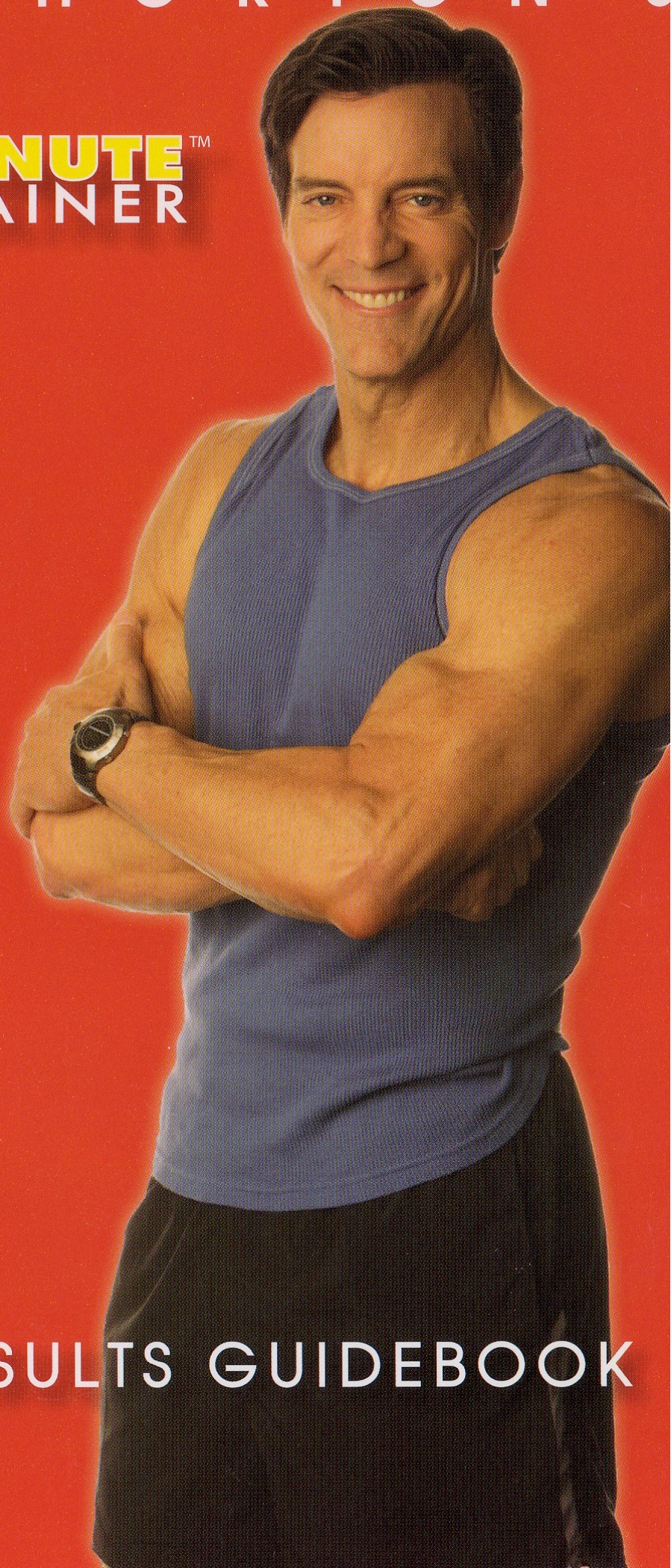


T O N Y H O R T O N S

10

MINUTETM
TRAINER



RAPID RESULTS GUIDEBOOK

GOT 10 MINUTES?

Program Guide

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Welcome

Dear 10-Minute Trainer™ Customer,

Congratulations! What you have before you is my answer to all the excuses I hear from people who tell me they wish they were in shape but don't have the time. Now I can reply, "Got 10 minutes?" Don't roll your eyes; this is NOT a fad or a bogus fitness shortcut. These are REAL workouts that will give you REAL results.

For years, I've had clients and customers tell me they are busy and can't find the time to exercise. I became obsessed with creating a workout that was fast but that delivered results. It had to give you cardio and strength, work your abs and core, and target multiple muscle groups at the same time. Anything that wasn't dynamic was out. Nothing stale or boring. No wasted minutes. No wasted effort. Here I'm giving your body pure exhilaration that I know you can fit into your day.

