

BODi™ COACHING

WHO IS BODI?

...from Beachbody to BODi

We are a digital platform of live classes with a variety of instructors and workouts, including our new BODi Block formula.



3 WEEKS OF
WORKOUTS



1 WEEK OF
RECOVERY



Every Monday
of a new month
is a new start!



Our Vision... creating HEALTH ESTEEM

We help people feel good while creating true health and wellness through our total solution of...

FITNESS

2000+
workouts
available



NUTRITION

simple, flexible
& non-restrictive
eating plans



MINDSET

embracing
imperfection &
body positivity

Health Esteem Essentials

The pillars of true health &
HOW WE HELP PEOPLE START

choose 1, 2 or 3 health products to start your journey with

1 DESSERT FIRST

Feel the difference of replacing one meal a day with nourishing superfoods that taste like dessert.

GOALS: Crush cravings, improve digestion & lose weight

2 CLEAN ENERGY

Fuel up with natural energy that serves your body rather than loading it with toxic, dirty ingredients.

GOALS: Energy & endurance for your workouts

3 HEALTH SHOT

Start your morning with 4 benefits in one shot.

GOALS: Beat brain fog, lower stress & anxiety, strengthen immunity, lower inflammation

Coaching Opportunity

get started for
\$39

- Start your own online business helping others get healthy with the BODi system
- Refer 3 + Earn your own products free
- Save 25% on all nutritional products
- Earn 25%-40% commission on all individual products
- 5 doorways to earn income
- SAVE + EARN for \$15.95/ month
- [Click here to see what coaches earn](#)

Team Beachbody® does not guarantee any level of success or income from the Team Beachbody Coach Opportunity. Each Coach's income depends on his or her own efforts, diligence, and skill.

21 Day Test Group

3 week group focused fitness + nutrition + a strong accountability & support system to rock your results! Participate yourself & invite others to start their journey with you.



KRISTINA'S STORY...

Hi, I'm Kristina! Before joining the Coaching Network I never really set goals for my own fitness or lifestyle. I was working 50+ hours a week as a manager, totally stressed out and knew I needed a plan B. So I started and thought...if I could just lose 5lbs it will be worth it! Completing my first BODi workout program + one chocolate superfoods shake a day, I lost 10lbs and was SHOCKED! Ok, this really does work?! I found a simple system to get in the best shape of my life and an opportunity to help others do the same.

Since then I have lost 50lbs TWICE after having both of my babies! I have a ton of energy and feel in control of my health! When I started working this as a very part time biz alongside my full time career, I never thought it would change my life like it has!!!! I went from unemployment to a superstar level coach! - simply helping others plug into this amazing health + fitness system and business! You can better your health right now and take steps forward to living the life you dream of!!



Let's take the step forward together...I'm so excited that you are here!!!!!!