

#mbf
MUSCLE BURNS FAT[®]



**GET
STARTED**

 **BEACHBODY[®]**

BUILD MUSCLE, BURN FAT

Turn your body into a calorie-torching machine. Super Trainer Megan Davies created this 3-week, beginner strength-training and cardio program to be a simple, effective way to help get a lean, sexy, strong body. Crush #mbf®, and then roll into #mbfa® where the next 3 weeks throttle up the intensity—and results.

THE PROGRAM

Plan to start on a Monday and work out 25–35 minutes every day. Megan alternates weightlifting and cardio days, all set to great music that will keep you in maximum burn mode. You'll do both classic weightlifting and asymmetrical (one-sided) training that will engage your entire core.

THE FUEL

Feed your body with a daily dose of dense nutrition. Shakeology® is packed with a potent blend of proteins, prebiotics, probiotics, antioxidants, vitamins, and minerals that will help give you a healthy nutritional foundation to make the most of your workouts.* Take Beachbody Performance® Energize to help boost energy and endurance,† and Recover to help promote lean muscle and support your body's recovery.*

NUTRITION PLANS

Eating right and losing weight are so much easier with **2B MINDSET®** and **PORTION FIX®**. Both programs show how to gain control of how much you eat—and WHY you eat—so you can drop pounds while eating healthfully. Food lists, delicious recipes, and a plan for every day can help get your nutrition on-track for the long haul. For 2B Mindset, please review the “2B Mindset & Exercise” PDF for modifications. For Portion Fix, go to Beachbody On Demand > Portion Fix > Program Materials > Calculate Your Calorie Target, and use the Moderately Challenging Calculator on pg 3.


THE WORKOUTS

You'll need light, medium, and heavy dumbbells, plus the BOD Rope, the Cordless Indoor Jump Rope.

- **LOWER BODY BURN [MONDAY]**
Target your quads, glutes, and hamstrings with classic weightlifting and asymmetrical training.
- **CORE CIRCUIT [TUESDAY]**
Cardio and core blocks maximize the fat-burning, along with an AMRAP (as many rounds as possible) finisher to really challenge yourself.
- **UPPER BODY BURN [WEDNESDAY]**
Hit your chest, back, shoulders, and arms with classic weightlifting and asymmetrical training.
- **CORE CIRCUIT [THURSDAY]**
Same as Tuesday, but with new moves and more cardio. Record your AMRAP score so you can try to beat it next time.
- **FULL BODY BURN [FRIDAY]**
Push yourself to lift heavier and crush this head-to-toe workout that leaves no muscle untouched.
- **POWER IGNITE [SATURDAY]**
This quick 25-minute EMOM (every minute on the minute) workout will challenge you to do a specific number of reps during each minute. The faster you finish, the more rest you get.
- **DYNAMIC RECOVERY [SUNDAY]**
This active stretch and flow recovery class will help ease tension, boost mobility, and optimize your recovery to help get you ready for the next week.
- **ON-THE-GO WORKOUTS**
Swap these in for a strength or cardio workout when you're away from your equipment and you don't want to miss a beat.

BEFORE YOU START

- Download the Beachbody On Demand app to stream #mbf.
- Watch the intro videos in #mbf under "Getting Started" on Beachbody On Demand.
- Meal prep for your 2B Mindset or Portion Fix meal plan.
- Take your measurements and BEFORE photos—it's important to track your progress over the next 3 weeks.



MEASUREMENTS	WEEK 1	WEEK 3
■ L. Arm		
■ Chest		
■ R. Arm		
■ Hips		
■ Waist		
■ R. Thigh		
■ L. Thigh		
TOTAL INCHES		
WEIGHT		

AFTER YOU START

- Stay on top of your daily Shakeology and Beachbody Performance supplements—success takes fuel.
- Get motivation and support from your Coach who can connect you to an exclusive accountability group through BODgroups®.
- 2B Mindset and Portion Fix can help keep you on-track and committed to your nutrition. Both can be found on Beachbody On Demand.
- Add a bonus 10-Minute Core Ignite to any workout to incinerate fat and boost your metabolism.
- At the end of 3 weeks, take your measurements and AFTER photos—you'll be surprised at what you've accomplished. Now it's time to do #mbfa.

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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CALENDAR

Use this calendar to track your progress as you complete each day's workout. For workouts that include AMRAP training, record those results as well. Don't forget to eat healthy, and stay on top of your daily Shakeology and Beachbody Performance supplements. Share on social platforms with #mbf

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 <input type="checkbox"/> Lower Body Burn	2 <input type="checkbox"/> Core Circuit AMRAP _____	3 <input type="checkbox"/> Upper Body Burn	4 <input type="checkbox"/> Core Circuit AMRAP _____	5 <input type="checkbox"/> Full Body Burn	6 <input type="checkbox"/> Power Ignite	7 <input type="checkbox"/> Dynamic Recovery
8 <input type="checkbox"/> Lower Body Burn	9 <input type="checkbox"/> Core Circuit AMRAP _____	10 <input type="checkbox"/> Upper Body Burn	11 <input type="checkbox"/> Core Circuit AMRAP _____	12 <input type="checkbox"/> Full Body Burn	13 <input type="checkbox"/> Power Ignite	14 <input type="checkbox"/> Dynamic Recovery
15 <input type="checkbox"/> Lower Body Burn	16 <input type="checkbox"/> Core Circuit AMRAP _____	17 <input type="checkbox"/> Upper Body Burn	18 <input type="checkbox"/> Core Circuit AMRAP _____	19 <input type="checkbox"/> Full Body Burn	20 <input type="checkbox"/> Power Ignite	21 <input type="checkbox"/> Dynamic Recovery

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