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CHALLENGE

GET THE CHANCE TO WIN CASH AND PRIZES

The **Beachbody Challenge™** will give you the motivation and support you need to get in shape with **FOCUS T25**. With peer support and a chance to win cash and prizes*, you'll see results in no time. Then share your results to get a FREE T-shirt and a chance to win more than \$100,000!*

TAKE THE CHALLENGE at takeBBChallenge.com



Before After

Join a
Beachbody Challenge
Starting Week!

GET
YOUR
FREE
T-SHIRT



TOOLS FOR FOCUS T25

Beachbody® miniBAT



Exercise faster and safer, providing resistance for your biceps, triceps, and other upper-body muscles.

Resistance Bands



Get more and support your "batter" with our new protein resistance bands instead of dumbbells.

ESB Energy and Endurance



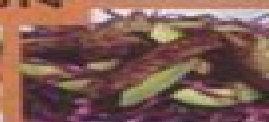
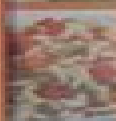
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BEACHBODY

FOCUS

T25

GET IT DONE NUTRITION



BEACHBODY



5 INGREDIENTS + 5 MINUTES TO PREP

THE GOAL OF FOCUS T25™? GET IT DONE.

And that applies
to your diet too.

The Get It Done Nutrition Guide shows you how to make smart, healthy choices so you get it done, and see results.

= A FASTER, FITTER YOU



Counting calories and shopping for healthy ingredients...
You don't need to restrict your entire life to get results. Just keep it real. So when you cook, when you eat, when you work out, when you rest, when you sleep... what you eat does matter.

T25 Get It Done Nutrition Guide

Mary A. Tichi, PhD, MBA



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Got Health-Style? Mary A. Tichi, PhD, MBA, 2016-12-05 Are you ready to completely turn your life around Not only to start working out or to push yourself to some new fitness goal but to really turn around your well being This is not some rule filled fitness only book about how to do the perfect push up or make the right low cal kale salad This is a guidebook pointing you toward a better life a life free from the baggage of the past and filled with the promise of a new future Author Mary Tichi has been where you are wondering how to move toward a healthier outlook In Got Health Style Mary shares her own journey as she puts her years of personal coaching experience to work guiding you along the way Her experience gives a unique and valuable perspective and offers accountability motivation and inspiration for any health goals Supported by personal trainers and medical professionals Mary s journal holds the promise of a new life for anyone who is serious about taking even the smallest steps that will lead to huge changes Words on Cassette ,1995 *American Scientist* ,1942 **American Book Publishing Record Cumulative, 1876-1949** R.R. Bowker Company. Department of Bibliography,1980 *On Cassette* ,1990 **The Ultimate Strength Training Nutrition Guide** Stephen Jones,2019-01-09 The Ultimate Strength Training Nutrition Guide That Will Take You To The Next Level Today only get this Amazon bestseller for just 2 99 Regularly priced at 10 99 Read on your PC Mac smart phone tablet or Kindle device You re about to discover how to start your morning with a routine similar to the morning routines of some of the most successful people on earth This book promises to train you and give you an insight into why most successful people are successful based on what they do after waking up in the morning So sit back and enjoy a fun educating and motivational time with this book to improve your life and set you on the right path to success in life Here Is A Preview Of What You ll Learn some really useful nutrients the types of nutrients your body needs and at what time why hydration is very important before during and after workout nutrients from some certain foods you must stay away from the right quantity of nutrients to consume for your type of workout the right quality of nutrients to consume to achieve your goals while training the most important nutrients your body needs during workout types of food to consume before during and after workout Much much more Download your copy today Take action today and download this book for a limited time discount of only 2 99 *Complete Nutrition Guide for Triathletes* Jamie Cooper,2012-12-04 Triathletes spend a lot of time and money making sure they have the right gear optimizing their training plans and selecting their races And part of that preparation for big race days is taking care of diet to be sure the body is properly fed to maximize athletic performance Enter The Complete Nutrition Guide for Triathletes a thorough nutritional guidebook tailored specifically for the three sport athlete to reach his triathlon goals and to cross the finish line with the best nutrition plan possible Dr Jamie A Cooper brings to the book her expert knowledge about nutrition and exercise combined with her extensive experience as an active triathlete The book covers each essential nutrient offers up tailored nutritional plans for Sprint Olympic and Ironman races and troubleshoots nutrition related issues specifically concerning the triathlete **The**

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