



6 WEEKS OF **THE  
WORK**™

**GET  
STARTED**



**YOU WANT  
THE RESULTS?  
YOU GOTTA DO  
THE WORK.**

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## **6 WEEKS OF RELENTLESS FUNCTIONAL TRAINING**

6 Weeks of THE WORK™ is training like you've never experienced. Over the next 6 weeks we're gonna focus on functional fitness and I want you to show up every day ready to hustle. Do that and I will help you get results. I'm talking less body fat, more muscle, and improvements in your mobility and flexibility.


This program is very similar to the training regimens I create for my professional athletes and celebrity clientele. You'll do a lot of compound lifts, agility exercises, and mobility movements to help you get stronger and leaner while preparing you for real-life activities—whether that's hauling ass down a basketball court or chasing your kids around the yard. My goal is to show you what your body is truly capable of.

I'll be real with you. Getting there's not gonna be a walk in the park. I'm gonna work you harder than you've ever been worked and it's gonna take every bit of hustle you've got. But by the time I'm done with you, you'll be the best version of yourself—physically AND mentally.

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**IT'S REAL AF  
#SORRYNOTSORRY**

**WARNING  
EXPLICIT  
LANGUAGE**



Don't be surprised if we drop a few f-bombs while we sweat it out. After all, these workouts are intense and raw. But don't worry—if that's not your style, there's a clean version with the same level of intensity. Just choose the workout that isn't labeled "Explicit" on the workout list on Beachbody® On Demand.

# THE WORKOUTS

We're gonna sweat it out 6 days a week. Five of those days, you'll do an ass-kicking 45-minute workout. You'll also get one rest day and one active repair workout that's shorter than your other routines. DO NOT SKIP IT—it's just as important.

Not gonna sugarcoat it—these workouts are hard. I designed them around 6 primary training elements: strength, hypertrophy, endurance, power, agility, and mobility.

We'll repeat each workout 3 times throughout the program. But I'm going to crank up the intensity every week, add new moves, and progress the ones you've learned. Read below for a quick description of each workout.

## PUSH

This strength workout focuses primarily on the front of your body using pushing exercises that target and strengthen your chest, triceps, and quads.

## LEGS

This workout hammers your lower half, using a combination of weight training and agility work to help you build strength, power, and definition.

## ENDURANCE & AGILITY

Burn fat as you build endurance and agility in this intense, heart-pounding workout that leaves no muscle untouched.

## PULL

Target your back, biceps, and hamstrings with pulling exercises that help you build a stronger, more powerful physique.

## FULL BODY TEMPO

You'll feel the burn with this total-body workout that uses slow, controlled movements to increase time under tension—a proven stimulus for muscle growth.

## ISOMETRICS

This challenging, low-impact workout builds strength and endurance from head to toe with static holds that help optimize muscle recruitment and time under tension.

## TOTAL BODY PUSH/PULL

A combination of pushing and pulling exercises hit both your upper and lower body from the front and back to build balanced, full-body strength.

## STRENGTH & POWER

You'll develop both with this hybrid workout, which incorporates resistance training and plyometric exercises to help you increase strength and power all over.

## CARDIO & CORE

Agility drills, plyometric moves, and core exercises will have your heart pounding and sweat pouring to help you burn fat, build speed and agility, and sculpt a killer six-pack.

## THE CRUCIBLE

Do you have what it takes to complete this grueling test of physical and mental strength? Stay tough and give every rep your all!

## RANGE & REPAIR

Enhance your recovery and exercise performance with mobility exercises designed to ease tension and increase range of motion from head to toe. Each one will have a different focus—hips, t spine, shoulders/chest/biceps, hamstrings/calves/ankles, upper body, and lower body.

# PROGRAM MATERIALS

## FIT TEST

This program isn't for everyone. This is an advanced program that requires you to have a strong fitness foundation to achieve optimal results. Doing it before you are ready can increase your risk of overtraining and injury. The Fit Test will help determine if this program is right for you.

## NUTRITION

You better be ready to do the work in the kitchen, too. Dive into the Beachbody Guide to Nutrition for an easy healthy-eating game plan. To make the most of the guide, also check out the "6 Weeks of THE WORK and the Beachbody Guide to Nutrition" PDF.

But if a crazy-good transformation is what you're after, I recommend a more in-depth nutrition program like Ultimate Portion Fix® or 2B Mindset®. And heads-up—if you're doing Ultimate Portion Fix, check out the "6 Weeks of THE WORK and Ultimate Portion Fix" PDF. And if you're doing 2B Mindset, read the "6 Weeks of THE WORK and 2B Mindset" PDF.

You'll find all these PDFs in the Nutrition section under the 6 Weeks of THE WORK Program Materials tab.

## WORKOUT CALENDAR

Real talk—you gotta stick to this schedule. You can start the program any day of the week, but I want you to complete the workouts and rest days in the order on the calendar. I mean it.