So give me 10 quick minutes and you won't need excuses—you'll need smaller clothes!

I know you've got 10 minutes, so Push Play!



Tony Horton





BEACHBODY
Decide. Commit. Succeed.

About Beachbody®

Since its inception in 1999, Beachbody has delivered over 9 million exercise videos to people seeking their own real, healthy body transformation. By constantly striving to offer the very best, Beachbody is always looking for programs that people can fit into their lives, and this is our solution for the incredibly busy schedules that most people are juggling on a daily basis. Through ongoing communication with our customers and by offering state-of-the-art physical and nutritional programs, we have been able to achieve what so many others have not . . . A FAST, FUN, AND SAFE WAY TO GET DRAMATIC BODY-SLIMMING AND TONING RESULTS! It's our mission to take you to your fitness finish line.

About Tony Horton



For over 20 years, Tony Horton has established himself among the elite in the world of personal fitness training. From Hollywood celebrities and recording artists, including Tom Petty, Shirley MacLaine, Billy Idol, Sean Connery, Annie Lennox, and Rob Lowe, to the average person looking to lead a healthier lifestyle, Tony's conditioning skills and motivational abilities are consistently in high demand.

His training techniques have also appeared in top fitness magazines. Tony's expertise includes circuit, cross, and interval training; weight and resistance training; cardiovascular/aerobic training; post-rehabilitation; advanced stretching; yoga; and kickboxing.

The East Coast native incorporates his personal training experience and engaging personality in Beachbody's Power 90®, Power 90® *Master Series*, P90X®, Power Half Hour®, Tony & the Kids!, Tony & the Folks!, and Great Body Guaranteed!™ programs.

Important Safety Information

Read This Section Before Using the Resistance Bands

Resistance bands are effectively used with several Beachbody programs, including Slim in 6® and Turbo Jam®.

10-Minute Trainer is the revolutionary resistance training program that uses resistance bands to help you get a full workout in as little as 10 minutes a day. To learn more about this program, or to purchase additional bands or a resistance band upgrade kit, visit Beachbody.com or MillionDollarBody.com or call 1 (800) 818-5174.

Due to the physical nature of using this apparatus, Beachbody recommends a complete examination from your physician before you get started. The resistance band exercises are athletic activities involving pushing, pulling, and, sometimes, jumping. If you have had physical problems or surgery, particularly of the bones, joints, or muscles (and especially any history of problems with the knees, lower back, or neck), or have been inactive or sedentary for some time, you should consult a physician before starting to use the bands. You should take special precautions to avoid being injured by the band breaking or snapping back. Inspect equipment before and after every use for scratches, nicks, cracks, and abrasion spots. Test the band's resistance carefully in each new position and begin all exercises slowly, as directed.

Please read all Important Points to Remember before attempting any exercises.

IMPORTANT POINTS TO REMEMBER

The greatest degree of care has been taken by the manufacturer of our resistance bands to ensure that they are as safe as possible. It is the responsibility of the user to read and comply with the following safety precautions. Failure to comply may result in possible injury.

1. **DO** read this entire program guide before beginning any of this program's exercises.
2. **DO** examine the band before and after each workout session. Look for nicks or worn spots on the band. If any defects are discovered upon inspection, return it to Beachbody for a replacement at a minimal charge, unless the damages are due to misuse.
3. **DO** wear exercise shoes only.
4. **DO** avoid excessive heat around the band and sharp objects in the workout area.
5. **DO** use the resistance bands only as shown in Beachbody workouts or instructional materials.
6. **DO** begin slowly; remember that your muscles may not be in shape and it doesn't take excessive overloading to cause them to respond. In fact, if you dive into an extremely rigorous program, your body will not have enough time to adjust or adapt to the stresses you are imposing upon it, and more harm than good will result. Again, these exercises are well-adapted to this purpose, and are easily adjustable.
7. **DO** all exercises rhythmically. Keep your movements smooth.
8. **DO** resist the band back to the starting position. By resisting the band back (eccentric contraction), you are achieving a training effect both ways—so important in developing and shaping the body.
9. **DO** increase your rep count if your primary goal is to lose weight and gain definition.
Example: If you can do 10 repetitions easily, increase to 16 or 20 repetitions, rather than increasing the resistance.
10. **DO** keep a good wide stance or base when doing exercises such as chest flies or standing presses.
11. **DO** clean bands with soap and water only; never use chemicals of any kind.

