



21 day
FIX
EXTREME[®]

+

21 day
FIX
EXTREME[®]
REAL TIME

Start
Here



Still Simple, Just Extreme.

If you've done 21 Day Fix®, you know how simple and effective it is to follow a portion-controlled eating plan paired with a daily exercise program. Now it's time to take it to the next level with 21 Day Fix EXTREME®.

Whether you do the original or real-time workouts, these workouts combine high-intensity cardio, resistance training, and explosive power moves to help get your whole body leaner and stronger, while you torch calories and lose weight.

WORKOUTS

Daily 30-minute advanced workouts with a modifier option.

- **Plyo Fix Extreme** and **Cardio Fix Extreme** help build up your heart rate.
- **Lower Fix Extreme**, **Upper Fix Extreme**, and **Dirty 30 Extreme** use weights to help build strength.
- **Pilates Fix Extreme** and **Yoga Fix Extreme** stretch and strengthen your entire body on active recovery days.

NUTRITION

- **21 Day Fix EXTREME Eating Plan:** A comprehensive clean-eating guide that puts you in control of your eating with right-sized portions, every time. It's not easy. No cheats, no treats—just 100% clean eating. But the results are worth it.
- **Countdown to Competition:** This plan uses carb-depletion to help you burn fat and reveal lean muscle definition. It's a temporary plan not recommended for longer than 21 days at a time.
- **Set of 7 Portion-Control Containers:** These easy-to-use containers let you eat the foods you want in just the right portions.

To optimize your results, you can incorporate these nutritional supplements:

- **Shakeology®:** The nutritional foundation to good health and your success with the 21 Day Fix EXTREME series. Meticulously crafted with proteins, prebiotics, probiotics, digestive enzymes, adaptogens, fiber, antioxidants, vitamins, and minerals, this deliciously powerful shake provides the nutrients you need to help fuel your body.*
- **Beachbody Performance® Energize:** Pre-workout formula that helps give you more energy and endurance to power through your workouts.*
- **Beachbody Performance Recover:** Post-workout formula that helps promote lean muscle growth and speed muscle recovery.*

"It's time to get serious."



Original Workouts vs Real Time Workouts

Original: 7 unique workouts you repeat over 21 days. Plus, 4 bonus workouts.

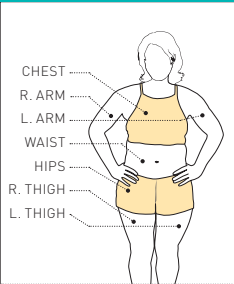
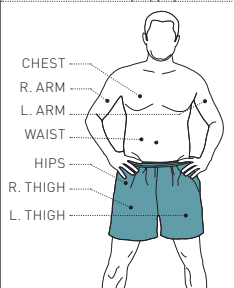
Real Time: Workouts shot in real time over 21 days with a new cast and a different workout every day. Plus, 1 bonus workout. New moves increase the intensity of the workouts week to week.

4 Easy Steps to Get Started

STEP 1

TAKE YOUR "BEFORE" PHOTOS AND MEASUREMENTS

Use this tracker to record your "before" and "after" measurements. Also, be sure to take your "after" photos once you've completed the program. To find out how to get the best results when taking your before and after photos, go to BeachbodyChallengePhotos.com

| MEASUREMENTS TRACKER | | | |
|---|--------------|-------|--------|
| | | DAY 1 | DAY 21 |
|  | CHEST | | |
| | R. ARM | | |
| | L. ARM | | |
| | WAIST | | |
| | HIPS | | |
| | TOTAL INCHES | | |
|  | R. THIGH | | |
| | L. THIGH | | |
| | WEIGHT | | |



Once you're ready to share your 21 Day Fix EXTREME results, enter the **Beachbody Challenge**® contest and you'll not only have the chance to win cash prizes, but we'll also send you a **FREE GIFT.****
Learn more and enter your results at BeachbodyChallenge.com

