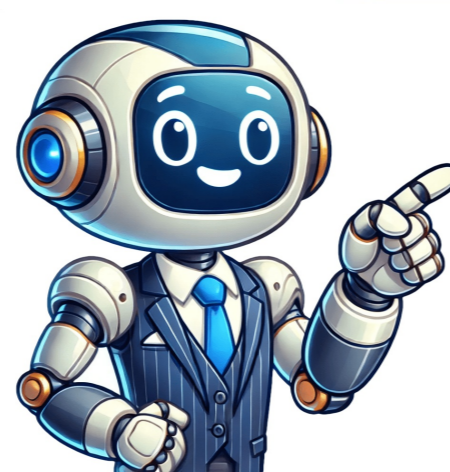


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To join the 80 Day Obsession Challenge Group! This group is designed for those who want to transform their body, starting with a firmer core and a rounder butt. By combining workouts with Autumn Calabrese's Timed-Nutrition plan, participants can expect a total-body transformation. Dedication and focus are key to success in this challenge. We'll be working out 6 days a week, with each workout hitting in intensity and complexity over time. Nutrition plays a crucial role too, with specific food portions at set times to support fat loss and muscle growth. The group will also provide mutual support and accountability, making it an ultimate accountability for like-minded individuals. Get familiar with the loops by trying them out, they will be used around your feet, ankles, and thighs. To put them on, sit on the floor and adjust as necessary to ensure they are flat against your body. Wearing pants instead of shorts may be more comfortable when using loops around your thighs, and choosing non-shiny pants can help prevent rolling. The Beachbody Strength Slides are great for strengthening your entire body, using your body weight as resistance, and can be used on various surfaces with or without booties. If you have a Challenge Pack, you already have the Beachbody Portion-Control Containers, which simply eating according to your Timed-Nutrition plan. A mat can provide extra cushioning when working out on hard surfaces, while a foam roller helps restore flexibility and mobility to tired muscles. With 5 days to go, focus on getting started with your nutrition using Timed-Nutrition and Beachbody Portion-Control Containers to eat the right foods at specific times. Refer to your Starter Guide and Eating Plan for more information, and check out the 80 Day Obsession Quick Start videos for detailed explanations on meal prep. Don't forget to drink your Shakeology, a superfood protein shake that provides dense nutrition and can help with overall health, weight loss, and energy. Consider it the "missing link" to filling in the gaps in your diet and moving through challenging days. Beachbody Performance Supplements: Boosting Energy and Recovery If you're looking for an energy and recovery boost, Beachbody Performance supplements can help. Designed to support long, challenging workouts like those in the 80 Day Obsession program, these supplements reduce exercise-induced muscle soreness and fatigue. By incorporating them into your Timed-Nutrition plan at specific times, you can optimize their benefits. Shakeology is a daily supplement that helps fill dietary gaps, providing benefits such as overall health improvement, weight loss, reduced cravings, and enhanced energy levels.* It's especially useful during challenging programs like the 80 Day Obsession. Beachbody Performance supplements are crucial for intense workouts in this program. They help with energy and recovery, reducing exercise-induced muscle soreness. These supplements are specifically timed into the nutrition plan to maximize their benefits. Shakeology can be consumed daily as part of a healthy breakfast or used as an afternoon treat. Beachbody Performance supplements come in four types: Energize (before workouts), Hydrate (during workouts), Recover (after workouts), and Recharge (before bed). Each type serves a specific purpose, from increasing energy to aiding recovery. The 80 Day Obsession program utilizes Timed-Nutrition, where you eat at the right foods in specific portions at certain times using Beachbody Portion-Control Containers. The Starter Guide and Eating Plan contain everything you need to know about this approach. For more detailed information on container usage and meal prep, watch the 80 Day Obsession Quick Start videos on Beachbody On Demand. Drink your Shakeology daily, especially during this intense programme like 80 Day Obsession! It's a superfood protein shake packed with phytonutrients, antioxidants, enzymes, pre- and probiotics, fibre, adaptogens, and more. Even with a healthy diet, Shakeology fills in the gaps, providing energy, supporting digestion, and boosting immune system function. Plus, it tastes like a treat! Now is the perfect time to take Beachbody Performance supplements for their energy and recovery benefits - especially during long and challenging workouts that last up to an hour. These supplements will help you get through tough sessions and reduce muscle soreness afterwards. To incorporate Shakeology and Beachbody Performance into your nutrition plan, follow these tips: Drink Shakeology whenever you see a red container on your Timed-Nutrition Meal Plan - perfect as breakfast