12. **DO** replace the resistance bands equipment unit (bands/handles) at least once a year. If you use the resistance bands more than three times a week, replacement is recommended every six months. Contact Customer Service at 1 (800) 818-5174 or visit Beachbody.com or MillionDollarBody.com to order your replacement bands.
13. **DON'T** place handles on your feet. Only use your hands; doing otherwise can cause injury.
14. **DON'T** hold your breath during any of the exercises.
15. **DON'T** work out barefoot.
16. **DON'T** use the same resistance band at the same time as someone else! Use by two or more people simultaneously may result in injury.
17. **DON'T** stretch the band more than two and a half times its length.
18. **DON'T** allow children below the age of 16 to use the resistance bands without adult or professional supervision. Supervision should ensure that the child uses the equipment as explained in this instruction guide. We recommend that children under the age of 12 not use the resistance bands. Exceptional cases can be made for individuals in that age range who are involved in athletic training, but even then, professional supervision is recommended.
19. **DON'T** store your equipment and bands in direct sunlight. This product is not designed or guaranteed for permanent outdoor installation.

VERY IMPORTANT

Please do not attempt exercises that are not specifically demonstrated in the workouts that require the door attachment with safety strap or the cardio belt, if you do not have the upgrade equipment.

If for any reason your questions and doubts are not answered to your complete satisfaction, please refrain from using the resistance bands.

Program Overview

10-Minute Trainer is about simplicity, speed, and getting the results you want in the limited time you have. No gimmicks. No gym contracts. No fads. Anyone looking for complicated equipment or big machines won't find it here. We know it doesn't take hours a day to get in great shape—because in only 10 minutes, each of these workouts that Tony Horton has designed for maximum effectiveness will deliver fat-burning and muscle-toning results. No wasted effort, no hours on the stair machine. Just give Tony 10 minutes and watch your body respond with new lean muscles and a revved-up metabolism.

You may be saying, "Can I get results in 10 minutes?" The answer is "YES." The secret is SUPER STACKING. You're getting a cardio workout, upper-body resistance, and lower-body and abs strengthening all at the same time. It would have taken you 30 minutes to an hour to do this with traditional workouts. Plus the 10-Minute Trainer program uses resistance bands instead of a big piece of equipment to get you results. You'll transform your body in as little as 10 minutes a day. It's intense, but the time flies . . . in about as long as it takes to wait in line at a trendy coffee house, wait for take-out food, or fold your clothes, you can do a workout. Do 1 a day, 2 a day, or even 3. It doesn't get any faster or more effective than this.

What You Get



Cardio

The ultimate high-energy fat-burning workout packed into only 10 minutes! Melt fat off your entire body with only 10 easy-to-follow moves and then you're done. Isn't that worth it?



Abs

This innovative ab-flattening and toning sequence delivers superb results in no time. The secret of these exercises is 20 unique moves that work your upper and lower abs as well as your obliques in brand-new ways.



Total Body

Sculpt your body from head to toe in just 10 minutes a day. Experience 10 moves that deliver head-turning results. Your resistance band will deliver amazing super stacking results!



Each workout features a Trainer Track option—hear personal training tips from Tony.

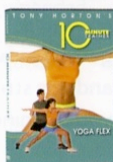
Lower Body

You'll feel the benefits immediately with this routine that quickly zeros in for sleek buns on those stubborn problem areas and lifts your glutes, firms your thighs, and delivers legs you'll be proud of!



Yoga Flex

These beneficial poses build strength, flexibility, and stamina; decrease soreness; and improve posture and overall body alignment. This workout will help keep you injury free and rejuvenate you.

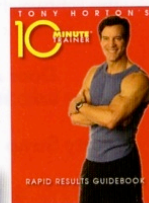


BONUS

Quick and effective two-minute Warm-up and Cooldown segments will safely prepare you to start or complete your workouts.

Rapid Results Guidebook

Lays out your entire 10-Minute Trainer program to get you started slimming down right away—no guesswork!