**While supplies last.








STEP 2

DETERMINE YOUR EATING PLAN

First, calculate your calorie target for weight loss or weight maintenance, then use that number to find the right plan for you:

$$\begin{array}{r} \text{WEIGHT (LBS.)} \times 11 = \text{CALORIC BASELINE} \\ \text{CALORIC BASELINE} + 400 = \text{MAINTENANCE CALORIES} \\ \text{MAINTENANCE CALORIES} - 750 = \text{CALORIE TARGET} \end{array}$$

Next, find the **21 Day Fix EXTREME Container Plan** that corresponds with your calorie target. If your target is less than 1,200, round up to 1,200. If it's more than 2,800, round down to 2,800.

| Calorie Target Range | 1,200–1,499 calories | 1,500–1,799 calories | 1,800–2,099 calories | 2,100–2,299 calories | 2,300–2,499 calories | 2,500–2,800 calories |
|--|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|
| Container Plan | PLAN A | PLAN B | PLAN C | PLAN D | PLAN E | PLAN F |
| YOUR NUMBER OF CONTAINERS PER DAY | | | | | | |
|  Veggies | 4 | 4 | 5 | 6 | 7 | 8 |
|  Fruits | 2 | 3 | 3 | 4 | 5 | 5 |
|  Proteins | 4 | 4 | 5 | 6 | 6 | 7 |
|  Carbs | 2 | 3 | 4 | 4 | 5 | 5 |
|  Healthy Fats | 1 | 1 | 1 | 1 | 1 | 1 |
|  Seeds & Dressings | 1 | 1 | 1 | 1 | 1 | 1 |
|  Oils & Nut Butters | 3 | 4 | 5 | 6 | 7 | 8 |

Then go to your **21 Day Fix EXTREME Eating Plan** to get the information you need to reach your goals with the right nutrition—and the right portions—so you can lose weight while still enjoying your life.

Want to get shredded for an upcoming event? Take things to the extreme with **Countdown to Competition**, Autumn's exclusive carb-cycling eating plan that helps you burn more fat and get seriously shredded fast. It's what Autumn relies on when she wants to lean out for a big event.

THE ULTIMATE
**PORTION
FIX**

} Take a deeper dive with this expanded program that shows you how to create healthy, satisfying meals, swap out processed foods, and more. You'll get delicious new recipes and healthy hacks to help you overcome obstacles and lose the weight for good. You can purchase **Ultimate Portion Fix**® on [PortionFix.com](https://www.portionfix.com)

STEP 3

GET YOUR EQUIPMENT

You'll need the following equipment for both the real-time and original workouts. During your workouts, make sure you always have a towel and water nearby.



One set of light and heavy weights

(these are suggested weights)

- **Women:** Light set of 5–8 pounds and heavier set of 10–20 pounds
- **Men:** Light set of 8–15 pounds and heavier set of 15–30 pounds

Resistance bands

(according to your workout choice)

21 Day Fix EXTREME Real Time –
B-LINES® Resistance Band:

- **Pink band** (15 pounds)

21 Day Fix EXTREME (original workouts) –
B-LINES Resistance Bands:

- **Pink band** (15 pounds)
- **Magenta band** (20 pounds)
- **Red band** (30 pounds)

OPTIONAL

Resistance Loops

21 Day Fix EXTREME Real Time –

- **Yellow loop** (light resistance)
- **Green loop** (medium resistance)
- **Blue loop** (heavy resistance)

Beachbody® Core Comfort Mat

Yoga Mat

Additional set of Portion-Control Containers

You'll find all your essentials on
[TeamBeachbody.com](https://www.teambeachbody.com)

STEP 4

FOLLOW YOUR WORKOUTS

First, choose which workouts you want to do, then follow the corresponding calendar: 21 Day Fix EXTREME Real Time or the original 21 Day Fix EXTREME.

Each program's calendar can be found in the program tile under Program Materials on Beachbody On Demand.

If done correctly, each 30-minute workout will leave your muscles and cardiovascular system fully taxed—no “doubles” workouts needed.

