

ABS. BOOTY. TOTAL BODY.

**80 DAY
OBSESSION**

**STARTER
GUIDE**



EXCLUSIVELY ON
 **BEACHBODY**
ON DEMAND



WELCOME TO 80 DAY OBSESSION™

Thank you for joining me on this 80-day journey! I'm challenging you to be more obsessed with your health and fitness than you have ever been.

For the next 80 days, I want you to get **OBSSESSED** with...

WORKING OUT. 80 Day Obsession includes 80 workouts based on 6 focus areas. This approach allows me to constantly challenge you and keep you away from plateaus.

TIMED-NUTRITION. *When* you eat is just as important as *what* you eat when it comes to getting the best results possible. With 80 Day Obsession, I'll show you how to time your portion-control containers to help maximize energy, healthy fat loss, muscle recovery, and growth. This program is not about deprivation, it's about smart eating and smart timing.

REFEED DAY. In Phase 2, I'll introduce you to modified **Refeed Days**, where you'll increase your carb intake to replenish your glycogen stores and help you refuel, both physically and mentally.

SELF-CARE. This is a BIG one for me! You're training like an athlete, so you need to care for your body like one. Never skip a warm-up or cooldown, stretch more, and use a foam roller. Make sure you get enough sleep—at least 8 hours a night to help your muscles and your mind recover. I also suggest regular massages to help with recovery and relaxation.

Now let's get **OBSSESSED** with being the healthiest, most dedicated, and determined version of you for the next 80 days...

Austin



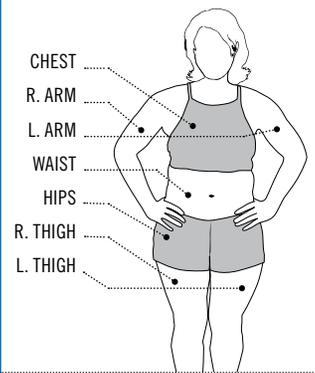
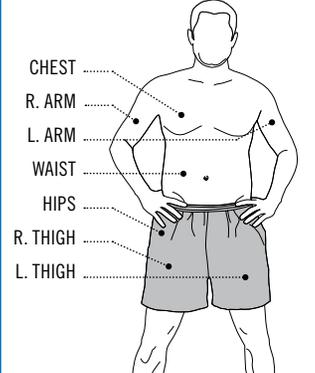
6 EASY STEPS TO GET STARTED ON YOUR 80 DAY OBSESSION JOURNEY

STEP 1 TAKE YOUR BEFORE PHOTOS AND MEASUREMENTS

It's important to know where you're starting so you can track your progress over the next 80 days. You'll be gaining muscle as you lose fat, so the scale might not tell the whole story. That's why you need photos and measurements too.

- Take your **BEFORE** photos and measurements the day prior to your first workout.
- After you complete Phases 1 and 2, you'll take new **PROGRESS** photos and measurements.
- Then when you complete 80 Day Obsession, take your **AFTER** photos and measurements—and congratulate yourself for an obsession well-done!

TIP: You'll find tips for taking your photos in this Beachbody® Blog [article](https://www.beachbodyondemand.com/blog/how-to-take-before-and-after-photos). *hyperlink info: <https://www.beachbodyondemand.com/blog/how-to-take-before-and-after-photos>
note: this copy won't print*

		M E A S U R E M E N T S			
		TODAY	END OF PHASE 1	END OF PHASE 2	DAY 80
	CHEST				
	R. ARM				
	L. ARM				
	WAIST				
	HIPS				
	R. THIGH				
	L. THIGH				
	CHEST				
	R. ARM				
	L. ARM				
	WAIST				
	HIPS				
	R. THIGH				
	L. THIGH				
TOTAL INCHES					
WEIGHT					



Want a Free 80 Day Obsession Tank Top or T-shirt? Complete 80 Day Obsession and send your BEFORE and AFTER photos to BeachbodyChallengeContest.com. We'll send you a FREE T-shirt or tank top. And you'll be eligible to win cash and prizes up to \$100,000!*

*Void where prohibited. Open to legal residents of the 50 United States (incl. DC), Puerto Rico, and Canada (excluding Quebec) who are Team Beachbody members and 18 years or the age of majority or older at the time of entry. For complete rules and eligibility requirements, please visit www.BeachbodyChallengeContest.com.

STEP 2 CALCULATE YOUR CALORIE TARGET

Nutrition is just as important as exercise during your 80 Day Obsession. You'll first determine your CALORIE TARGET, which then points you to your individual Eating Plan.

During 80 Day Obsession, you'll calculate your CALORIE TARGET at the start of each phase.