Step-by-Step Nutrition Guide

Customizable and loaded with delicious foods you'll want to enjoy—included in your Program Guide.

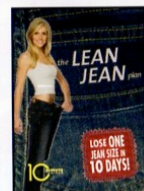


Workout On-the-Go Cards

An extra workout so you can slim and tone—wherever you are!

10-Day Lean Jean Plan

Lose up to 1 pant size in just 10 days without starving with this get-slim eating plan!



Customized Workout Calendar

Shows you how to get the best results each day depending on how much time you've got in your schedule.



10-Minute Meals

We're all busy, but that's no excuse not to eat right. This guide is filled with tasty healthy meals that can be prepared in 10 minutes or less.



Cardio Belt This aerobic training belt turns your door into a powerful resistance tool for accelerated results.

Variable Resistance Band With comfort grip handles, this lightweight, convenient, and portable band provides resistance and is proven to effectively tone muscle.



Door Attachment Turns your variable resistance band into a powerful in-home gym!



Safety Strap Provides an extra level of safety for the band.

Also Available: 10-Minute Trainer Upgrade Package



Core Cardio

Burn calories and shed fat off your entire body, especially your midsection, revealing your very own six-pack. You'll shrink and tighten your body and your abs.



Upper Body

Strengthen and tone your entire upper body, giving you the firm and slender arm sand shapely shoulders you'll want to show off.



Total Body 2

Burn more fat and calories and sculpt your entire body in only 10 minutes a day. You'll see results quickly with this combination of cardio and body-sculpting moves.

Accelerated Results Calendar

Take your results to the next level even faster!



Variable Resistance Bands

Two more pro-grade resistance bands to complete your set!



Each workout features a *Trainer Track* option—hear personal training tips from Tony.

Get Started

You have three primary areas to focus on to get the success you want.

1. Do resistance training, two to three times a week, preferably not two days in a row, focusing on the same body part.
2. Do some form of cardiovascular training at least two to three times a week.
3. Get your eating habits and portions under control. You don't need to starve yourself, but you do need to eat slightly less than your body can burn off every day. See the Step-by-Step Nutrition Guide in the book for details on the recommended eating plans for your 10-Minute Trainer program.

This three-step program will absolutely work for you—no question, if you do it consistently. But there's where most people lose it; they don't do it, so it can't work. Set a date today, and if today's the day, set this book down, *and Push Play!*

Here's How to Use the Resistance Bands

1. Always make sure there are no tears on the bands or any of the other attachments. This is important! If there are any tears, do not use them—contact Customer Service for a replacement.
2. Clear your workout area of obstructions. Use common sense please!
3. Wear sneakers or other workout shoes—no bare feet. Do not stand on the handles—they can slip off of your feet. So only stand on the band with one foot or both feet. Make sure the band is firmly located in the arch of your shoe.

How to Use Your Resistance Bands with the Door Attachment

1. First, slide the door attachment onto your band.
2. Insert the ends of the bands into the comfort grip handles and tug to ensure they snap into place.
3. Insert the door attachment into the hinge side of a door at waist height. Never attach the resistance bands to a nail, hook, pipe, or any similar item. Never use a sliding door.
4. Make sure the door has at least 3 solid hinges, and that they're tight to the door frame in order to keep the door attachment in the door when it is closed.
5. Attach the safety strap to the hinge closest to where the door attachment will be inserted.

- a. Open the door and loop the safety strap around the hinge. Feed one end of the loop through the hinge and feed one end of the loop through the other, which creates a slipknot around the hinge.
- b. Tug on it firmly to make sure it's secure.
- c. Slip one handle of the resistance band through the safety catch. If the door comes open for any reason, the safety catch is an added precaution that will stop the band from releasing completely.
- d. Put the door attachment above the middle hinge, close the door until the latch clicks, and lock it. Always make sure the door is locked and always work out on the side of the door where the lock is so that you have complete control of the door.
- e. Tug on the door attachment firmly to ensure that it is secure before you begin your workout.

Practice the workout moves with the door attachment, going slowly at first so that you can familiarize yourself with the moves and the distance from the door at which you will feel comfortable.