or afternoon treat! Take Beachbody Performance Energize before workouts for energy and endurance. Hydrate during workouts to replace lost fluids, Recover after workouts to reduce muscle soreness, and Recharge before bed for overnight muscle recovery. For more guidance, watch Autumn's video explaining how to integrate Shakeology and Beachbody Performance into your nutrition plan. Beachbody On Demand: Get instant access to workout videos, program materials, and tools like the Starter Guide, Eating Plans, and Tracker Sheets on BeachbodyOnDemand.com. Stream workouts from your laptop, tablet, smartphone, or TV with devices like Apple TV, Roku, Amazon Fire TV, Chromecast, or download the app for mobile devices. Eating Plan Tips: Review the program materials, especially the Starter Guide, to understand Timed-Nutrition and how to use the tips on nutrition timing and meal prep ideas from her cooking show. Calculate your Eating Plan bracket in the Starter Guide to determine daily container intake. Space Needed for Workouts: A 6x6 workout area is sufficient. Only three days left before the program starts. Nutrition Strategies: 1. Clean Out Your Pantry: Remove junk food and processed items that can hinder progress. 2. Portion-Control Containers: Familiarize yourself with Beachbody's portion-control containers, especially if you've completed your Meal Plan calculation. Plan meals around Workout Blocks using simple ingredients like chicken, broccoli, or bananas. Staying on Track: If feeling overwhelmed, focus on matching containers to meals and use Autumn's video as a reference for nutrition timing. Hey everyone, I've got a list of my favorite foods that work great for meal prep: - Crunchy celery sticks with creamy hummus, rolled up kale leaves with avocado and a sprinkle of red pepper flakes, steamed broccoli topped with melted cheese, scrambled eggs with spinach and 10 olives, baked sweet potatoes sprinkled with cinnamon, watercress salad with grilled chicken, quinoa, and dressing, and steamed kale with brown rice, crilled salmon, and miso sauce. - Having a few go-to options makes it super easy to decide on something that sounds good each day. Just prep these in advance, and you'll have healthy meals ready in no time! - Meal prep is a must for anyone serious about nutrition. You cook a few things ahead of time so they're ready to grab when you need them during the week. I like to plan my meals on Saturday, shop for groceries, and use Sunday for meal prep - cooking chicken, eggs, and cutting up veggies. - Have you tried meal prep? What are your favorite foods to make in advance? - It's almost time... Are you as excited as I am about starting this journey together? Getting results isn't just about the number on the scale; it's about feeling better, having more energy, and achieving your goals. - To track your progress, take progress photos, measurements, and write down your goals - We'll revisit them in a few weeks. Use a soft tape measure to measure in the same spot each time. - Watch the first Weekly Obsession episode on Beachbody On Demand for tips on portion-control containers and meal prep. - Get ready for an amazing journey of learning, sweating, laughing, and FUN! Before we start, make sure you've planned your meals, shopped for groceries, prepped your food, set reminders to eat at specific times, and have all your equipment ready. Check out Autumn's video for tips on starting 80 Day Obsession off right. - Let's do this! Welcome to the official start of 80 Day Obsession! Today's workout is Total Body Core - a 60-minute session with two sets of 15 reps. Using weights and Beachbody Resistance Loops for this new program takes some time to get used to, so be sure to pay attention to Autumn's form cues. Don't forget to use the Tracker Sheets to keep track of your weight selections, taking notes on how it felt and whether you should adjust next time. The Timed-Nutrition plan is also a key part of this program. Make sure to plan out all your meals and eat according to the schedule. If needed, you can swap Meal Option 1 with your Pre-Workout Meal. For Booty day, the workout is 60 minutes long and uses Beachbody Resistance Loops, a mat (optional), and a chair for balance (optional). A lot of it is done on the floor, and the burn will feel great. Stick with a lighter Resistance Loop if necessary, and let Autumn know what you think of this workout in the comments. Cardio Core is tough but only 40 minutes long, requiring your Beachbody Strength Slides throughout. Make sure to drink Shakeology, especially with Energize, as it can cause a tingling sensation. This workout focuses on "Abs, Arms, and A***", using weights, Resistance Loops, Strength Slides, and