has 2 phases that are 45 days each. When you graduate, visit RevAbs.com for Phase 3.

ROUNDS: Each workout has 3. You'll learn the moves, then repeat them so you can see results quickly.

SPICE: Round 3 is called "spice." Brett adds an advanced twist to the moves for you in this round, if you're ready for it. You'll love adding spice to your workouts, even if you don't like your food *picante*!

REVANTHEM: Brett created this simple talk test to help you gauge your exertion, much like using a heart rate monitor. After completing an interval, you say, "Rev It High, Rev It Low, I'm Strong, Committed, and Ready to Go!" When you can barely make it past "Rev It High," you need to ease up on your intensity. If you are hardly winded, you know you need to pick up your pace.

REVZONE: Here you push yourself to your maximum effort for REVved results. Try to join the RevCrew in the RevZone at least once each workout.



START



1. RECORD YOUR STARTING POINT. On Day 1, weigh yourself, take your measurements, and record on the measurement card or calendar. Also take your "before" photos. They will be the best illustration of your transformation. Take photos from the front and the side, wearing fitted clothing, like fitness wear. Take your photos and stats again on Day 45 and Day 90!

2. TAKE THE REVABS FIT TEST. This test, located on pg. 26, is designed to quickly gauge your current fitness level and will show your physical improvement. Take it again on Day 45 and then on Day 90.

HERE!



3. WATCH THE ABCENTRICS DVD.

4. DO YOUR FIRST REVABS WORKOUT. SEE CALENDAR.

5. READ THE NUTRITION PLAN—WHAT YOU EAT COUNTS!

6. LOG IN TO TEAMBEACHBODY.COM. Journal, share your progress, chat with Brett, ask questions, and get support.

TIPS TO GET YOUR PERSONAL SIX-PACK

JOURNAL

We highly recommend taking notes or "journaling" during your transformation. A lot of things are going to change for you, and writing them down helps you transition and keeps you accountable. Brett's test group found it extremely motivating and made extensive dietary improvements, as well as physical changes.

MAKE REV TIME. SCHEDULE A REGULAR TIME TO EXERCISE

If you set a Rev time you are more likely to make it a priority, and less likely to skip a workout. What can't wait? Log in to WOWY®—it's a great way to schedule a workout and stay motivated.

FIND A WORKOUT BUDDY

Support is HUGE! The phrase "No man is an island" is really true. We all know how easy it is to fall off the wagon, but accountability helps. Find a friend or family member to do the program with you, or find someone on WOWY. Reach out and accept support, every day.

ATTITUDE

Attitude is everything. Feeling invincible or pumped? Great! Make the most of it. Some days you may not feel so motivated. Identify that you're not in an optimal mood, then put on your workout clothes and pop in the DVD on your schedule anyway. You'll never regret it!

The pages of your 90-day ab journal await you online. To download your journal, simply go to RevAbsonline.com today.

REV ABS



BELLY BUSTERS!

TIPS TO BATTLE THE BULGE

Have you ever eaten a quick meal and felt immediate bloating and fullness that lasted the whole day? If you've ever experienced gas, distension, or belly bulge and couldn't figure out why, these surprising tips may help.

1. DON'T TALK WITH YOUR MOUTH FULL:

Your mom was right. Aside from being unattractive, you would be astounded to know how much air you ingest if you are speaking while chewing and swallowing. It gets trapped as air pockets in your stomach, unless you're lucky enough to belch—not particularly polite!—and release it. So no gobbling, no slurping, and no talking while you are chewing. Smoking is a major culprit here, too. Do you need a better reason to quit? Bloating AND nicotine odor? Come on!

2. LIMIT CARBONATION: The gas or CO₂ in soft drinks and even carbonated water literally adds gas into your stomach and intestines. Go for flat liquids instead

and you'll be pleasantly surprised at how your stomach magically doesn't distend. And the dreaded "beer belly" is no myth. It's not only the calories in beer that create that round belly, it's the frothy fermentation of its ingredients that cause your stomach to distend within minutes of sipping a cold brew.

3. CHEW YOUR FOOD: Slow down and chew! Eating quickly is a recipe for belly bulge and bloat. Even a healthy digestive system needs to have food properly broken down to metabolize efficiently. In case you didn't know, the process of digestion begins in the mouth. When you chew, you produce saliva and mix it with your food. Enzymes in the saliva begin breaking food down into nutrients, so that they can be easily absorbed by your body. If you only chew a mouthful of food a couple of times, just enough to be able to swallow without choking, you put your stomach into overdrive, which is a major cause of excess gas and bloating.