- For PHASE 1 (the start of the program), use the first calculator.
- For PHASE 2 and PHASE 3, use the second calculator.

PHASE 1 CALCULATION

A. CALCULATE YOUR CALORIC BASELINE

_____	(lbs.) x 11 =	_____
CURRENT WEIGHT		CALORIC BASELINE

B. CALCULATE YOUR MAINTENANCE CALORIES

_____	+ 600 =	_____
CALORIC BASELINE	CALORIE BURN	MAINTENANCE CALORIES

NOTE: If you want to maintain your current weight, skip the next calculation and use your MAINTENANCE CALORIES to find your plan. If your goal is to lose weight, move on to the next calculation.

C. CALCULATE YOUR CALORIE TARGET

_____	- 750 =	_____
MAINTENANCE CALORIES	CALORIC DEFICIT	CALORIE TARGET

PHASES 2 AND 3 CALCULATION

A. CALCULATE YOUR CALORIC BASELINE

_____	(lbs.) x 11 =	_____
CURRENT WEIGHT		CALORIC BASELINE

B. CALCULATE YOUR MAINTENANCE CALORIES

_____	+ 600 =	_____
CALORIC BASELINE	CALORIE BURN	MAINTENANCE CALORIES

NOTE: If you want to maintain your current weight, skip the next calculation and use your MAINTENANCE CALORIES to find your plan.

C. CALCULATE YOUR CALORIE TARGET

_____	- 550 =	_____
MAINTENANCE CALORIES	CALORIC DEFICIT	CALORIE TARGET

If your Calorie Target falls below 1,200 calories, round up to 1,200. • If your Calorie Target falls above 2,800, round down to 2,800.

STEP 3 DETERMINE YOUR EATING PLAN

Now that you've calculated your Calorie Target, use the chart below to find which Eating Plan you'll follow. For example, if your Calorie Target is 1,625, then you'll follow PLAN B.

Remember, you'll be recalculating your calories after each phase, so make sure to look at this chart and see if your Eating Plan has changed.

CALORIE TARGET RANGE	PLAN A	PLAN B	PLAN C	PLAN D	PLAN E	PLAN F
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	

STEP 4 GET YOUR EATING PLAN

Find your individual Eating Plan (including vegan plans) under the **80 Day Obsession Program Materials list**. This document will tell you everything you need to know about what and when to eat for your plan.

STEP 5 WATCH THE STARTER VIDEOS

In the Quick Start Tips Video, Autumn walks you through the process, reviewing each of the steps in detail. She's also created an Eating Plan Tips Video to give you more insight about the Eating Plans. You can find both of these videos under the **80 Day Obsession Workout list**.

STEP 6 GET YOUR WORKOUTS!

Now that you have all the tools you need, your obsession is about to get serious. Just print out the 80 Day Obsession Workout Calendar from the **80 Day Obsession Program Materials list** and plan your start date. You'll want to allow time to look at your Eating Plan (also in Program Materials) and start your meal prep. We recommend starting your program on a Monday. That's when Autumn and the cast started, so you'll have the best experience if you start on a Monday too!

WEEKLY OBSESSION

BONUS!

Check out the Weekly Obsession videos on Beachbody On Demand to stay more connected with your 80 Day Obsession experience. Go behind the scenes with Autumn and the cast as they document their progress and challenges, and share real-life wisdom that will help you stay motivated and get results.



GET OBSESSED WITH YOUR WORKOUTS

How do you sculpt your core while simultaneously building and firming your butt? Follow fitness and nutrition expert Autumn Calabrese! Using her years of experience sculpting her body and doing the same for hundreds of clients, she has designed an 80-day program that can help you get jaw-dropping results.

EACH WORKOUT HAS A SPECIAL FOCUS:

- **TOTAL BODY CORE** (60 min.) – Works your entire body using compound movements to increase resistance and muscle activation.
- **BOOTY** (60 min.) – Targets the glutes with isolated movements to help shape a firm, round butt.
- **CARDIO CORE** (30–45 min.) – Alternates high- and low-intensity cardio intervals with challenging core moves to pack a big calorie burn.
- **AAA** (50–60 min.) – Targets your “arms, abs, and a#*” with weights, resistance loops, and strength slides.
- **LEGS** (45 min.) – Focuses on building stronger, more sculpted quadriceps, hamstrings, glutes, and calves from every angle.
- **CARDIO FLOW** (30–45 min.) – A dynamic endurance workout using primary movement patterns that build on one another for the ultimate calorie burn.
- **Plus 2 Bonus routines for self-care:**
ROLL & RELEASE (20 min.) and **STRETCH & RELEASE** (15 min.). Use them anytime throughout your 80 days to help stretch and massage away soreness and to increase your flexibility.

