

## Sideline Fitness – Beachbody Workout Suggestions by Goal & Areas of Focus

This document outlines recommended Beachbody workout options to assist you with your weight loss goals and to build your cardiovascular endurance and stamina. If at any time you feel pain, please stop working out. If the pain persists contact your doctor and/or Sideline Nutrition and Fitness Coach. Good Luck!!

**Hi there Lovely!** As you know... I'm in LOVE with everything Beachbody!! But every workout does NOT meet the needs for all workout/fitness goals. Below are our recommendations when thinking about buying a Beachbody workout that best match different fitness goals.

Keep in mind that you get the "best bang for your buck" by purchasing "**Beachbody On Demand**" because you will gain access to numerous workouts. Challenge Packs are Another great value... so look in to those as well.

To have Sideline Prep as your Coach through the Beachbody system, be sure to use our Rep Code User ID whenever you order a workout ([www.beachbody.com](http://www.beachbody.com)) or Shakeology ([www.shakeology.com/sidelineprep](http://www.shakeology.com/sidelineprep)): **78099**.

As always, we are here to answer any questions that you have!! Let's get 'er done!!

Cheers & Love,  
-Ge

### Suggested Beachbody Workout by Goals & Body Part

Lose >25 lbs	Lose 25 lbs to 10 lbs
<p>Suggestions:</p> <ul style="list-style-type: none"> <li>• Insanity Max 30</li> <li>• Core de Force</li> <li>• P90X3</li> <li>• 22 Minute Hard Core Turbo Fire</li> </ul>	<p>Suggestion:</p> <ul style="list-style-type: none"> <li>• Insanity Max 30</li> <li>• Core de Force</li> <li>• PP90X3</li> <li>• 22 Minute Hard Corps</li> <li>• Turbo Fire</li> </ul>
Lose < 10 lbs	Maintenance /Improve Stamina
<p>Suggestions:</p> <ul style="list-style-type: none"> <li>• Yoga Retreat</li> <li>• PiYo (Great for Flexibility too!)</li> <li>• Slim in 6</li> <li>• 21 Day FIX</li> </ul>	<p>Suggestion:</p> <ul style="list-style-type: none"> <li>• 21 Day Fix</li> <li>• 10 Minute Trainer</li> <li>• Any HIIT workouts for about 10 to 15 minutes (Insanity, 21 Day Fix, P90X2, etc.)</li> </ul>
Gain Weight/Muscle	Body Parts
<p>Suggestions:</p> <ul style="list-style-type: none"> <li>• Body Beast</li> <li>• The Master's Hammer and Chisel</li> <li>• P90X (first version)</li> </ul> <p>Note: Use 5 to 20 pound weights</p>	<p><b>Arms:</b> 21 Day FIX, Master Hammer and Chisel, 21 Day FIX  <b>Mid-section:</b> Most programs have core workouts included  <b>Legs:</b> Most programs incorporate leg and Yoga training; <u>PiYO</u> is great for flexibility and to lengthen muscles in legs  <b>Buttocks:</b> Most programs incorporate squats and other butt exercises; <u>Brazilian Butt lift</u> focuses on the butt area as well</p>

\*If you do not stretch after every workout, it WILL hinder your flexibility!