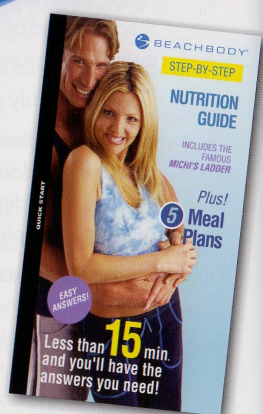
Tip: Place a piece of tape on the floor to mark your maximum comfort distance so you don't exceed that.

Step-by-Step Nutrition Guide

For the next 30 days, follow this clean-eating plan that will give you plenty of good food, so you don't feel like you're on a diet, plus you'll fuel your body for your daily life with plenty to spare. Here are the keys to your lean-body transformation:

Control Your Portions

Most people don't know what a portion size is and restaurant meals are far in excess of what your body really needs. An adequate portion for a meal is 3 ounces of lean protein, which is about the size of the palm of your hand. Pace yourself so that you are able to eat until you are satisfied—don't gobble until you suddenly realize that you're stuffed. Limit sauces and dressings to 2 tablespoons just to add flavor; they quickly tally up more calories than you'd think. Your daily goal is approximately 1,200 calories. Anything lower than that can cause your body to reset its metabolism into starvation mode. Add calories only when you feel you need additional energy—your food is your fuel. And NO, just because you exercise daily does NOT mean you can eat whatever you want. You need to exercise daily AND eat properly for optimal health and weight loss.



Make Smart Choices

Try to stick to a diet full of fresh veggies and lean proteins. We recommend eating these selected meals and following Michi's Ladder to guide your food choices—use Tony's 10-Minute Meals guide for quick, healthy meal ideas. No matter how much you exercise, if you don't make smart food choices, you won't lose weight.

- Replace processed foods with fresh vegetables.
- Eat whole grains and breads; limit white processed refined foods.
- Skinless white meat is generally a better choice than red meat.
- Best protein cooking methods are grilling, steaming, or broiling.
- Ask for sauces on the side.
- Sauces like marinara are best; steer clear of cream sauces.
- Egg whites contain less fat and calories than whole eggs (17 calories and 0.1 grams of fat vs. 78 calories and 5.3 grams of fat).
- Fruit is better than juice—fruits have more fiber and less sugar, and allow for slower absorption.
- Choose low-density foods whenever possible. Low-density foods are foods that are low in calories, with high water and high fiber contents, so you're getting fewer calories and eating more food.

Pay Attention

Unconscious eating is a common pitfall. How many times have you eaten in the car, noshed on an entire bag of something you've opened as you cruised the supermarket, downed a huge bucket of popcorn at a movie, "tasted" excessively while cooking, or even eaten a meal when you were not actually hungry? Do you eat when you are stressed, sad, or angry? Food is our body's fuel, but many of us eat for other reasons. So, some tips:

- Ask yourself, "Am I really hungry?" You may just be thirsty, so water alone will satisfy you.
- Keep a food journal to get an accurate picture of what you're actually eating. You might be surprised.
- Do not eat on the go; sit at a table.
- Take your time, taste your food, and savor it.
- Chew your food thoroughly; it helps with digestion.

Be Consistent

Eating 5 meals a day on a regular schedule will keep you satisfied and encourage an increase in your metabolism (major benefit!). Here's when to eat:

- Breakfast** within an hour of waking up (between 250–300 calories)
- Snack** 2–3 hours after breakfast (approx. 200 calories)
- Lunch** 2–3 hours after snack (between 250–300 calories)
- Snack** 2–3 hours after lunch (approx. 200 calories)
- Dinner** finished at least 3 hours before bed (between 250–300 calories)



Hydrate and Cleanse

Your body is around 70 percent water and needs at least 8 glasses of water a day. This simple practice will help your body flush out the bad stuff and help you feel full during the day. Limit sodas and sweetened beverages.

Fortify

Supplement your diet with a good multivitamin for needed nutrients. It's easy to suffer from vitamin deficiencies, so be sure to get all the vitamins and minerals that your body requires for toning healthy muscles, increasing energy, and burning fat. Quality is key so select a good brand. Beachbody's ActiVit® Multivitamins are excellent.



Eat to carve out your physique: CLIMB MICHİ'S LADDER

● Carb
▲ Fat
■ Protein

Michi's Ladder is a guideline, but we leave it to you to decide. If you only ate from Tiers 1 and 2, you would have a near-perfect diet!