an optional mat for two sets of 15 reps. You're in your first week, pushing yourself hard and eating in a new way, so don't be surprised if you're sore. It will join plain Greek yogurt (2%) topped with unsweetened shredded coconut and toasted oats (1 Green, 1 Red, 1 Yellow). Check your container size and adjust as needed. If you get a Purple, try adding melted coconut oil to your squash. Mix berries into your yogurt if you receive a cup of berries. Post-Workout Meal: Similar to pre-workout, with a focus on Green, Red, Yellow, and a teaspoon. Depending on your plan, some containers may be more prominent. Try grilled salmon with cooked brown rice and sautéed bok choy in sesame oil (1 Green, 1 Red, 1 Yellow, 1 tsp.). A lighter meal option is chopped raw kale topped with grilled chicken, roasted sweet potato, olive oil, and balsamic vinegar (1 Green, 1 Red, 1 Yellow, 1 tsp.). Leg Day: Autumn's favorite day of the week. Spend 45 minutes on leg exercises with dumbbells, paying close attention to form. Start light and listen to your body; you can always increase weight next time. Tomorrow's Workout: Perfect time to discuss Beachbody Performance Recover and Recharge supplements. These two products help with exercise-induced muscle soreness and recovery. Post-workout drink contains 20 grams of protein and pomegranate extract, while before bed drink has slow-release protein and tart cherry extract for overnight recovery. Cardio Flow: A 30-minute workout with no equipment, where you keep building on moves throughout. It's a flow-based workout that may seem easy at first but gets progressively more challenging. Pace yourself and breathe heavily; each week will improve your performance. Rest Day: Take time to stretch, relax, and let your body recover from intense workouts. Self-care is crucial for athletes; don't underestimate its importance in this program. She's sharing some self-care love by creating bonus workouts that you can use anytime. Two of these workouts are specifically designed to help with rest days - Roll & Release uses a foam roller to boost circulation and reduce muscle soreness, while also restoring mobility. Try to do these self-care sessions as often as possible. This week marks the beginning of a new week on Beachbody On Demand, where you'll find brand-new content every week. Remember to watch this week's Weekly Obsession episode for more insights and motivation. Workouts are changing up with 3 sets of 10 reps, so it's time to get moving and focus on your form and the mind-muscle connection. This means visualizing which muscle you're working and maintaining attention throughout each exercise. Don't forget to check your resistance loops for any tears before using them - if you notice any damage, it's best to replace them right away. Also, be patient with these tools as they can take some time to get used to. For today's Total Body Core workout, make sure you have your Beachbody Resistance Loops and a mat ready. You'll also need a chair for balance (though this is optional). Get set for 3 sets of 10 reps - it's going to be a tough one! Some of you might be experiencing some digestive discomfort as you adjust to new foods and eating habits. Don't worry, this is normal! Consider introducing new foods gradually or sticking with similar foods for a while before making any changes. Shakeology can also help support healthy digestion, so be sure to incorporate it into your daily routine. Are you ready for a challenge? Today's workout will be tough, so get prepared to push yourself! PERSONAL QUESTION: How's your stomach handling the new diet? Some people experience discomfort when adjusting to a new eating schedule. Don't worry, it's normal - just take it slow and introduce new foods gradually. Shakeology can also help with digestion, so don't forget to include it in your daily routine. Calcium supports digestive enzymes. It's time for Cardio Core again! This 35-minute workout alternates between cardio intervals, HIIT, and core moves. You'll need your Beachbody Strength Slides and Beachbody Performance Energize. CHECK-IN TIME: How are you feeling today? Are you committed to your workouts and nutrition? Make a promise to yourself to give it your all every day - it's for you, not anyone else! HYDRATION CHALLENGE: How much water do you drink each day? Autumn recommends drinking at least half your body weight in ounces. Let's challenge ourselves to stay hydrated and boost our energy levels! If you want a hydration boost during workouts, try Beachbody Performance Hydrate. It has electrolytes to replenish what we lose and improve endurance. Lean LEGS are next - get ready for 50 minutes of 3 sets of 10 reps! Did you track your weights last week? Try