4. AVOID EXCESS SALT: While sodium is a crucial mineral for blood pressure regulation, excess sodium causes abnormal water retention. If you prepare your meals at home, you don't have to be afraid to season your food with salt and pepper. The big culprit is excessive sodium consumption from prepared and processed foods. Since they rely on salt both as a primary flavoring and preservative, they commonly use excessive amounts of it. If you're always eating takeout, you could be eating far more sodium than you want, thus retaining water. After indulging in salty treats, if you find you can't get your rings off, the cause isn't fat—it's water retention. Look down. It's around your abs, too.

5. TRY TO AVOID PROCESSED FOODS: Processed foods and "diet foods" contain a staggering amount of chemicals and artificial ingredients that adversely affect your stomach. Maltitol, sorbitol, polysorbate

80, the list goes on and on. Read labels, and if you can't pronounce the ingredients, try to stay away. You'll be healthier, happier, and you'll avoid unnecessary gas and bloating.

6. STAND UP STRAIGHT: Your mom was right about this, too. If you stand up straight with your shoulders back, your tummy miraculously flattens. Conversely, if you hunch when you stand, your tummy hangs out. Not only do you look tired and lazy when you slouch, you visually add 10 pounds to your midsection. Fire your abs whenever you need a reminder.

7. EAT 5 TIMES A DAY: Starving yourself has a natural consequence: overeating. This all-too-common cycle causes your stomach to distend from consuming too much food. Eating 3 meals and 2 small snacks a day will keep your portions in control and your metabolism revved. See the nutrition plan for specific meals to keep your stomach slim while keeping you satisfied.

8. LIMIT "TOUGH TO DIGEST" FOODS: Some high-fiber veggies are hard to digest and can cause bloating until you get used to them. Don't eliminate them from your diet, just beware if you have a hot date.

9. RESPECT FOOD ALLERGIES: We've all shared a meal with someone who says something like, "Oh, I'm lactose intolerant, but I'll have the cheese pizza anyway." While it may be noble to love dairy that doesn't love you back, if you want to have a sexy, flat midsection, know your limitations. If your body is sensitive to yeast, or dairy, for example, these otherwise healthful foods can result in instant discomfort and bloating. Steer clear of foods that you know wreak havoc on your belly.

10. LIMIT GUM CHEWING: While it may help your breath or be a substitute for snacking, it introduces excess air into your belly, and also contains artificial

ingredients that can cause severe bloating and even gas pain.

11. AIR TRAVEL BEWARE. You may be wondering what this means. During flight, the change in air pressure changes the proportion of air in your GI tract. Combined with some soda, alcohol, and salty snacks, it explains why you may not feel so great after flight. Instead, drink plenty of water, eat wisely, and remember to stretch mid-flight. Then you won't be one of the puffy travelers with bulging bellies who can't get their shoes back on.

If you're staying true to your workouts and nutrition, these easy tips help. Your tummy will thank you with flatness—not flatulence.

Your **REVABS** Fit Test

It is important to assess your fitness levels prior to Phase One, before beginning Phase Two, and finally after completing the RevAbs program. The following exercises will gauge how physically strong you are before you Rev up your abs. The goals are listed only as a guideline. It's more important to maintain good form and work towards them safely. On day 90, your increased level of fitness and core strength will blow you away.

All you need is about 10 minutes, a stopwatch, and a mat.

WARM UP

To prepare for this test, make sure to do a quick 3-minute warm-up of marching in place, light jogging, and low-impact jumping jacks. This will get your heart pumping blood into your muscles and your body ready to begin. You should be sweating lightly. Now that you're warmed up, grab your stopwatch and set it next to you on the floor.

1 SQUAT HOLD

Also known as "booty time." Squat as if sitting back in a chair, with your weight in your heels. See how long you can hold it. Your goal is 1 minute. In Brett's test group, the maximum was 3 minutes after 90 days.

Day 1 _____ Seconds

Day 45 _____ Seconds

Day 90 _____ Seconds



2 PUSH-UP

Here you will test the strength of your chest, triceps, biceps, and core. Start with your hands slightly wider than shoulder-width apart and arms extended. Inhale as you lower down and exhale as you push back up. Keep your back flat and in alignment with your neck and feet, which should be shoulder-width apart. Perform push-ups with good form. If you are unable to do any push-ups on your toes, begin by doing them on your knees. Keep track of how many you can do with good form and record your results below. The goal for men is 30 push-ups in 30 seconds; for women, 10 in 30 seconds.

Day 1 _____ Reps

Day 45 _____ Reps

Day 90 _____ Reps



3 JUMPING JACKS

Traditional jumping jacks are a perfect test of how your cardiovascular endurance will grow over the next 90 days. Record how many jumping jacks you're able to perform in 30 seconds. Your goal is 30. Check your intensity with the RevAnthem.