EQUIPMENT NEEDED:

NOTE: You may need to increase your weights as you progress through the program to get optimal results.



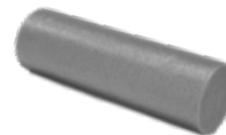
WEIGHTS (LIGHT, MEDIUM, HEAVY)



BEACHBODY RESISTANCE LOOPS†



BEACHBODY STRENGTH SLIDES



BEACHBODY FOAM ROLLER*



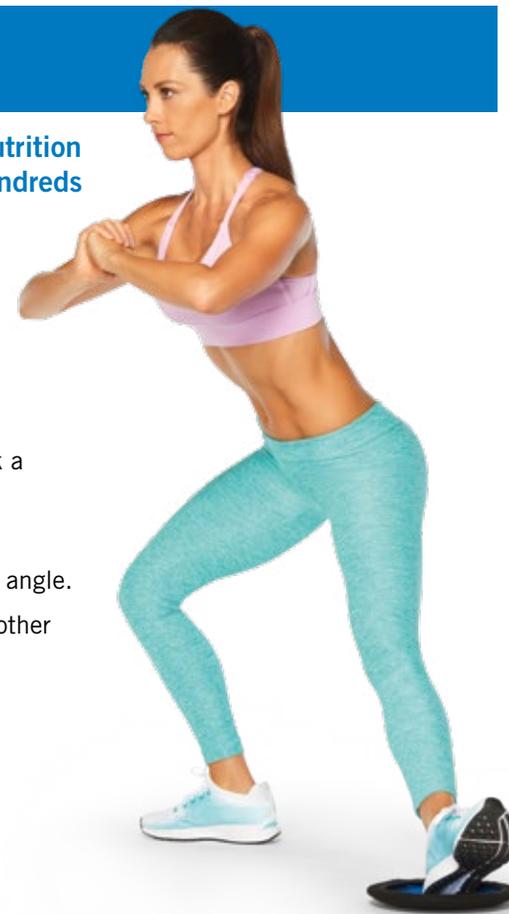
BEACHBODY CORE COMFORT MAT**

To learn more about the equipment you'll need, contact your Team Beachbody® Coach or visit TeamBeachbody.com.

All program materials are located on Beachbody On Demand. You'll find the workouts under the 80 Day Obsession Workout list tab, and the Workout Calendar and Tracker Sheets are under the 80 Day Obsession Program Materials tab.

†Resistance loops and mat contain natural rubber latex, which may cause severe allergic reactions.

*Optional

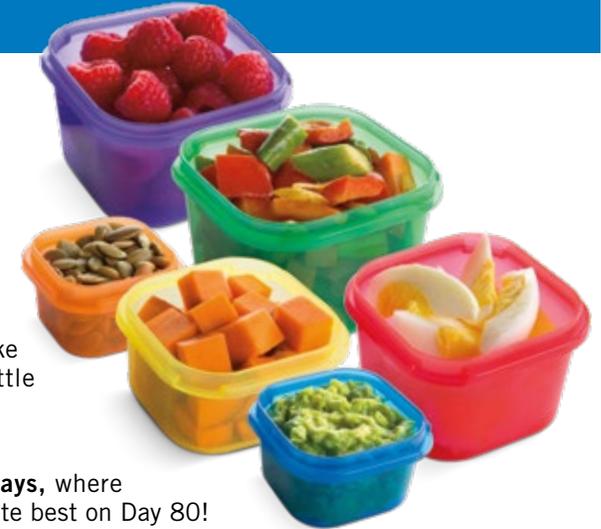


EATING RIGHT IS A HEALTHY OBSESSION

Portion-control containers make the 80 Day Obsession Eating Plan simple to follow. You'll focus on **TIMED-NUTRITION**, which means eating enough of certain nutrients—particularly protein and carbohydrates—at the right times to maximize your results. It's best to eat your meals every 2–3 hours.

Here's a look at some of the key features of the 80 Day Obsession Eating Plans:

- **WORKOUT BLOCK:** This 4- to 5-hour window surrounding your workout ensures that you have the right fuel for energy during your workout, plus the nutrition you need afterward to help rebuild and strengthen muscle faster and promote better recovery.
- **REFEED DAY:** In Phase 2, Autumn introduces modified **Refeed Days** where you'll increase your carb intake to send glycogen to your muscles, giving you a little extra energy for the next day's workout—and a little mental boost too! (Watch the Weekly Obsession episodes to see how Autumn and the cast approach Refeed Days in Week 6.)
- **PEAK WEEK:** During the final week of 80 Day Obsession you can choose to do the optional **Deplete Days**, where you'll reduce your carbs and increase your protein intake to “shed and shred” so you can look your absolute best on Day 80!