Tier 1: The Pious Tier

Apples, with skin ●	Chard ●	Milk, soy ●▲	Salsa, natural, no sugar ●
Artichokes ●	Cherries ●	Muesli, raw, no sugar ●▲	Seitan ●
Anugula ●	Citrus fruits ●	Mushrooms ●	Spinach ●
Asparagus ●	Collard greens ●	Mustard ●	Squash ●
Avocados ▲	Cottage cheese, nonfat ●	Nectarines ●	Strawberries ●
Beans ●▲	Cucumbers ●	Oatmeal ●	Sweet potatoes ●
Beets ●	Egg whites ●	Olive oil ▲	Tea, green or black ●
Bok choy ●	Endive ●	Onions ●	Tempeh ●
Boysenberries ●	Fish, cold water (salmon, mackerel, sardines) ▲	Pears, with skin ●	Tomato sauce, no sugar ●
Bran ●	Fish, freshwater ▲	Peas ●	Tomatoes ●
Broccoli ●	Flaxseed ▲	Peppers ●	Vinegar ●
Broccoli sprouts ●	Garlic, fresh ●	Plantains ●	Water ●
Cabbage ●	Granola, raw, no sugar ●▲	Prunes ●	Yams ●
Carrots ●	Hemp seed ▲	Raspberries ●	Yogurt, nonfat, no sugar ●
Cauliflower ●	Kale ●	Refined beans, nonfat ●	
Celery ●	Lettuce, romaine, green or red leaf ●	Rice, brown ●	
Cereal, whole grain ●▲	Milk, nonfat ●		

Tier 2: The Happy Tier

Apples, skinless ●	Cream cheese, nonfat ●	Melon, honeydew ●	Soy sauce ●
Bananas ●	Duck, free-range ▲	Milk, 1% ●▲	Squid ●
Blueberries ●	Granola or energy bar ●	Nuts, raw ●▲	String beans ●
Bread, whole grain ●	Eggplant ●	Ostrich ●	Sunflower seeds ●▲
Cantaloupe ●	Fish, farmed ●	Pancakes, buckwheat ●	Tortillas, whole wheat ●▲
Cheese, nonfat ●	Grapes ●	Papayas ●	Turkey breast ●
Chicken, skinless white meat ●	Hummus ●▲	Peaches ●	Vegetable juice ●
Coffee, black or cappuccino w/ nonfat milk ●	Juice, fresh-squeezed w/ pulp, no sugar ●	Pineapple ●	Veggie burger ●
Corn ●	Kiwifruit ●	Plums ●	Verison, free-range ●
Cottage cheese, low-fat ▲	Mangoes ●	Raisins ●	Watermelon ●
	Meal replacement bar ●▲	Ricotta cheese, nonfat ●	Yogurt, no sugar ●▲
		Soy nuts ●▲	Zucchini ●

Tier 3: The Swiss Tier

Al Steak Sauce ●	Crab ●	Lobster ●	Rice cakes ●
Angel food cake ●	Cream cheese, low-fat ▲	Mayonnaise ▲	Rice, white ●
Applesauce ●	Eggs, whole ▲	Milk, 2% ●▲	Sauerkraut ●
Bagels ●	French fries, baked ●	Muesli ▲	Soup, canned broth ●▲
Beef, eye of round ▲	Fruit, dried ●	Oatmeal, flavored ●	Steak, lean ▲
Beef, London ▲	Graham crackers ●	Oysters ●	Sweet-and-sour sauce ●▲
Beef, top round ▲	Granola ▲	Pancakes ●	Veal cutlet ▲
Canola oil ▲	Honey ●	Pasta, plain ●	Wine, red ●
Cheese, low-fat ▲	Jam or marmalade ●	Peanut butter, raw ▲	Yogurt, frozen, nonfat ●
Chicken, dark meat ▲	Jerky, turkey ●	Popcorn, plain ●	
Chicken sandwich, broiled ●▲	Juice, from concentrate ●	Pork tenderloin ▲	
Chicken taco, baked ●▲	Ketchup ●	Potatoes, baked or boiled ●	
Clams ●	Lamb, lean ▲	Pretzels ●	
Coffee, cappuccino w/ whole milk ●▲	Lettuce, iceberg ●	Refined beans, low-fat ●▲	