21 Day Fix EXTREME Real Time Calendar

Challenge yourself with a new 30-minute workout every day and progress week to week with new moves that crank up the intensity to get you even more shredded. Twice a week, sculpt your abs with a bonus workout: **10 Min HardCORE**.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|-----------------|-----------|------------|-----------|--------|----------|--------|
| POPS | UPPER FIX | PLATES FIX | LOWER FIX | CARDS | DIRTY 30 | YOGA |
| 10 MIN HARDCORE | | | | | | |
| POPS | UPPER FIX | PLATES FIX | LOWER FIX | CARDS | DIRTY 30 | YOGA |
| 10 MIN HARDCORE | | | | | | |
| POPS | UPPER FIX | PLATES FIX | LOWER FIX | CARDS | DIRTY 30 | YOGA |
| 10 MIN HARDCORE | | | | | | |

21 Day Fix EXTREME Calendar (Original Workouts)

Daily 30-minute workouts let you use muscle groups simultaneously for a more comprehensive workout.

Plus, 4 additional workout options:

Bonus: You can add **10 Min HardCORE** twice a week and do **The Fix Challenge** (not shown on calendar) anytime during the program.

Ultimate Upgrade: For faster results, you can rotate **Power Strength Extreme** and **ABC Extreme** with specific workouts shown on your calendar.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|-----------------|-----------|------------|-----------|--------|----------|--------|
| POPS | UPPER FIX | PLATES FIX | LOWER FIX | CARDS | DIRTY 30 | YOGA |
| 10 MIN HARDCORE | | | | | | |
| POPS | UPPER FIX | PLATES FIX | LOWER FIX | CARDS | DIRTY 30 | YOGA |
| 10 MIN HARDCORE | | | | | | |
| POPS | UPPER FIX | PLATES FIX | LOWER FIX | CARDS | DIRTY 30 | YOGA |
| 10 MIN HARDCORE | | | | | | |

Two additional workouts from the Ultimate Kit and a Bonus Workout can be rotated into the calendar for greater variety and faster results.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|------------------------|---------------------------------------|--------------------|---------------------------------------|-------------------|---------------------------------|------------------|
| POWER STRENGTH EXTREME | UPPER FIX EXTREME AND 10 MIN HARDCORE | PLATES FIX EXTREME | LOWER FIX EXTREME AND 10 MIN HARDCORE | CARDS FIX EXTREME | DIRTY 30 EXTREME OR ABC EXTREME | YOGA FIX EXTREME |

*POWER STRENGTH EXTREME and ABC EXTREME are part of the 21 Day Fix EXTREME Ultimate Kit. To purchase, contact your Coach, or visit beachbody.com/21fix or FixExtreme.com/Ultimate.

For even better results, you can do as many rounds of **21 Day Fix EXTREME** as you'd like, or try Autumn's blockbuster program **80 Day Obsession®**.

Tips for Success

1. Refine your meal-prep routine. To get extreme results, you'll need to do some serious meal prepping and clean eating. That means no cheats or treats. Review pages 6–7 of the Eating Plan for tips on modifying what you eat, how many meals to eat, and how often to eat so you can achieve the results you want. Use the **Eating Plan Tally Sheets** to keep track of your portions.

2. Find the right recipes for results. You'll find hundreds of portion-controlled recipes in our FIXATE® Vol. 1 and 2 cookbooks, and on the FIXATE cooking show and Beachbody Blog to help you eat clean and reach your goals.

3. Extreme workouts need powerful supplements. Help fuel your body for maximum performance so you can get your best results by drinking Shakeology daily and adding Beachbody Performance supplements like Energize pre-workout formula and Recover post-workout formula to your routine on days you work out.*

4. Don't skip on self-care. You'll feel sore more often with 21 Day Fix EXTREME, so rest and recovery are more important than ever. Incorporate soothing, healthy habits into your daily routine like stretching before and after workouts, using a foam roller on sore muscles, and sleeping at least 8 hours a night.

5. Join a Challenge Group. Team up with your free Team Beachbody® Coach who can help you stay accountable to your goals, provide inspiration and support, and connect you with a Challenge Group to help you succeed with the program.



To purchase FIXATE Vol. 1 and 2 cookbooks, go to
TeamBeachbody.com

*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.

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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