To learn more about portion-control containers, watch the Eating Plan Tips Video that was created for 80 Day Obsession and even watch the videos in the Fixate® cooking channel on Beachbody On Demand. You can also talk to your Team Beachbody Coach or visit TeamBeachbody.com

WHERE TO FIND YOUR EATING PLAN. Do the calculations on page 4 to determine your Eating Plan, and then find your Eating Plan under the Program Materials tab on Beachbody On Demand. You'll also find the Workout Calendar in Program Materials, which will show you Refeed Days and Deplete Days.

SUPPLEMENTS

There's never been a program so specifically timed to help maximize your results. Beachbody Performance™ supplements are ideal for giving your body what it needs at just the right times to help you achieve results. And drinking Shakeology® is a delicious way to feed your body with incredibly important nutrition and it also helps make the Eating Plan that much easier to follow.

SHAKEOLOGY

Shakeology is strongly recommended in 80 Day Obsession for a reason—it helps provide you with the nutrition you need to get your best results from this program. It's a superfood protein shake that delivers globally harvested ingredients with phytonutrients, antioxidants, enzymes, pre- and probiotics, fiber, adaptogens, vitamins, and minerals.

Not only can Shakeology help support the maintenance of good health, it can also help maintain proper muscle function, provide antioxidants to help protect the body from free radicals, and help maintain immune function. Plus, it's so delicious it tastes like a treat, which is great when you're doing a challenging program like 80 Day Obsession!

To learn more, contact your Team Beachbody Coach or visit Shakeology.com.



BEACHBODY PERFORMANCE SUPPLEMENTS

Timed, targeted supplementation is crucial to help maximize your results. Beachbody Performance supplements (Energize, Hydrate, Recover, and Recharge) are ideal for giving your body what it needs at just the right times to help you get better results. That's why Autumn integrated Beachbody Performance so deeply into 80 Day Obsession. Read below to learn a little more about the products in the Beachbody Performance line and how they can help you during 80 Day Obsession:



ENERGIZE Pre-Workout Formula

Thirty minutes before working out, drink Beachbody Performance Energize

If you've ever struggled with low energy or lack of focus during your workouts—you need Energize pre-workout formula. This formula can help you power through the hardest 80 Day Obsession workouts with more endurance and less fatigue. Energize is formulated with key ingredients shown to help:

- Promote endurance
- Temporarily promote alertness and wakefulness, and to enhance cognitive performance
- Temporarily relieve fatigue



HYDRATE During-Workout Formula

During your workout, drink Beachbody Performance Hydrate

When you're not properly hydrated during workouts, you can experience a drop in power and performance. Hydrate was created with an ideal balance of carbohydrates, electrolytes, and water for better fluid absorption so you can power through those longer workouts in 80 Day Obsession. It's specifically formulated to help replenish what your body loses through sweat, and to help promote endurance in extended, high-intensity exercise. The key ingredients in Hydrate:

- Help promote endurance in extended (greater than 60 min.) high-intensity exercise
- Are a source of carbohydrates to support energy production
- Provide a source of antioxidants for the maintenance of good health



RECOVER Post-Workout Formula

Within thirty minutes post-workout, drink Beachbody Performance Recover

Faster recovery helps you get faster results, and that's why you must take in the proper nutrients after every workout. The timed-release proteins and phytonutrients in Recover help maximize that critical post-workout opportunity to assist in the building of lean muscle mass when combined with regular resistance training and a healthy, balanced diet. The key ingredients in Recover:

- Provide a blend of protein which helps build and repair body tissues
- Assist in the building of lean muscle mass when combined with regular resistance training and a healthy, balanced diet
- Provide a source of amino acids involved in muscle protein synthesis



RECHARGE Nighttime Formula

Thirty minutes to 1 hour before going to bed, drink Beachbody Performance Recharge

Sleep is absolutely critical to your body's recovery. Recharge nighttime recovery formula is targeted nutrition that provides a source of protein which helps build and repair muscle overnight. So you wake up feeling strong and ready to crush your next workout with Autumn. The key ingredients in Recharge:

- Provide a source of protein which helps build and repair body tissues overnight
- Provide a source of amino acids involved in muscle protein synthesis
- Assist in the building of lean muscle mass when combined with regular resistance training and a healthy, balanced diet

To learn more, contact your Team Beachbody Coach or visit [BeachbodyPerformance.com](https://www.beachbodyperformance.com).

Consult your physician and follow all safety instructions before beginning this high-intensity and physically demanding exercise program and nutrition plan.