lifting heavier this time. Don't forget to use Beachbody Performance Recover after each workout to speed up muscle recovery. YUMMY TIP: Blend your Recover with banana or cherries for a delicious post-workout snack! Back to Cardio Flow today - feel confident and strong as you tackle the moves. Looking forward to seeing everyone at the meeting tomorrow and discuss our strategies. DID YOU KNOW? Integrate Shakeology into your meal plan for a super-easy and convenient meal that's delicious. My favorite way to make Shakeology is with RECIPES. What's your favorite way to drink it? Why don't you take the opportunity to do the Stretch & Release workout on Rest Day? It's 15 minutes, but it's great for stretching out sore muscles. You need self-care so you're ready to tackle Week 3! CHECK-IN: How do you feel after 2 weeks? Are you seeing results yet? Remember, muscle changes may not show up on the scale. Congrats on completing two weeks! This week your workouts will be 50 minutes of Beachbody Resistance Loops work. Choose your weights carefully and track them on your Tracker Sheet! MONDAY MOTIVATION: Focus on your journey and set your intentions for a better tomorrow. Boom-another BOOTY day! Today's Booty workout is 50 minutes of Beachbody Resistance Loops, standing and on the floor. It's great cardio and engaging the glutes like nothing else. With your newfound healthy habits, it's time to mix things up and find new favorite meals! Autumn's cooking show FIXATE on Beachbody On Demand has got you covered with portion-control recipe ideas that'll keep your taste buds excited. You can even check out her go-to pre- and post-workout snack video for some inspiration. Just make sure the recipes fit your Meal Plan before giving them a try. Don't worry, the workouts might not get easier, but you'll definitely get stronger! Time to kick it up with AAA - 55 minutes of non-stop action that'll work every muscle. Don't forget to use those Beachbody Resistance Loops and Strength Slides! Now that you're crushing your nutrition game, let's talk Shakeology. This superfood-packed drink is a total game-changer for your health. What changes have you noticed since giving it a try? It's time to focus on LEGS - 50 minutes of intense weight-lifting action. Don't be afraid to go heavy and challenge yourself - that's how you get results! And don't forget about sleep - aim for at least 7-9 hours of Z's each night to help your muscles recover and support your overall health. Beachbody Performance Recharge can even give you a helping hand with muscle recovery overnight. Finally, let's end the week on a high note with Cardio Flow - 30 minutes of fun and challenging exercise that'll leave you feeling energized and motivated. Remember, it's all about balance - enjoying your weekends with family and friends while still staying committed to your goals. Food is fuel, not just for taste but for living your best life! Let's get back on track with photos and measurements to see how far you've come. Don't forget self-care today - roll out those muscles or get a massage to restore flexibility and mobility. Plus, getting a massage can also help. Don't forget to watch this week's Weekly Obsession episode on Beachbody On Demand. And make sure you're planning ahead for next week so you can stay on track with shopping and meal prep. We're in the last week of Phase 1! We're almost through the first phase of 80 Day Obsession. By now, you're familiar with all the workouts, so I want you to try and increase your weights again. Today's workout is Total Body Core, it comes at 60 minutes and this is the last time you'll be doing these moves. Phase 2 starts over with all new moves. You're doing an amazing job, let's continue that momentum! For Cardio Core, you'll need your Beachbody Strength Slides to crush this 35-minute workout. Drinking Beachbody Performance Energize today can also help give you the boost you need for a tough workout like this. Are you prepared for Week 4 of intense muscular activity? This workout requires variety in weights, Beachbody Resistance Loops, Strength Slides, and an optional mat for a 50-minute session. CONFIDENCE CHECK: You've accomplished alot by reaching this point in the program, both physically and mentally. Be proud of yourself! Regular exercise and eating habits give me confidence, and drinking Shakeology daily helps me feel on track. What boosts your confidence? Check out those strong legs! Is leg day a love-hate relationship for you? I enjoy it because it makes me feel strong, even if it's tough. Today's workout only needs weights, so get ready to burn 50 minutes of energy and complete two sets of 15 reps like a pro. 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