FIRE AND FLOW™

STEP-BY-STEP GUIDE





CELEBRATE THE JOURNEY

With so much going on in your life, it's hard to carve out time for yourself. But these next 4 weeks are all about you. You're going to build a fitness routine you can feel good about. One that gets you stronger and brings you joy. So come as you are and do your best. We'll do our part to keep your endorphins pumping and your goals on-track—all while making sure you enjoy the journey.

—Jericho & Elise
*Your **FIRE AND FLOW** Trainers*

START HERE

STEP

1 Outline your goals in your FIRE AND FLOW™ 4-Week Journal. Fill out the daily prompts over the next 4 weeks to get the most out of the program.

2 Download the Beachbody On Demand® app to stream your workouts and track your meals and Shakeology.

3 Don't go it alone. Connect with your Coach and join one of their BODgroups® for motivation and support.

4 Log in to Beachbody On Demand, select FIRE AND FLOW, and watch the "Here's How This Works" video under START HERE.

5 Follow a nutrition program (either Portion Fix® or 2B Mindset®) to start nourishing your body in a way that works for you. Go to FindMyProgramTool.com and we'll help you choose a program.

6 Take your BEFORE photos and measurements the day before you start and record them on the Measurement Tracker inside your journal. Check out BeachbodyChallengePhotos.com for photo inspo!

7 Flip this over and follow your 4-week Workout Calendar—hang it up where you can see your progress, so you stay motivated!



YOUR WORKOUTS

We want you to work out, not burn out. So, we're giving you an empowering routine that alternates strength and cardio FIRE workouts with restorative mobility and stability FLOW workouts. Each one is 25–30 minutes of full-body work with modifiers and intensifiers for every fitness level. Whether you're easing into exercise or craving a hardcore sweat, FIRE AND FLOW lets you do you.

MONDAY – *UPPER BODY FIRE:* Jericho ignites your metabolism in this circuit-style full-body workout that focuses on upper-body strength and keeps your heart pounding.

TUESDAY – *MOBILITY FLOW:* Feel amazing and improve the way you move as Elise helps you increase mobility and strength with this comprehensive total-body workout.

WEDNESDAY – *LOWER BODY FIRE:* Jericho sets your legs and glutes on fire with this strength workout that focuses on metabolic conditioning.

THURSDAY – *FUNCTIONAL FLOW:* Elise takes you through a flow inspired by functional movement patterns to help build the strength, endurance, stability, and mobility you need to thrive in everyday life.

FRIDAY – *CARDIO FIRE:* Jericho challenges your cardiovascular endurance in this HIIT-inspired cardio workout designed to get you fit fast.

SATURDAY – *RESTORATIVE FLOW:* Celebrate the end of the week with Elise as she guides you through a sequence of stretches, expansive expression, and feel-good movements to help you release tension and relax your mind.

SUNDAYS – *REST:* If you still have energy in the tank, try a bonus workout, or join us for a class on BODi.



BONUS WORKOUTS

The program includes 4 FIRE and 4 FLOW bonuses to add onto any workout. Feel free to mix them up (e.g., by pairing a FIRE workout with a FLOW bonus). We both love seeing you every day!



RIDES AND MORE ON BODi

If you have a BODi® subscription and a Beachbody® Bike, check out our FIRE and FLOW RIDES (plus tons of other live and on-demand classes) on BODi.com. You can swap CARDIO FIRE for a FIRE Ride or RESTORATIVE FLOW for a FLOW Ride. FIRE Rides are a great low-impact cardio alternative, while FLOW Rides deliver a spicier recovery workout if you want it. BODi.com also gives you access to exclusive nutrition content like new monthly meal plans, recipes, community motivation, and more!

FUEL YOUR FIRE
FIND YOUR FLOW™

Part of being good to yourself is feeding your body wholesome nutrients.
Here are a few things that can make a positive difference in how you feel day-to-day.



SHAKEOLOGY®

Shakeology is the superfood nutrition shake that can help support healthy energy, digestion, and lean muscle—all good things when you're trying to maintain a healthy lifestyle.*

BEACHBODY PERFORMANCE® ENERGIZE

The best pre-workout for days when you need help to get going—or you really want the most from your workout. Energize is formulated with ingredients that help promote endurance and enhance exercise performance.*

BEACHBODY PERFORMANCE RECOVER

Struggle with soreness? Adding Recover to your routine could change the game. When taken after tough workouts, its key ingredients can help speed muscle recovery and reduce exercise-induced muscle soreness.*

NUTRITION PROGRAMS

Not sure what eating healthy actually means? Our two nutrition programs, 2B Mindset and Portion Fix, break it down for you. They're easy to implement into your daily life and can help you reach your goals—without counting calories or depriving yourself of your fave foods. Go to FindMyProgramTool.com and we'll help you choose a program that's right for you.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, or prevent any disease.

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

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