Day 1 _____ Jacks

Day 45 _____ Jacks

Day 90 _____ Jacks



4 PLANK (double flexion)

Begin the exercise by lying on the floor, stomach down. Rise up onto your forearms and toes. Your elbows should be directly underneath your shoulders, with forearms parallel to each other and fists facing in. Make sure your back is flat and that your head, back, butt, and legs all form a straight line. Once you're in position, start the timer. Keep track of how long you can stay in the plank position while maintaining good form. Remember to fire your abs! Your goal is 1 minute.

Day 1 _____ Seconds

Day 45 _____ Seconds

Day 90 _____ Seconds



5 COBRA (extension)

Begin by lying face down on the ground, with your toes pointed and feet together. Squeeze your thighs and glutes together. Placing your hands palms down below your shoulders, push the ground away, lifting your upper body off the floor. Slowly straighten your arms, keeping your chin tucked in. Depending on your starting fitness level, you have two options for your arm placement.

Option V: While lifted up in Cobra, stretch your arms behind you to form a "V," as illustrated below. Your palms should face out, with your thumbs pointing to the ceiling. Make sure your shoulders are down and away from your ears, and that you're squeezing your shoulder blades together.

Option T: For added difficulty, stretch your arms straight out from your sides to form a "T." Keep your thumbs pointing up. Make sure not to scrunch up your shoulders while you squeeze those shoulder blades together.

See how long you can stay in Cobra, controlling your breathing while maintaining excellent form. Your goal is 1 minute with arms in the "V" position.

Day 1 _____ Arms: V or T _____ Seconds

Day 45 _____ Arms: V or T _____ Seconds

Day 90 _____ Arms: V or T _____ Seconds



6 CRUNCH (upper flexion)

Lie on your back, knees bent, feet on the floor, and arms crossed over your chest. With your chin tucked, exhale and use your abs to lift your shoulder blades slightly off the floor. Imagine bringing your ribs to your belly button. Return to start and then repeat, doing as many crunches as you can in 30 seconds without resting in between. Your goal is 30 crunches in 30 seconds. Be sure to keep your feet on the floor.

For a more advanced version, place your hands behind your head, fingers interlaced.

Day 1 _____ Reps

Day 45 _____ Reps

Day 90 _____ Reps



7 LEG DROP (lower flexion)

This is an incredible way to gauge the power of your lower abdominals. Lie down on the floor, face up. Keeping your legs together, lift them straight up, until they're at a 90-degree angle to the floor. Place your hands behind your head for support and lift your head off the floor. Keeping your gaze focused on your tummy, slowly lower your legs with control. Get your feet as close to the ground as possible without touching, maintaining good form. Keep your back flat on the floor throughout the move. (If you feel your back pop up, you've gone too far.) Raise legs to the start position to complete one rep. Mark below how many leg drops you're able to perform. Your goal is 20 in one minute.

Day 1 _____ Reps

Day 45 _____ Reps

Day 90 _____ Reps



8 SIDE PLANK

This tests oblique strength, or side flexion. Start on your right side, legs stacked and body in a straight line. Place your right hand on the floor, under your shoulder. Straighten your arm and push up off the floor. Reach your opposite arm straight up to the sky, firing your core for stability. You'll feel this mostly on the side of your abs closest to the floor. Hold as long as you can, then flip over and perform on opposite side. Your goal is 30 seconds on each side.

If you can't perform this with straight supporting arm, try resting on your forearm, as shown, to start.

Day 1 _____ Reps

Day 45 _____ Reps

Day 90 _____ Reps



Congratulations!

You're ready to start.
Your improvement over the next 90 days will astound you.

Journal

FITNESS

PHASE: _____ DAY: _____

WORKOUT: Yes Intensity Level: _____ No

ENERGY: _____

FOOD

WATER: _____ OZ.

MEALS:

Breakfast: _____ AM

Snack: _____ AM

Lunch: _____ PM

Snack: _____ PM

Dinner: _____ PM

CRAVINGS? No Yes What? _____

SATISFACTION: Starving? Satisfied? Stuffed?

Pattern You've Identified? _____

MIND/BODY

EMOTION: _____

ATTITUDE: _____

WOWY: Connected Not Today

OTHER OBSERVATIONS: _____

FEELING STRONGER? _____

SEEING PHYSICAL IMPROVEMENT? _____

Journal

FITNESS

PHASE: _____ DAY: _____

WORKOUT: Yes Intensity Level: _____ No

ENERGY: _____

FOOD

WATER: _____ OZ.

MEALS:

Breakfast: _____ AM

Snack: _____ AM

Lunch: _____ PM

Snack: _____ PM

Dinner: _____ PM

CRAVINGS? No Yes What? _____

SATISFACTION: Starving? Satisfied? Stuffed?

Pattern You've Identified? _____

MIND/BODY

EMOTION: _____

ATTITUDE: _____

WOWY: Connected Not Today

OTHER OBSERVATIONS: _____

FEELING STRONGER? _____

SEEING PHYSICAL IMPROVEMENT? _____