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● Carb
▲ Fat
■ Protein

Tier 4: The Dodgy Tier

Animal crackers ●	Coconut ▲	Margarine ▲	Sherbet ●
Beef, filet mignon ▲	Coffee, iced mocha latte w/ nonfat milk ●	Meat loaf ▲	Shrimp ●
Beef, lean ground ▲	Coffee, latte w/ whole milk ●▲	Mexican food ●▲	Sloppy Joe, lean beef or turkey ▲
Beef, sirloin ▲	Coffee cake ●▲	Milk, whole ●▲	Soft drinks, diet ●
Beef Stroganoff ▲	Crackers ●	Muffins ●▲	Soup, canned creamy ●▲
Beer ●	Grilled cheese sandwich ●▲	Nuts, salted or roasted ▲	Spaghetti, w/ meatballs ●▲
Bread, refined flour ●	Ham ▲	Peanut butter, not raw ●▲	Sub sandwich ●▲
Buffalo ▲	Hot dogs, turkey ●	Pepper, stuffed ▲	Taco salad, w/ chicken ●▲
Caesar salad, w/ chicken ●▲	Ice cream, sugar-free or fat-free ●	Pizza, meatless or Hawaiian style ●▲	Tortilla, refined flour or corn ●▲
Canadian bacon ●	Jell-O ●	Pork chop ▲	Tuna salad or chicken salad ●
Cheese (including bleu and goat) ▲	Juice, sweetened ●	Potato salad or macaroni salad ●▲	Vegetable oil ▲
Chili ●▲	Lamb chops ▲	Pudding, w/ low-fat milk ●▲	Wine, white ●
Chinese food ●▲	Lasagna, w/ meat ▲	Reuben sandwich ●▲	Yogurt, frozen ●▲
Chips, low-fat, baked ●	Macaroni and cheese ●▲		

Tier 5: The Newburg Tier

Alcohol, hard liquor ●	Chicken, buffalo wings or nuggets ▲	Creamed veggies ●▲	Onion rings ●▲
Bacon ▲	Chicken or fish sandwich, fried ▲	Creamer, nondairy ▲	Pastries ●▲
Baked beans ●	Chips, potato or corn ●▲	Doughnuts ●▲	Pies ●▲
Beef, ground, regular ▲	Chocolate ●▲	French fries ●▲	Potato skins, fried ●▲
Beef taco, fried ▲	Cinnamon bun ●▲	Gravy ▲	Potatoes, fried ●▲
Breakfast sandwich, fast food ▲	Coffee, mocha, macchiato, ice blended, frappé, triple caramel vanilla buzz bomb, etc. ●▲	Hamburger, fast food ▲	Potpie ▲
Cakes ●	Cookies ●▲	Hot dogs ▲	Refried beans, w/ lard ●▲
Candy ●	Cream cheese ▲	Ice cream ●▲	Salad dressing, creamy ▲
Cereal, sugared ●		Jerky, beef, pork, venison ●	Sausage ▲
Chicken a la King ●		Juice, sugar added ●	Soft drinks, sugared ●
		Lobster Newburg ●	Tater tots ●▲
		Nachos ●▲	Toaster pastries ●▲

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Photos

"Before" Photo (Front)

"After" Photo (Front)

28

Photos

"Before" Photo
(Back—Yep . . . you need to get the back too!)

"After" Photo (Back)

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Photos

"Before" Photo (Side)

"After" Photo (Side)

Q: What can you do in just 10 minutes?

A: Get slim, toned, and sculpted!

10 MINUTE TRAINER™

When people see your body, don't you want them to say, "Wow!"?
But do you want to spend hours every day working out?

If you're tired of climbing boring stair machines and doing time on monotonous treadmills, then you'll love these energetic workouts that will quickly get you in the fat-burning zone for immediate results. You'll shed pounds and inches while toning your entire body.

C'mon! Got 10 minutes?

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If you are a member of the Million Dollar Body® community, contact
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For Beachbody and Million Dollar Body Customer Service, please call
1 (800) 818-5174 or go to Beachbody.com.



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