# EQUIPMENT

Make sure you have everything you need to do THE WORK:

- Dumbbells (light, medium, heavy)
- Resistance Loops
- Strength Slides
- Chin-Up Bar and Chin-Up Max (Optional, but c'mon. Who doesn't want to be able to do pull-ups?)
- Core Comfort Mat or Jump Mat (optional)

*Certain products may not be available in your market.*





## SUPPLEMENTS

Let's talk supplements. They can help feed your body important nutrients, so you can give every workout your all. Consider adding these powerhouse nutritionals to your routine to help you crush the next 6 weeks.\*

## SHAKEOLOGY®

Shakeology is a delicious superfood nutrition shake that helps you build a foundation for better health. It's carefully crafted with as many as 60+ ingredients that can help support healthy energy, weight loss, and gut health, so you can feel your best as you take on a program as tough as THE WORK.\*

- **Whey and plant-based proteins** deliver a complete amino acid profile, with all 9 essential amino acids, to help support lean muscle growth and reduce cravings.\*†
- **Prebiotics, probiotics, digestive enzymes, and fiber** help with nutrient absorption, regularity, and digestion.\*
- **Antioxidants** help combat free radicals.\*
- **Adaptogens** traditionally used to help the body adapt and respond to the effects of stress.\*
- **Phytonutrients** help support health and vitality.\*
- **Vitamins and minerals** help support energy metabolism and immune function.\*

*Certain Shakeology flavors may not be available in your market.*



## BEACHBODY PERFORMANCE®

I expect you to give me 100% every single day. But I know there will be days when you feel tired, or sore, or like you've hit a wall. I'll admit it happens to me too sometimes. That's where Beachbody Performance can help. This powerful system of targeted supplements can help boost energy and endurance, sharpen focus, support hydration, fight exercise-induced muscle soreness, and optimize recovery. It's the fuel you need to perform at your peak – every workout.\*†

### ENERGIZE Pre-workout

Who doesn't want a surge of energy before a crazy workout? Beta-alanine, quercetin, and low-dose caffeine work together to help provide a boost of energy, sharpen focus, and improve intense exercise performance.\*†

### HYDRATE During workout

You better believe you're gonna sweat. Hydrate's optimal blend of carbohydrates, electrolytes, and water is designed to help replenish what's lost during a grueling workout, and optimize your workout hydration.\*

### RECOVER Post-workout

Protein is key when you're doing a program this focused on building muscle. Whey, pea, and casein proteins, along with BCAAs and pomegranate extract, help support muscle recovery and growth. Plant-Based Recover also supports muscle recovery and growth with 20g of pea protein, BCAAs, and pomegranate extract.\*†

### RECHARGE Anytime

This combination of slow-release micellar casein protein, tart cherry extract, and BCAAs can be taken at any time of day or night—including before bed—to help reduce exercise-induced muscle soreness and promote muscle recovery.\*

### CREATINE Anytime

For those who really want to make the most of their strength-training sessions. Creatine monohydrate has been scientifically shown to help boost strength and power and enhance the effects of resistance training.\*

*\*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.*

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

*†Protein consumed after exercise supports muscle protein synthesis and growth.*

*Certain Beachbody Performance products may not be available in your market.*



MEASUREMENTS	WEEK 1	WEEK 6
Chest		
L. Arm		
R. Arm		
Waist		
Hips		
R. Thigh		
L. Thigh		
TOTAL INCHES		
WEIGHT		

## TRACK YOUR MEASUREMENTS

Make sure you snap a few BEFORE photos and log your Week 1 measurements here before you start THE WORK. Why? Because taking photos and tracking your measurements is hands down the best way to see your progress.

For more info on how to take BEFORE and AFTER photos, check out [BeachbodyChallengePhotos.com](https://www.beachbodychallenge.com/photos)

Once you're ready to share your 6 Weeks of THE WORK results, enter the **Beachbody Challenge®** contest and you'll not only have the chance to win prizes, but we'll also send you a **FREE GIFT\*\***

Learn more and enter your results at [BeachbodyChallenge.com](https://www.beachbodychallenge.com)

\*\*While supplies last.

**SHARE YOUR PHOTOS AND VIDEOS WITH US**

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## 4 SIMPLE STEPS TO GET STARTED

1

Pass the Fit Test. Write down your results so you can assess your progress when you take the Fit Test again after completing the program.

3

Take your BEFORE photos and record your weight and measurements in the measurement tracker above.

2

Check out the Beachbody Guide to Nutrition and supporting PDF or follow Ultimate Portion Fix or 2B Mindset after reviewing their supporting PDFs.

4

Grab your equipment and press play on your first workout: **Wk1 Push**. Follow the Workout Calendar and log your workouts.

Your Team Beachbody® Coach is always there to help you reach your goals by inviting you to join a Challenge Group. You can also track your progress using the My Challenge Tracker app. Have a fitness or nutrition question? Visit the Community Boards at **[BeachbodyExpertAdvice.com](https://www.beachbodyexpertadvice.com)**

Consult your physician and follow all safety instructions before beginning any exercise program or nutrition plan, or using any supplement or meal replacement product, especially if you are pregnant, breastfeeding, have any medical condition, or are taking any medication.

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